

Wellness Newsletter

Augusta Technical College

National Women's Heart Day

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Why Do Women Need To Know About Heart Disease?

When it comes to women and heart disease, the numbers speak for themselves:

- The Number One killer of women, heart disease afflicts more women than men.
- One out of every three female adults has some form of cardiovascular disease: coronary heart disease, heart attack and stroke.
- In 2003, cardiovascular disease claimed the lives of 483,842 women. It affects nearly forty percent of black women and Caucasian women, as well as more than 32 percent of Latinas.
- Many cases of cardiovascular disease are PREVENTABLE with heart healthy behavior, and appropriate medical care, when needed!

Guidelines to Prevent a Heart Attack

In 2002 the American Heart Association revised its guidelines for preventing heart disease. They include the following:

Improve Cholesterol. People with at least two risk factors, and a 10-year risk for heart disease or stroke of more than 20 percent, should aim for LDL ("bad cholesterol") levels of less than 100 mg/dL. Statins are now used in more cases.

Keep Blood Pressure Low. People in normal health should have a blood pressure reading of 120/80 mm Hg or less. According to new guidelines, Blood pressure readings of 120/80 are considered

normal, readings of 140/90 or higher indicate hypertension, and readings in between the two are called pre-hypertension. Patients with diabetes or chronic kidney disease should maintain blood pressure readings of 130/80 mm Hg or less, while those without these complications should have readings be no higher than 140/90 mm Hg.

Exercise. Everyone in normal health should engage in at least moderate physical activity for a minimum of 30 minutes on most, if not all, days of the week. [Be sure to check with your physician before starting any exercise plan.]

Healthy Diet. Eat a diet rich in fruits, vegetables, grains, fish, nuts, legumes, poultry, lean meat and low-fat dairy items. Avoid saturated fats and trans-fatty acids.

Quit Smoking. Avoid exposure to second-hand smoke.

Maintain Weight. Aim for a BMI (body mass index) of 18.5 to 24.9.

Taking Aspirin. People whose risk for heart disease within 10 years is 10 percent or more should take a low-dose aspirin every day, unless they have medical reasons to avoid aspirin.

Control Diabetes. People with diabetes should aim for fast blood glucose levels of less than 110 mg/dL and hemoglobin A1C of less than 7 percent.

Control Atrial Fibrillation. People with atrial fibrillation should use anticoagulants to reduce the risk of blood clots.

To learn more about how to care for your heart:

<http://www.sistertosister.org/>
<http://www.healthcentral.com/>

National Health Observances

- *American Heart Month*
- *Burn Awareness Week (4th-10th)*
- *Children of Alcoholics Week (11th-17th)*
- *Children's Dental Health Month*
- *Congenital Heart Awareness Week (7th—14th)*
- *Donor Day (14th)*
- *Wear Red Day (2nd)*
- *Wise Health Consumer Month*
- *Women's Heart Day (16th)*

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Myths & Facts About Organ Donation

Myth: If emergency room doctors know you're an organ donor, they won't work as hard to save you.

Fact: If you are sick or injured and admitted to the hospital, the number one priority is to save your life. Organ donation can only be considered if you die and after your family has been consulted.

Fact: While a signed donor card and a driver's license with an "organ donor" designation are legal documents, organ and tissue donation is always discussed with family members prior to the donation. To ensure that your family understands your wishes, it is important that you share your decision to donate LIFE.

Myth: When you're waiting for a transplant, your financial status or celebrity status is as important as your medical status.

Fact: When you are on the transplant waiting list for a donor organ, what really counts is the severity of your illness, time spent waiting, blood type and other important medical information.

Myth: I am 60 years old. I am too old to be a donor.

Fact: People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissue can be donated.

Myth: Having "organ donor" noted on your driver's license or carrying a donor card is all you have to do to become a donor.

Myth: My family will be charged for donating my organs.

Fact: There is no cost to the donor's family or estate for organ and tissue donation. Funeral costs remain the responsibility of the family.

