

# Newsletter

February Vol. 2 Issue 1



## February is for Valentines and Women's Heart Health

Do you know the facts of Heart Disease?

\*Heart Disease surpasses breast cancer as the number one cause of death for women in the U.S.\* Compared to men, women who suffer from a heart attack may not experience any chest pain, and they are less likely to survive one.\* Women tend to develop heart disease 10-15 years later than men.\* By age 65, both genders have the same risk.

Do you know the warning signs?

\*Chest pain or a tight, achy feeling or pressure that may come and go, but lasts for more than a few minutes. \* Pain in the upper body, arms, shoulder blades, upper back, neck, jaw, or stomach. \* Nausea, vomiting, indigestion, and/or cold sweats. \* Fatigue and shortness of breath. If you experience any of these don't wait around seek medical advice.

**SAVE THE DATE**  
Thursday, February 17

The Heart is a Work of Art

**Lunch and Learn**  
Doors open at 11:30  
Blood Pressure Checks Available  
Meal and Program at 12:00

*If you can't make lunch, join us for dinner!*  
Doors open at 5:30  
Meal and Program at 6:00

**Both Events on Thursday, February 17th  
at Ohio County Senior Center**

**Door Prizes and Health Education Material**

Please RSVP by February 11th to the Ohio County Health Coalition 270-274-7787

Sponsors: Ohio County Hospital, Ohio County AARR, Green River District Health Department, Rice Pharmacy, Ohio County Senior Services, Ohio County Health Coalition, Ft as a Middle, Ohio County Schools, Ohio County Artist Guild, Ohio County Home Students

## Upcoming Events:

**Feb 9 Blood Drive PBI BANK**

12:00 - 5:00 north side

Call 274-6150 for an appointment

**Feb 17 Lunch and Learn**

Ohio County Senior Center

Luncheon 12-1 or Dinner 6- 7

Call 274-7787 to register

**Ohio County Health Coalition meetings are held every third Thursday of the month 11:30 – 1:00 At Together We Care Office**

**BLOOD DRIVE at PBI Bank**  
**February 9<sup>th</sup> 12:00-5:00 north side office**



Every two seconds someone in the U. S. needs blood. More than 38,000 blood donations are needed every day. A total of 30 million blood components are transfused each year in the U.S. (2006). The average red blood cell transfusion is approximately 3 pints. The blood type most often requested by hospitals is Type O. The blood used in an emergency is already on the shelves before the event occurs. Sickle cell disease affects more than 80,000 people in the U.S., ninety eight percent of whom are African American. Sickle cell patients can require frequent blood transfusions throughout their lives. More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment. A single car accident victim can require as many as 100 pints of blood. Make a difference in the lives of many. **For an appointment call Cheryl Porter at 274-6150.**

**BMI and Ideal Body Weight**

The body mass index (BMI) is a measure of the amount of adult body fat based on height and weight. Formula calculates BMI:

BMI	Result
18.5-24.9	You are at your ideal weight
25.0-29.9	You are overweight
30 & up	You are obese

$$\text{BMI} = \frac{\text{Weight (in lbs)} \times 703}{\text{Height (in inches)}^2}$$

The fat around the abdomen provides a good indication of heart disease risk. Measuring abdominal fat involves measuring the circumference of your waist. To do this, place a tape measure snugly around your waist. If your waist is over 35 inches, you carry a greater risk of developing heart disease.

**Lose to Win**

Ohio County gets ready to change the needle! We can't do much about the price of gas and that needle but we can change the needle on our bathroom scales. Starting in March Fit AS A Fiddle will be sponsoring a community countywide weight loss program....."Lose to Win". It won't be difficult to participate. The program is open to anyone male or female young or older who wants to lose weight and help Ohio County add up the pounds. The program will require you to weigh-in when you initially register, then weigh-in every 30 days. Every time you weigh-in and have successfully lost weight your name goes into a drawing for prizes. During the program there will be educational sessions on nutrient, exercise, healthy choices and other topics to help you make that change to a healthy lifestyle. Watch for more information on "Lose to Win" coming soon.

**For more information on the Ohio County Health Coalition call 270-274--7787**