



Naugatuck Valley Health District



February 2020

Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton

Newsletter

SPOTLIGHT

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Contact Us At
NVHD

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www.nvhd.org

Are you following us on
SOCIAL MEDIA?

@naugvalleyHD
#naugvalleyHD



February is American Heart Month!

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart.

Decreased blood flow can cause a heart attack. You can help prevent heart disease by making healthy choices and managing any health conditions you may have. What better time than now to start your journey on becoming healthier and taking care of your heart health!



Practice healthy living habits

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

1. Healthy Diet

Choosing healthy meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods low in saturated fats, trans fat and cholesterol and high in fiber can help prevent high cholesterol.

- Limiting salt (sodium) in your diet also can lower your blood pressure.
- Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.

2. Healthy Weight

Being overweight or obese increases your risk for heart disease. To determine if your weight is in a healthy range, doctors often calculate your body mass index (BMI). If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight website, <https://www.cdc.gov/healthyweight/assessing/index.html>

3. Physical Activity

Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

4. Not Smoking

Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

5. Limited Alcohol

Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.

source: www.cdc.gov



Do You Know Your Risk For Heart Disease?

Unhealthy blood cholesterol levels. Cholesterol is a waxy, fat-like substance made by the liver or found in certain foods. Your liver makes enough for your body's needs, but we often get more cholesterol from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the walls of the arteries, including those of the heart. This leads to narrowing of the arteries and can decrease the blood flow to the heart, brain, kidneys, and other parts of the body.

Diabetes mellitus. Your body needs glucose (sugar) for energy. Insulin is a hormone made in the pancreas that helps move glucose from the food you eat to your body's cells for energy. If you have diabetes, your body doesn't make enough insulin, can't use its own insulin as well as it should, or both. Diabetes causes sugar to build up in the blood. The risk of death from heart disease for adults with diabetes is higher than for adults who do not have diabetes.² Talk with your doctor about ways to prevent or manage diabetes and control other risk factors.

Obesity. Obesity is excess body fat. Obesity is linked to higher "bad" cholesterol and triglyceride levels and to lower "good" cholesterol levels. Obesity can lead to high blood pressure and diabetes as well as heart disease. Talk with your health care team about a plan to reduce your weight to a healthy level. Learn more about healthy weight.

High blood pressure. High blood pressure is a major risk factor for heart disease. It is a medical condition that happens when the pressure of the blood in your arteries and other blood vessels is too high. The high pressure, if not controlled, can affect your heart and other major organs of your body, including your kidneys and brain. High blood pressure is often called a "silent killer" because it usually has no symptoms. The only way to know whether you have high blood pressure is to measure your blood pressure. You can lower your blood pressure with lifestyle changes or with medicine to reduce your risk for heart disease and heart attack. Learn more about blood pressure.

Source: www.cdc.gov

130 is too high. Do you know your numbers?

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Flu Clinic:

Flu shots are given at NVHD on Tuesdays by appointment only call 203-881-3255, ask for Kristin.

Insurance accepted:

**Aetna, Cigna,
Anthem,
Connecticare,
Medicare Part B**

Immunization Clinic:

Vaccines for adults and children by appointment, call 203-881-3255, ask for Kristin.

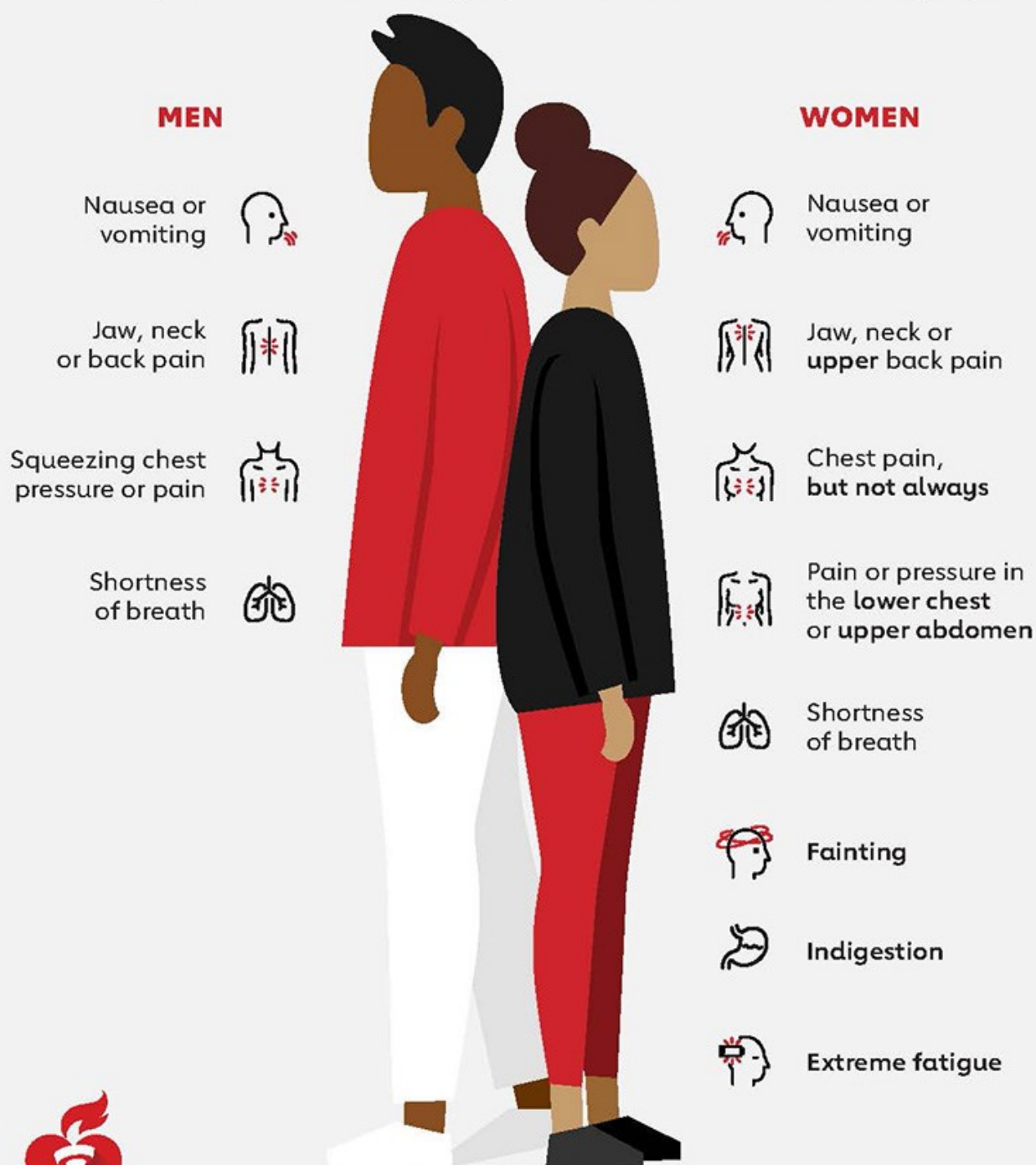
Lead Program for

Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels. Call Jamie for more information, 203-881-3255.

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



Source: American Heart Association's journal, Circulation
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