Becoming An Organ Donor

Once you have decided and document your decision to become a donor, the most important step is telling your family. Most American's support donation, but few have told family members their decision to donate. Talking about donation is talking about the opportunity to give another person a second chance at LIFE.

Share your wishes to become a donor. Tell your next-of-kin, family and/or friends you want to be a donor.

Email: donatelifeamerica@donatelife.net for a brochure that answers many questions about organ donation and includes a family notification form and donor card.

<http://www.organdonor.gov/>

Organ/Tissue Donor Card

I wish to donate my organs and tissues. I wish to give:

any needed organs and tissues only the following organs and tissues:

Donor
Signature _____ Date _____

Witness _____

Witness _____

Caring For Your Children's Teeth

Proper care of your child's teeth and gums includes brushing and rinsing, examinations by dentists, and any necessary treatments (use of fluoride, extractions, fillings, or orthodontics).

Healthy teeth and gums are essential to your child's overall good health. Injured, diseased, or poorly developed teeth can result in poor nutrition, painful and dangerous infections, and problems with speech development and self-image.

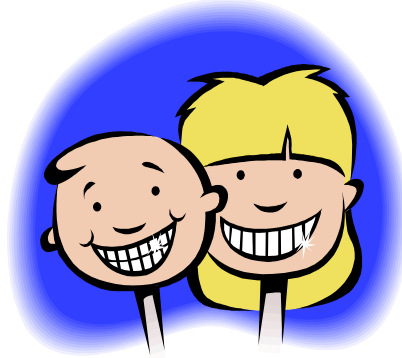
CARING FOR AN INFANT'S TEETH

Even though newborns and infants do not have teeth, it is important to take care of their mouth and gums. Follow these tips:

- Use a damp washcloth to wipe your infant's gums after each meal.
- DO NOT put your infant or young child to bed with a bottle of milk, juice, or sugar water. Use only water for bedtime bottles.
- Begin using a soft toothbrush instead of a washcloth to clean your child's teeth as soon as his first tooth shows (usually between 5-8 months of age).
- Ask your pediatrician if your infant needs fluoride added to his diet.

THE FIRST TRIP TO THE DENTIST

- Your child's first visit to the dentist should be between the time the first tooth appears (5-8 months) and the time when all the primary teeth are visible (before 2 1/2 years).



- Many dentists recommend a "trial" visit to expose the child to the sights, sounds, smells, and feel of the office before the actual examination.
- Children who are accustomed to having their gums wiped and teeth brushed every day will be more comfortable going to the dentist.

CARING FOR A CHILD'S TEETH

- The child's teeth and gums should be brushed at least twice each day and especially before bed.
- Take your child to a dentist every 6 months. Let the dentist know if your child thumb sucks or breathes through the mouth.
- Teach your child how to play safe and what to do if a tooth is broken or knocked out.
- When your child gets permanent teeth, he or she should begin flossing each evening before bed.
- When the child reaches the teens, braces or extractions may be needed to prevent long-term problems.

Teach children to brush!!

For more information on how to care for your children's teeth:

<http://www.netwellness.org/healthtopics/peddent/>

Healthy Living, Healthy Vision

Good health is an important part of good vision. The healthier you are, the better chance you have of avoiding risks to your eyes.

Avoid Smoking: Quitting smoking can have many good effects on your health. Avoiding smoking can also protect the health of your eyes. By quitting smoking, you can help to possibly reduce your risk of developing several different types of eye diseases.

Eat Healthy Foods: Lifelong good nutrition may lower your risk of some eye diseases. By eating a healthy, balanced diet, you will have a better chance of staying healthy and keeping your eyes healthy.

Stay Active: Staying active is part of a healthy lifestyle that can improve your overall health. Exercising regularly can reduce your risk of developing problems that can lead to eye disease.

Control Your Blood Pressure: Controlling your blood pressure is not just a good idea for your heart. It is also a good idea for protecting your eyesight. High blood pressure can increase your risk for glaucoma. It may also increase your risk for diabetic retinopathy if you have diabetes.

