

# February 2017 WELLNESS NEWSLETTER

Heart Health Month

provided by:



Heart disease is nothing to ignore, and it can strike both the old and young. In fact, heart disease is the leading cause of death among men and women in the United States. According to the Centers for Disease Control and Prevention, someone in America has a coronary event every 25 seconds. The major risk factors for heart disease include:

- **Smoking**
- **High Cholesterol and Blood Pressure Levels**
- **Physical inactivity**
- **Obesity**
- **Diabetes**
- **Age**
- **Gender**
- **Heredity (race included)**

The only un-modifiable risk factors for heart disease are:

Age

Gender

Heredity

If you or a loved one has any of the above risk factors, it is imperative that you take the steps to stop or modify these unhealthy habits before you are unable to control them. The information in this newsletter will hopefully help educate and motivate you as you begin taking the steps towards optimal heart health!

# CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

## WHAT IS CARDIAC ARREST?

**CARDIAC ARREST** occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

### WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

### WHAT TO DO

**CALL 9-1-1**



Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call 9-1-1 and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

**CARDIAC ARREST** is a **LEADING CAUSE OF DEATH.**

Nearly **360,000** out-of-hospital cardiac arrests occur annually in the United States



**Fast action can save lives.**

## WHAT IS A HEART ATTACK?

**A HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

### WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

### WHAT TO DO

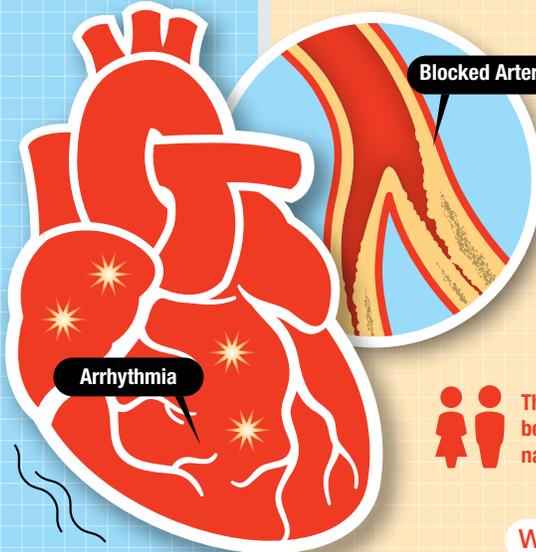
**CALL 9-1-1**

Even if you're not sure it's a heart attack, call 9-1-1 or your emergency response number. Every minute matters! It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are 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.

### WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



American Heart Association®

**CPR & First Aid**

Learn more about CPR or to find a course, go to [heart.org/cpr](http://heart.org/cpr)

## Tips to **reduce your risk** for heart disease.



**Maintain** a  
Healthy Weight



**Make** Healthy  
Food Choices



**Stay**  
Active



**Stop**  
Smoking

Fortunately, there are many things you can do reduce your chances of getting heart disease.

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker going strong? Here are seven key things you need to do every day to help your heart work most efficiently. Incorporate these habits into your lifestyle and your heart health will be the best it can be for you.

- **Knowing your blood pressure and keeping it under control**
- **Eating healthy fats, NOT trans fats**
- **Getting enough sleep**
- **Don't smoke and avoiding secondhand smoke**
- **Getting tested for diabetes and if you have it, keeping it under control**
- **Knowing your cholesterol and triglyceride levels and keeping them under control**
- **Maintaining a healthy weight**

By following the above tips, you'll be doing your heart a favor! You'll feel better and be able to stay active with a heart- healthy lifestyle!

### RASPBERRY PEACH PROTEIN SMOOTHIE

#### Ingredients

- 1/3 cup egg whites
- 1/2 cup coconut milk
- 1 cup fresh or frozen raspberries
- 1 non fat peach yogurt (preferably Greek)

#### Directions

- Combine all ingredients in blender
- Cover and blend on medium speed until smooth
- Serve immediately



### ROASTED CHICKEN AND SWEET POTATOES

#### Ingredients

- 2 tbsp whole grain or Dijon mustard
- 2 tbsp chopped fresh thyme or 2 tsp dried
- 2 tbsp extra- virgin olive oil, divided
- 1/2 tsp salt, divided
- 1/2 tsp fresh ground pepper, divided
- 1 1/2- 2 pounds bone- in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1- inch pieces
- 1 large onion, cut into 1- inch wedges

#### Directions

- Position rack in lower third of oven; preheat to 450 F. Place a large rimmed baking sheet in the oven to preheat.
- Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on the chicken.
- Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
- Return the pan to the oven and roast, stirring the vegetables once halfway through, until they are tender and beginning to brown and an instant- read thermometer inserted into chicken thigh registers 165 F, 30 to 35 minutes.



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