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Let's Get Healthy Program  
Diabetes Center for Excellence

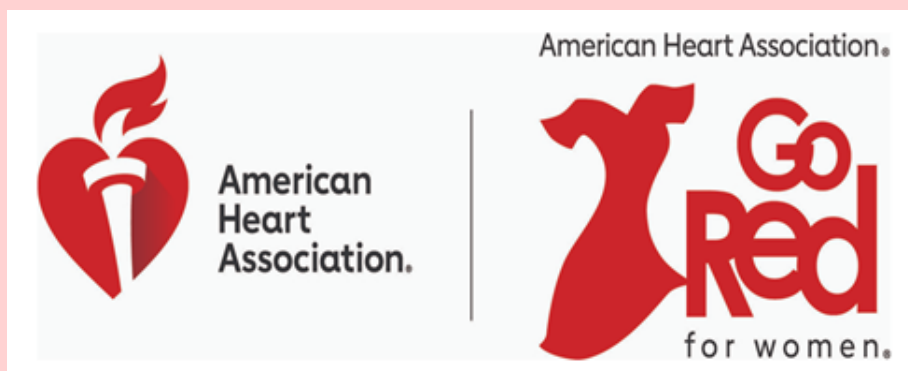


## American Heart Month

American Heart Month aims to raise awareness about cardiovascular health. It encourages individuals to focus on heart health and understand the risks of heart disease. According to the American Heart Association, cardiovascular disease (CVD) is the leading cause of death among Native Americans and Alaska Natives.



## National Wear Red Day®



National Wear Red Day encourages everyone to wear **RED** to raise awareness about cardiovascular disease – the leading cause of death for women.

We are closed Monday Feb. 16<sup>th</sup> in observance of  
Indigenous Peoples Resiliency Recognition Day



# Cardiovascular Disease

Cardiovascular disease is a group of diseases affecting your heart and blood vessels. These diseases can affect one or many parts of your heart and/or blood vessels. A person may be symptomatic (physically experiencing the disease) or asymptomatic (not feeling anything at all). Cardiovascular disease includes heart or blood vessel issues, including:

- Narrowing of the blood vessels in your heart, other organs or throughout your body
- Heart and blood vessel problems present at birth
- Heart valves that aren't working right
- Irregular heart rhythms

**Heart Disease:** Heart and blood vessel disease, also called heart disease, includes numerous problems, many of which are related to atherosclerosis. Atherosclerosis is a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow. This can cause a heart attack or stroke.

**Heart Attack:** A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

**Stroke:** An ischemic stroke (the most common type of stroke) occurs when a blood vessel that feeds the brain gets blocked, usually from a blood clot. When the blood supply to a part of the brain is cut off, some brain cells will begin to die. This can result in the loss of functions controlled by that part of the brain, such as walking or talking.

## How Can I Prevent it?

Many things can put you at risk – some you can control, and others you can't. But cardiovascular disease can be prevented and treated. In fact, the majority of cardiovascular events can be prevented through education and lifestyle changes. Here are the lifestyle changes you can make to live a longer, healthier life:

- Don't smoke or use tobacco
- Get regular physical activity
- Choose heart healthy foods
- Get enough good quality sleep
- Get regular health screening tests
- Manage stress



Knowing your family history is also a key step in prevention. Talk to your health care professional about your family medical history and any known risk factors.



# Know the warning signs of heart attack and stroke

You could save your life




Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.



## Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • 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.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • 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.
-  • 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 more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



## Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.





# High Blood Pressure

**High blood pressure is a leading cause of heart disease.** Nearly half of U.S. adults have high blood pressure. Only 1 in 4 people with high blood pressure has it under control. High blood pressure, also known as hypertension, is often called a “silent killer” because it usually has no symptoms. It happens when the force of your blood pushing against the walls of your blood vessels is too high.

To treat high blood pressure, consider the following options:

**Lifestyle changes:** Adopt a heart-healthy diet, engage in regular physical activity, maintain a healthy weight, limit alcohol intake, and quit smoking.

**Regular Monitoring:** It's important to regularly check your blood pressure and follow up with your healthcare team to adjust treatment as necessary.

**Medications:** Your healthcare provider may prescribe medications based on your specific condition and risk factors.

## Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130 – 139	or	80 – 89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

\*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking







# Diabetes and your Heart

People with diabetes have twice the risk for heart disease. The longer you have diabetes, the higher your risk of heart disease. Over time, high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes are also more likely to have other conditions that raise the risk for heart disease, like high blood pressure and high cholesterol.

However, early diagnosis and treatment can help relieve symptoms and stop or delay the condition getting worse.

## Take care of your heart

These lifestyle habits can help lower your risk for heart disease or prevent it from progressing:

Follow a healthy diet:

- Eat more fresh fruits and vegetables, lean protein, and whole grains
- Eat fewer processed foods (such as chips, sweets, and fast food)
- Drink more water, fewer sugary drinks, and less alcohol



Aim for a healthy weight: If you're overweight, losing even a modest amount of weight can lower your triglycerides and blood sugar.

Get active: Being physically active makes your body more sensitive to insulin, which helps manage your diabetes. Physical activity also helps manage blood sugar levels and lowers your risk of heart disease.