Protect Your Eyes from the Sun: Everyone who spends time outdoors (including children) should wear sunglasses and a wide brimmed hat. Your sunglasses should fit well and be able to absorb 99-100% of both UV-A and UV-B rays.

To learn more: <http://www.preventblindness.org/>

What Is NACoA?

The people hurt most by drugs and alcohol don't even use them; they are the CHILDREN of alcoholics and other drug dependent parents.

The National Association for Children of Alcoholics (NACoA) believes that none of these vulnerable children should grow up in isolation and without support. NACoA is the national nonprofit 501 (c) 3 membership and affiliate organization working on behalf of children of alcohol and drug dependent parents.

The mission of NACoA is to advocate for all children and families affected by alcoholism and other drug dependencies. In a word, they help kids hurt by parental alcohol and drug use.

- Work to raise public awareness.
- Provide leadership in public policy at the national, state, and local levels.
- Advocate for appropriate, effective and accessible education and prevention services.
- Facilitate and advance professional knowledge and understanding.

To help in these efforts, NACoA:

- have affiliate organizations throughout the country and Great Britain
- publish a bi-monthly newsletter
- create videos, booklets, posters and other educational materials to assist natural helpers to intervene and support children
- host a site on the Internet with information about and ways to help children of alcoholics and other drug dependent parents.
- send information packets to all who ask, and
- maintain a toll-free phone available to all.

It's the innocent children (1 in 4 under the age of 18) who suffer when their parents abuse alcohol and other drugs. The worst part is, they can't help themselves. But you can. Join us in our critical work for these vulnerable children. To learn more about their daily plight and what small steps can be taken to make a great difference in their lives visit the NACoA website:

<http://www.nacoa.org/>

Paradise Parfait

- 2 oz General Foods International Coffee French Vanilla Cafe Coffee Drink, Sugar Free, Fat Free
- 1 Tbsp hot water
- 2 cups cold fat free milk
- 4 serving Jell-O Fat Free Sugar Free Instant Vanilla Pudding, Prepared with Skim Milk
- 1/2 cup thawed Cool Whip Free Whipped Topping
- 1 cup sliced fresh strawberries

Instructions:

Dissolve flavored instant coffee in hot water in medium bowl. Add milk and dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Gently stir in whipped topping. Spoon half of the pudding mixture into each of 6 dessert glasses; cover pudding with layer of sliced strawberries. Top with remaining pudding mixture.

Refrigerate at least 1 hour or until ready to serve

Notes:

Substitute any combination of cut-up fruit for sliced strawberries.

<http://www.weightwatchers.com/>

Choosing Quality Health Care

Here are some tips for including quality in your health care decisions. Such decisions involve health plans, doctors, treatments, hospitals, and long-term care:

Look for a health plan that:

- Has been given high ratings by its members on the things that are important to you.
- Does a good job of helping people stay well and get better.
- Has the doctors and hospitals you want or need.
- Provides the benefits (covered services) you need.
- Provides services where and when you need them.

Look for a doctor who:

- Has received high ratings for quality of care.
- Has the training and experience to meet your needs.
- Takes steps to prevent illness—for example, will talk to you about getting the screening tests that are right for you.
- Can get you admitted to or treat you at the hospital of your choice.
- Is part of your health plan, unless you are willing to pay extra.
- Will work with you to make decisions about your health care.

When choosing a treatment, make sure you understand:

- Your diagnosis.
- How soon you need to be treated.
- Your treatment choices.
- Whether the treatments are based on the latest scientific evidence.
- The benefits and risks of each treatment.
- The costs of each treatment.
- How much experience your doctor has in treating your condition.

Look for a hospital that:

- Is accredited by the Joint Commission on Accreditation of Healthcare Organizations.
- Is rated highly by the State and by consumer groups or other organizations.
- Is one where your doctor can treat you.
- Is covered by your health plan.
- Has a lot of experience and success with your condition.
- Monitors quality of care and works to improve quality.

Look for a long-term-care facility that:

- Has been found by State agencies and other groups to provide quality care.
- Provides a level of care, including staff and services, that will meet your needs.