



Health and Wellness Tip of the Week - Week 5

Monthly Topic

Focus on women's risks and annual checkups during American Heart Month in February.

February 3, 2014

Women, watch out for this 'heart-throb'

February is American Heart Month and a good time for women to take action and guard their heart health. No longer just a man's problem, this disease is the leading killer of women over age 25. Follow these guidelines and stay smart about your heart:

- ♥ Know the signs of a heart attack. Trouble catching your breath, chest tightness and arm pain are classic signs. But women may also feel upper back or jaw pain, fatigued, dizzy or nauseated.
- ♥ Keep your weight, blood pressure and cholesterol in a healthy range.
- ♥ Workout most days of the week.
- ♥ Do not smoke or use tobacco.
- ♥ Limit alcohol use.
- ♥ If you think you are having a heart attack, call 911 right away.

Sources: National Institutes of Health; American Heart Association



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