

February  
2016

Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Heart Health*.

Save the  
Date!

Upcoming Events:

February 18, 2016  
Health & Wellness Seminar  
Topic: Heart Health  
Where: Council Chambers  
Time: 2:30p.m. – 3:30 p.m.

## Warning Signs Of A Heart Attack

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

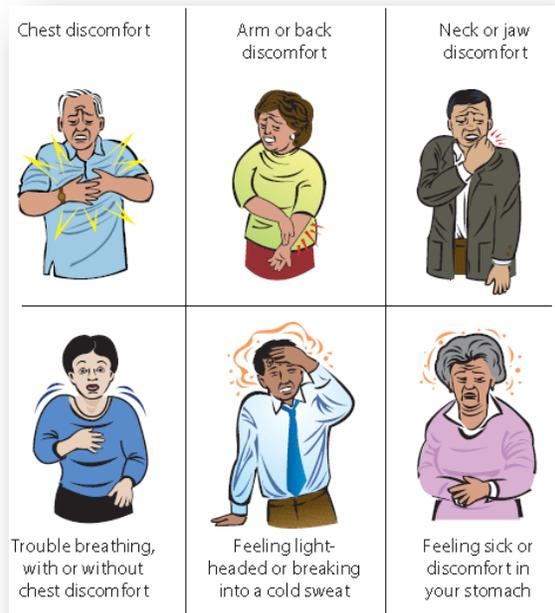
- ❖ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ❖ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ❖ **Shortness of breath** with or without chest discomfort.
- ❖ **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is **chest pain or discomfort**. But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain**.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait - call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Source: *American Heart Association*



# Understanding The Terms Of Risk

Extensive clinical and statistical studies have identified several factors that increase the risk of coronary disease and heart attack. Major risk factors, contributing risk factors, and modifiable risk factors are some of the terms of risk. Some of these factors can be changed while others cannot.

## Major Risk Factors:

The risk factors on this list are ones you're born with and cannot be changed. The more of these risk factors you have, the greater your chance is of developing coronary heart disease. Since you can't do anything about these risk factors, it's even more important for you to manage the risk factors that can be changed.

### ♥ Increasing Age

The majority of people who die of coronary heart disease are 65 or older. At older ages, women who have heart attacks are more likely than men to die from them within a few weeks.

### ♥ Male Sex (Gender)

Men have a greater risk of heart attack than women do, and they have attacks earlier in life. Even after menopause, when women's death rate from heart disease increases, it's not as great as men's.

### ♥ Heredity (Including Race)

Children of parents with heart disease are more likely to develop it themselves. African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease. Heart disease risk is also higher among Mexican Americans, American Indians, native Hawaiians and some Asian Americans. This is partly due to higher rates of obesity and diabetes. Most people with a strong family history of heart disease have one or more other risk factors. Just as you can't control your age, sex and race, you can't control your family history. Therefore, it's even more important to treat and control any other risk factors you have.



Source:

*American Heart Association*

## Reducing Risk Makes The Heart Grow Stronger

Are you in a risky relationship with your heart? It may be tempting to believe that doing just one healthy thing will take care of your heart disease risk. For example, you may hope that if you exercise regularly, you can still eat a lot of fatty foods and stay fairly healthy. Not true. To protect your heart, make the changes that address each and every risk factor you have, such as high blood pressure, diabetes, being overweight, smoking or high cholesterol.

Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.



Source:

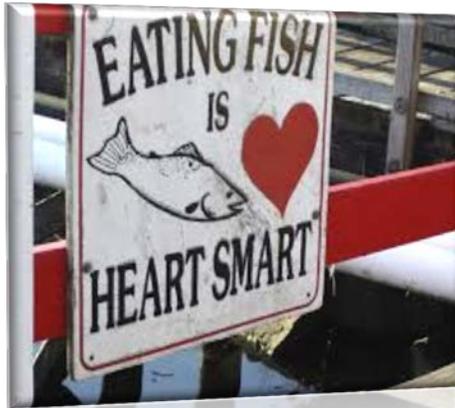
*U.S. Department of Health and Human Services*

Seafood is a great source of omega-3 fatty acids



## Catch The Benefits Of Fish

When it comes to safeguarding your heart health, fish is the “reel” deal. Rich in omega-3 fatty acids, fish can benefit the hearts of healthy people and those who are at risk for or who have cardiovascular disease. The American Heart Association recommends eating fish (particularly fatty fish) at least two times a week. Fish is a good source of protein and doesn’t have the high saturated fat found in fatty meat products.



