



H.E.A.R.T BEAT NEWS

Jeremiah 33:6
I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

February 2010
VOLUME 2

POLKVILLE BAPTIST
H.E.A.R.T MINISTRY
HEALTH EDUCATION, ADVISORY &
RESOURCE TEAM

FEBRUARY IS HEART HEALTH MONTH BE SMART- TAKE CARE OF YOUR HEART!

FEBRUARY 28
HEART
HEALTH
AWARENESS
SUNDAY

Come dressed in RED!!

There will be healthy snacks in the welcome center to recognize keeping our hearts healthy and strong



H.E.A.R.T MINISTRY
BP CLINIC EACH
SUNDAY MORNING
FROM 9:30- 9:50 IN THE
LIBRARY

REDUCE YOUR RISK OF HEART DISEASE

1. KNOW YOUR NUMBERS:

Ask your doctor to test your cholesterol, triglyceride levels and blood pressure. Your total cholesterol level should be less than 200, triglycerides count should be less than 130 and blood pressure should be less than 120/80.

2. QUIT SMOKING:

If you smoke, talk to your doctor about what tools are available to help you kick the habit now.

3. EXERCISE:

Engaging in some form of regular physical activity can help increase "good" cholesterol and lower "bad" cholesterol. Build up to at least 30 minutes of moderate intensity activity walking on most, if not all, days of the week. See your doctor before beginning

any exercise regimen, especially if you have been sedentary.

4. TAKE A DAILY BABY ASPIRIN:

If you are 45 or older, talk to your doctor about raking a daily baby aspirin, which may help break up blood clots and keep blood flowing.

5. MAINTAIN A HEALTHY WEIGHT

Talk to you family doctor about your ideal weight. If you are overweight, the extra pounds put extra stress on your heart. Losing weight can help your heart stay healthy. A loss of just 10% of your body weight will reduce your risks for diabetes and heart disease.

6. TAKE A VITAMIN DAILY

Some studies have shown that vitamin E may lower a person's risk of having a heart attack.

KNOW THE HEART ATTACK WARNING SIGNS

1. Pain or discomfort in the center of the chest that last more than a few minutes, or pain that goes away and comes back. It might feel like an uncomfortable pressure, squeezing, or sharp pain.
2. Pain or discomfort in other areas of the upper body, including the arms, back, neck or stomach.
3. Other symptoms, such as shortness of breath, breaking out in a cold sweat nausea or light headedness.
4. Women more than men, are more likely to experience shortness of breath, nausea/vomiting, flu-like symptoms, fatigue, back pain or pain radiating to the jaw, arm, or shoulder.