

February is all about hearts!

To keep your heart healthy from stroke and heart disease, prevention is key. There are different types of heart disease, stroke and heart attack being the best known. Heart disease can be congenital (meaning you were born with it) or can onset with age which may be preventable.

Examples of **PREVENTION** would be:

- ❖ Eating well
- ❖ Get moving-Exercise
- ❖ Maintaining a healthy weight
- ❖ Decreasing stress
- ❖ Being smoke free



Stroke happens when blood stops flowing to parts of the brain. There are 3 types of stroke.

1. Ischemic – caused by a clot or blockage.
2. Hemorrhagic – an artery in the brain breaks open. High Blood pressure that weakens arteries are the major cause of this type of stroke.
3. TIA (Transient ischemic attack) - A small clot briefly blocks an artery. This is also known as a mini stroke and symptoms are usually short lived. A TIA is usually thought to be a warning sign that a larger stroke may occur.

Signs of a stroke:

Face – Is it drooping?

Arms – Can you raise both?

Speech – Is it slurred or scrambled?

Time – To call 911

Heart attack is when blood flow to a section of the heart becomes blocked and cannot get oxygen.

Sign of a heart attack (symptoms may vary, especially in women):

1. Chest discomfort
2. Sweating
3. Upper body discomfort (neck, jaw, shoulder, arms and/or back)
4. Nausea
5. Shortness of breath
6. Light headedness

In case of a suspected heart attack call 911, stop activity, rest and wait for help to arrive.

Risk factors that increase your chance of **heart attack** and **stroke** are unhealthy eating, inactivity, unhealthy weight, smoking, stress, excessive alcohol and/or drugs. Conditions that can increase risk are high blood pressure, high cholesterol, diabetes and atrial fibrillation. Risk factors you cannot change are sex, age, family history, and ethnicity. Screening for many of the risk factors can easily be obtained at any age.