Examples of fish that are good sources for omega-3 fatty acids include:

- ♥ Mackerel
- ♥ Lake trout
- ♥ Herring
- ♥ Albacore tuna
- ♥ Sardines
- ♥ Salmon

**Source:**  
*American Heart Association*

## Question & Answer

**How do I know if I’m having a heart attack?**

**Answer:** There are some classic heart attack symptoms that strike men and women alike: chest squeezing or pressure (often described as an “elephant sitting on the chest”) with or without nausea, shortness of breath or sweating, and pain going down the left arm and up the neck. Generally, men feel symptoms with chest pain; women may feel them together or alone and without chest pain. So we may think the symptom points to a problem other than a heart attack.

**Does an irregular heartbeat mean I’m at risk for a heart attack?**

**Answer:** The heart normally beats regularly between 60 and 100 beats per minute. You can time your heartbeat from the pulse in your wrist or neck. Skipped or extra beats make the pulse irregular. An irregular heartbeat has many causes, including abnormal electrolyte levels (sodium or potassium) in your blood, thyroid disease and lung disease. Many irregular beats are harmless, and, in fact, may be normal for you. But others have a serious underlying cause. Just as with heart murmurs, have this checked out as soon as you notice the irregularity. In some cases, an irregular heartbeat will cause no symptoms and may be found by observing your pulse rate or during a physical exam.

**If I suspect I have a heart disease, what should I do?**

**Answer:** If you think you have heart disease, see your health care provider as soon as possible. If you’re having any of the symptoms mentioned in question No. 6, call 911 and chew an aspirin (only if you’re not allergic) while waiting. Not sure if you have heart disease? Sit down right now, think about the risk factors and assess whether you have them. If you have one or more, see your doctor as soon as possible and request testing for heart disease.



# A Change Of Heart

Are you at risk for heart disease? You could be, considering that heart disease is the leading killer of Americans today\*. Certain lifestyle factors play a major role in contributing to heart disease. That means you have the power to control many of the risk factors that can lead to this life-threatening condition. Change isn't always easy, but when you get support from health care providers, family and friends and helpful resources, you can introduce healthy habits into your daily routine.

## Don't be a risk-taker

If you have more than one risk factor for heart disease or stroke, start making smart lifestyle choices now to help reduce your risk. Begin with small changes, and as you adopt healthy, new habits, keep making more changes to work toward improving your health. The American Heart Association recommends the following lifestyle changes to increase your protection against heart disease:

- ♥ Have your blood cholesterol checked regularly. Take steps to lower it if it's high.
- ♥ Don't smoke. Smokers have more than twice the risk of heart attack as nonsmokers do. Even if you don't smoke, being exposed to tobacco smoke daily puts you at higher risk.
- ♥ Have your blood pressure checked regularly. Take steps to lower it if it's high.
- ♥ Be physically active. Try to get at least 30 minutes of physical activity on most or all days of the week.
- ♥ Recognize and treat diabetes.
- ♥ Maintain a healthy weight. Take steps to lose weight if needed.
- ♥ Eat healthy foods low in saturated fat, cholesterol and sodium.
- ♥ Don't drink too much alcohol. It can increase your blood pressure.



*Source:*  
*American Heart Association*

## Healthy Recipe

### Winter Veggie Pita Pizza

Healthy Pizza really does exist. The key is using whole grains, going easy on the cheese, and loading up on veggies. Whole wheat pitas keep prêt time short and portion size realistic.

**Makes 4 servings.**

**Per serving:** 309 calories, 10 g total fat (3 g saturated fat), 45 g carbohydrate, 13 g protein, 7 g dietary fiber, 437 mg sodium.

### Ingredients:

- ♥ 1 cup, brussel sprouts
- ♥ 1 cup, cubed butternut squash
- ♥ 2 tsp extra virgin olive oil, divided
- ♥ Sprinkle of cinnamon
- ♥ 4 (6 ½ in) whole wheat pita bread rounds
- ♥ ½ cup part-skim ricotta cheese
- ♥ ½ cup chopped red onion
- ♥ 1 Tbsp chopped fresh sage
- ♥ 8 tsp grated parmesan cheese
- ♥ 2 Tbsp chopped pecans

### Directions:

1. Preheat oven to 425 degrees
2. In medium bowl, toss Brussels sprouts with 1 tsp olive oil. Spread evenly over baking sheet. In same bowl toss butternut squash with remaining oil and sprinkle with cinnamon and spread on second baking sheet. Place both sheets in oven and roast for about 20 minutes (or until fork tender), stirring once after 10 minutes.
3. While veggies roast, lay pita rounds on cutting board. Spread 2 Tbsp ricotta on each pita.
4. Remove squash and Brussels sprouts from oven and spoon evenly onto pita rounds. Divide red onion, sage and pecans evenly and sprinkle on pitas. Top each with 2 teaspoons of Parmesan cheese. Return pitas to oven, setting them carefully directly on the rack for a crispier crust or on a baking sheet for a softer crust. Heat for 5-7 minutes or until cheese is melted. Serve immediately.



