

February's Topic: Heart Health



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

Heart Disease is on the Rise

One of the most preventable and controllable leading causes of death is heart disease. Heart disease refers to several types of heart conditions. The most common type in the United States is coronary heart disease.

This is when a substance called plaque builds up in the arteries that supply blood to the heart and thus cause it to be deprived of oxygen. That can lead to a heart attack, chest pains, heart failure, and irregularly beating heart known as arrhythmias.

Every year, about 715,000 Americans have a heart attack. About 600,000 (which is about 1 in 4 people) die from heart disease in the United States each year.

Fortunately, it's never too late to take steps to prevent a heart attack (even if you've already had one). Proper medications and lifestyle factors play a critical role in heart attack prevention and recovery.

This is why it is important to be aware of your risks by talking to a health care provider.

Are you at risk?

You may not realize it but there are many ways your body can induce a heart attack. It is important to be aware of your risk factors so you can get the right advice and treatment to prevent it. These risk factors include:

- **Age:** Men who are 45 or older and women who are 55 or older are more likely to have a heart attack than are younger men and women.
 - **Using tobacco products:** Smoking and long-term exposure to secondhand smoke increases the risk of deadly blood clots forming and causing a heart attack
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How to Recognize a Heart Attack:

The five major symptoms of a heart attack are:

1. Pain or discomfort in the jaw, neck, or back.
2. Feeling weak, light-headed, or faint.
3. Chest pain or discomfort.
4. Pain or discomfort in arms or shoulder.
5. Shortness of breath.

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

Are you at risk? (continued)

- **Having high blood pressure** can damage arteries that feed your heart and thus increase your risk even more.
- **Having high cholesterol** can narrow your arteries
- **Having Diabetes** increases your risk of a heart attack.
- **Having a family history of a heart attacks**
- **Lack of physical activity** contributes to high blood cholesterol levels and **obesity**, which raises the risk of heart disease
- **Stress** can increase your risk of a heart attack.
- **Illegal drug use**
 - Such as cocaine or amphetamines, can trigger a spasm of your coronary arteries that can cause a heart attack.

Tips for Preventing Heart Disease

Every-day that goes by with unhealthy habits is a day closer to developing heart disease. Listed below are some general tips to remember in order to ensure your heart stays healthy:

- Eat a healthy diet (DASH diet)
 - Maintain a healthy weight
 - Exercise regularly at least 30 minutes a day for most days of the week.
 - Monitor your blood pressure
 - Don't smoke
 - Limit alcohol use (no more than 1 drink for women or 2 drinks a day for men)
 - Have your cholesterol checked at least once every 5 years
 - Manage your diabetes
 - Take your medications as prescribed (especially if you take anything for blood pressure, cholesterol, or diabetes.)
 - And manage your stress levels.
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Dietary Approaches to Stop Hypertension (DASH) Diet

- What you choose to eat affects your chances of developing high blood pressure, or hypertension. Recent studies show that blood pressure can be lowered by following the DASH eating plan along with less sodium.
- The Dash diet consists of:
 - Low in saturated fat, cholesterol, and total fat
 - Focus on fruits, vegetables, and fat-free or low-fat dairy products
 - Rich in whole grains, fish, poultry, beans, seeds, and nuts
 - Consume fewer sweets, added sugars, sugary beverages, and red meats
- The lower your salt intake is, the lower your blood pressure will be. Try to maintain sodium intake to ≤ 2300 mg/day. Certain groups should aim for ≤ 1500 mg/day such as:
 - People who already have high blood pressure
 - People with diabetes or chronic kidney disease
 - African Americans
 - Middle-aged or older adults
- High blood pressure can be very damaging to various organs in the body. Try the DASH diet to help prevent high blood pressure or help lower pre-existing hypertension.

References

- ❖ Centers for Disease Control and Prevention: February is American Heart Month. Updated 2/2013 [Accessed 16 January 2014] Available at: <http://www.cdc.gov/features/heartmonth/>
- ❖ MayoClinic: Heart attack Risk factors. Updated 5/2013 [Accessed 16 January 2014] Available at: <http://www.mayoclinic.org/diseases-conditions/heart-attack/basics/risk-factors/con-20019520>
- ❖ What is the DASH eating plan? National Heart, Lung and Blood Institute. Updated 2 July 2012. Available at: <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>
- ❖ Lowering your blood pressure with Dash. US Dept of Health and Human Services. Revised April 2006. Available at: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf



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**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of November rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management