



HEMECARE HERALD

CHRISTIAN

COMMUNITY

HEMECARE

FEBRUARY

Happy February! I would like to take this opportunity to inform you that soon you will begin receiving a newsletter published through CareTrust. Christian Community Homecare has approved this purchase in hopes of sharing knowledge pertaining to care giving and care receiving. I have been researching this area for quite some time and believe the newsletter will prove to be beneficial and provide on-going education. Each month will contain different subject matter and some will be more useful than others and I urge you to share your thoughts with me throughout the year so we can assess if this did indeed prove to be a useful tool. There is a quiz at the end of each letter that you might like to take. If time allows, it might be fun to read the letter with each other during home visits. Enjoy!

In His Name, Chris





Heart Disease and Heart Attacks: What Women Need to Know

Are women at risk?

Women are at risk for heart disease and heart attacks, just like men. In fact, heart disease is the leading cause of death among women over 65. American women are 4 to 6 times more likely to die of heart disease than of breast cancer. Heart disease kills more women over 65 than all cancers combined. Women develop heart problems later in life than men -- typically 7 or 8 years later. However, by about age 65, a woman's risk is almost the same as a man's.

What do I need to know about heart disease and heart attacks?

Women are less likely to survive heart attacks than men. No one knows why. It may be that women don't seek or receive treatment as soon as men. Or it may be because women's smaller hearts and blood vessels are more easily damaged. Doctors are working on finding answers to these questions. There's no question, however, that it makes sense to prevent heart problems before they start.

For both men and women, the biggest factors that contribute to heart disease are smoking, high blood pressure, high cholesterol, family history and age. Take a moment to look at your lifestyle, family history and your general health. With this information, you and your family doctor can assess your risk and make a plan to avoid potential problems. Although you can't do much about your family history or your age, you can make lifestyle changes to avoid many of the other risk factors (see below).

Don't smoke. Smoking is a major risk factor for heart disease in women. More than half of the heart attacks in women under 50 are related to smoking. If you stop smoking, you can lower your risk of heart attack by one third within 2 years.

Control your blood pressure. Treating high blood pressure can lower your risk of heart attack and stroke. Losing weight, exercising regularly and eating a healthy diet are all ways to help control high blood pressure. Reducing how much salt you consume can also help.

Control your cholesterol level. If you don't know your level, ask your doctor to check it. Diet is a key part of lowering high cholesterol levels. However, some people may need to take medicine in addition to diet and exercise.

Maintain a healthy weight. Extra weight puts strain on your heart and arteries. Exercise and a low-fat diet can help you lose weight. Being overweight means you have a higher risk for many other health problems, especially diabetes, high blood pressure and heart disease. If you're overweight, talk to your doctor about a safe and effective way to lose weight.

Exercise regularly. Remember, your heart is a muscle. It needs regular exercise to stay in shape. Aerobic exercise, such as brisk walking, swimming, jogging or biking, gives your heart the best workout. You can also use fitness equipment like exercise bicycles, treadmills and ski machines when exercising indoors. Finding an exercise partner may make it easier and safer for you to exercise often. You should exercise at least 30 to 60 minutes, 4 to 6 times a week. Talk to your doctor before starting an exercise program.

Eat a low-fat diet. Keep fat calories to 30% or less of the total calories you eat during a day and avoid saturated fat (the fat in meats and coconut oil). Information is available to help you make healthy choices. For example, food labels list nutrition information, including fat calories, many cookbooks have heart-healthy recipes, and some restaurants serve low-fat dishes.

Take care of diabetes. If you have diabetes, regular exercise, weight control, a low-fat diet and regular doctor visits are important. If you need to take medicine for diabetes, be sure to take it exactly as your doctor tells you to.

BIRTHDAY WISHES



Happy Birthday to:

Martha King, 2/5

Chris Pettillo, 2/29

Blessings on your special day!



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TODAY'S CLEAN LAUGH

Nutritious Eating

According to a recent article I just read on nutrition, they said eating right doesn't have to be complicated. Nutritionists say there is a simple way to tell if you're eating right. Colors. Fill your plates with bright colors. Greens, reds, yellows.

In fact, I did that this morning. I had an entire bowl of M&M's. It was delicious! I never knew eating right could be so easy.

I now have a whole new outlook on life.

Thanks to Pastor Tim for this joke!

<http://www.cybersalt.org/cleanlaugh>