



Fair Lawn Nurses

Nurse's Newsletter

LOVE YOUR HEART

Heart disease remains the #1 killer of women each year, causing 1 in 3 deaths. It's more deadly than all forms of cancer combined. It doesn't affect all women alike. The warning signs for women are different than those of men. 90% of women have one or more risk factors for developing heart disease, yet only 1 in 5 American women believe that heart disease is her greatest threat.



Risk Factors:

- Diabetes
- Mental stress & Depression
- Metabolic Syndrome
- Smoking
- Low Activity Levels
- Menopause
- Pregnancy Complications

Heart Attack Warning Signs in Women:

- ***Chest Discomfort***- It feels like an uncomfortable pressure or a squeezing, can also feel like bloating or fullness.
- ***Discomfort of Other Areas of the Upper Body***-includes pain or discomfort in one or both arms, the back, the neck, the jaw or stomach.
- ***Shortness of Breath*** with or without chest discomfort may occur along with nausea, diaphoresis and light headedness.

If you experience any of the above signs, initiate 911 immediately!!!

How to keep your ticker ticking...

Eat Healthy –

- Increase your intake of fruits, veggies and whole grains.
- Use liquid vegetable oils in cooking – olive, canola or safflower oils.
- Eat chicken, fish and beans rather than red meats.
- Avoid foods with added sugar, calories and unhealthy fats.

Get Moving!!!

- Aim for 30 minutes/day 5/week.
- Aerobic activity gets your heart pumping – swimming, cycling, brisk walking, jumping rope.

Stop smoking!!!

Get Adequate Sleep –

- 6-9 hours per night is just right...

Take Some "Me Time" -

- Smiling and laughing are positives in reducing stress.
- Enjoy being with friends & family.



The life you save may be your own...learn CPR!!!