Manage your ABCs:

- **A:** Get a regular **A1C** test to measure your average blood sugar over 2 to 3 months. Aim to stay in your target range as much as possible
- **B:** Try to keep your **b**lood pressure below 140/90 mm Hg (or the target your doctor sets)
- **C:** Manage your **c**holesterol levels
- **S:** Stop **s**moking or don't start

Manage stress: Stress can raise your blood pressure and lead to unhealthy behaviors, such as drinking too much alcohol or overeating. Try meditation, deep breathing, physical activity, talking with friends or family, or speaking with a mental health counselor.

Your doctor may prescribe medication to help keep your blood sugar, blood pressure, cholesterol, and triglycerides close to your target levels.



## JOIN US IN CELEBRATING AMERICAN HEART MONTH

### **Wear Red Day Friday Feb. 6<sup>th</sup>**

Blood Pressure & Blood Glucose screening: 7:00 am – 2:00 pm

Elder Fitness Class: 9:00 – 9:30 am

Healthy Breakfast: 9:30 – 11:00 am



### **Valentine Themed Fitness Classes Thursday Feb. 12<sup>th</sup> & Friday Feb. 13<sup>th</sup>**

Lunch Crunch, Circuit Training and Elder Fitness

### **Lunch n' Learn with Stephanie Leffler, NP Wednesday Feb. 25<sup>th</sup>**

Diabetes & Heart Health: 12:00 – 1:00 pm

Receive a prize ballot for participating in any of the events &  
wear **RED** for an additional entry

*We will also be at Heart to Heart Fitness Center on **Wednesday Feb. 4<sup>th</sup>**  
9:00 – 11:30 am for a Community Blood Pressure & Blood Glucose Screening*

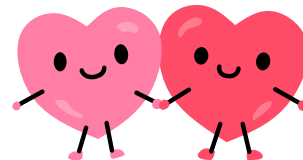


### **Physical Activity and Heart Disease in Women**

Becoming more active can lower your blood pressure and boost your levels of HDL ("good") cholesterol. Physical activity can reduce heart disease by 20% and stroke by 40% in people who do regular moderate to vigorous activity.

Aside from its heart health benefits, with a more physically active life you can look forward to:

- More energy and a better overall mood
- Less stress, tension, depression and anxiety
- An easier time falling asleep and sleeping soundly
- Increased muscle strength and bone loss prevention
- Delaying or preventing chronic illnesses and diseases associated with aging



Aim for at least 30 minutes of physical activity each day, and you'll be on your way to a heart-healthy life. Physical activity is anything that makes you move your body, such as housework, gardening, jogging, bicycling, playing tennis, walking the dog or dancing. If you're new to exercise, try moderate forms of physical activity such as brisk walking. You can also incorporate small changes into your daily routine like a 3-minute walk around your office building every hour. Every little bit helps.



## Fitness Room Classes

### ELDER FITNESS

Monday, Wednesday & Friday  
9:00 – 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

### LUNCH CRUNCH

Monday – Thursday  
12:15 – 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed

### CIRCUIT TRAINING

Tuesday & Thursday  
4:15 – 5:00 pm

A full body workout class targeting multiple muscle groups to improve overall strength and endurance. This class is effective for promoting fat loss while also building lean muscle

### MOVE WITH MEGAN

Wednesday  
5:15 – 6:00 pm

A fun, group fitness class to move your body and benefit health



All fitness levels welcome



## Fitness Room Hours:

Monday – Thursday  
7:00 a.m. – 5:00 p.m.

Friday  
7:00 a.m. – 2:00 p.m..

## February Fitness Challenge

### **"For the Love of Exercise"**

Earn a heart if you exercise for 30 minutes. Earn 2 if you complete a fitness class or exercise for 1 hour

We had over 150 entries for January's  
"Roll into the New Year" Challenge  
Great job!



## Recipes

### Chicken Taco Mason Jar Salad

#### Ingredients:

4 C chopped romaine lettuce  
12 oz. seasoned cooked chicken  
1 C black beans, drained and rinsed  
1 C corn  
1 C cherry tomatoes, halved  
1 C reduced fat shredded cheese  
4 (16 ounce/pint-size) wide-mouth jars or quart jars if prefer more lettuce

For the dressing:

1/2 C non-fat plain Greek yogurt  
1/2 C salsa

#### Directions:

Whisk together dressing ingredients in a small bowl until completely combined. Place an equal amount (1/4 cup) of dressing at the bottom of each jar. Divide remaining ingredients among the jars, layering in the following order: tomatoes, black beans, corn, chicken, shredded cheese, and lettuce. Twist on the top to seal your salads and refrigerate until ready to serve. When you're ready to eat, just pour the jar into a bowl and enjoy!



### Slow-Cooker Bean & Barley Soup

#### Ingredients:

1 TBSP extra-virgin olive oil  
1 large onion, diced  
1 large stalk celery, diced  
1 large carrot, diced  
2 C water  
1/2 C pearl barley  
4 C reduced-sodium chicken or vegetable broth



1/3 C dried black beans  
1/3 C dried great northern beans  
1/3 C dried kidney beans  
1 TBSP chili powder  
1 tsp ground cumin  
1/2 tsp dried oregano  
3/4 tsp salt

#### Directions:

Soak black beans, great northern beans and kidney beans in water for at least 6 hours or overnight. Drain and boil in fresh water for 10 minutes. Drain and add to a 5- to 6-quart slow cooker. Add oil, onion, celery, carrot, water, broth, barley, chili powder, cumin, oregano and salt to the slow cooker. Cover and cook until the beans are tender, about 3 hours on high or 6 hours on low.