# Move Of the Month:

## The Plank



It is recommended to add this core strengthening exercise to your work out for a new way to build strength and stability.

Here's how to do it right:

- ♥ Begin in the plank position with your forearms and toes on the floor, and your elbows directly below your shoulders.
- ♥ Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending.
- ♥ Your head is relaxed, and you should be looking at the floor.
- ♥ Hold this position for 10 seconds to start, and over time you can work up to 30, 45, or 60 seconds to increase difficulty. You can even try adding a leg lift to it.

Complete the puzzle and turn in to Human Resources by February 12, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

# Puzzle

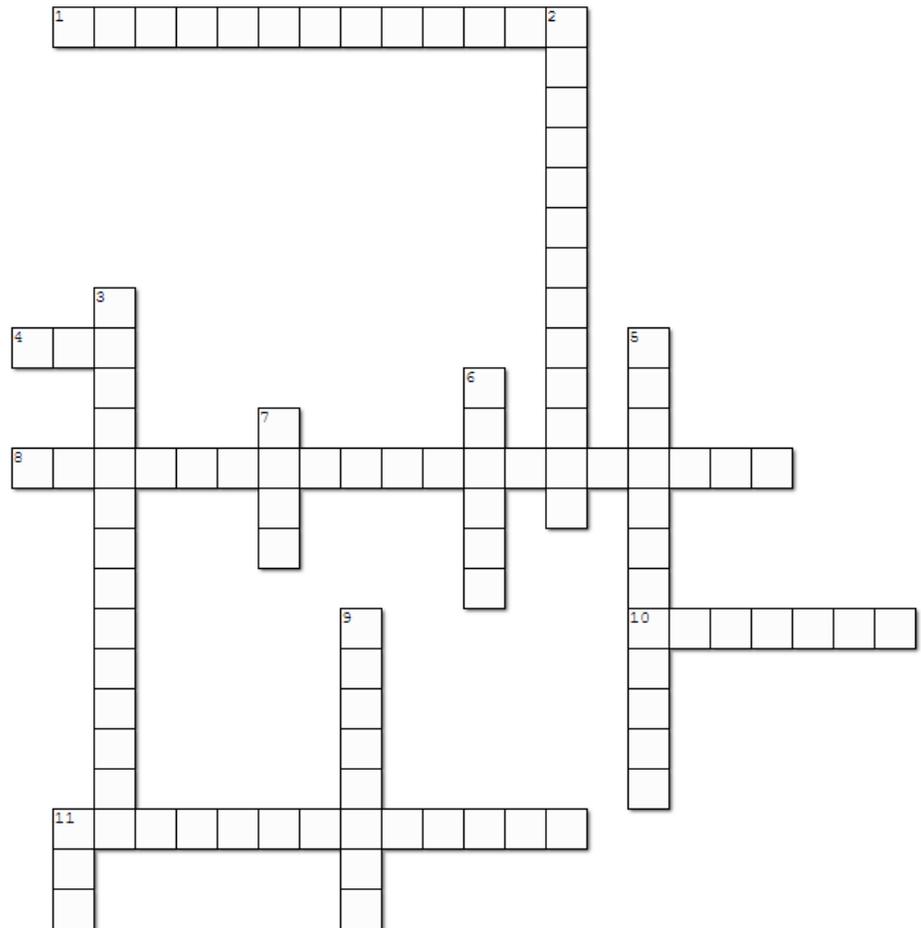
Complete the crossword below

### Across

1. chest pain, jaw pain, nausea, sweating
4. bad cholesterol
8. increased the risk of heart disease
10. risk factor which leads to heart disease
11. leading cause of death in the US

### Down

2. heart disease is described as the \_\_\_\_\_
3. manage this to reduce risk of heart diseases
5. reduces the risk of heart disease
6. maintain this at a good number to reduce risk of heart disease
7. gender with the greatest risk of developing heart disease
9. do this to keep your heart healthy
11. good cholesterol



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Next Month's Issue:

# Nutrition