

FEBRUARY 2012

Elder Newsletter

NAMEBINI GIIZIS

SUCKER MOON

HEART DISEASE IS #1 KILLER AMONG AMERICAN WOMEN



Although many people think of heart disease as a man's problem, women can and do get heart disease. In fact heart disease is the number one killer of women in the United States. It is also a leading cause of disability among women.

The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks. Prevention is important: two-thirds of women who have a heart attack fail to make a full recovery.

The older a woman gets the more likely she is to get heart disease. But women of all ages should be concerned about heart disease. All women can take steps to prevent it by practicing healthy lifestyle habits. It is easier to prevent heart disease than it is to treat it.

Fortunately there are many things you can do reduce your chances of getting heart disease. You can:

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Get tested for diabetes and if you have it, keep it under control

- Know your cholesterol and triglyceride levels and keep them under control
- Eat fruits, vegetables and whole grains (especially oatmeal)
- Drink lots of water and limit caffeine and alcohol intake
- Maintain a healthy weight.

These steps can also help you live a longer, healthier life even if you have already been diagnosed with heart disease.

<http://www.nlm.nih.gov/medlineplus/heartdiseaseinwomen.html>

<http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html>

WIN \$200 IN GAS OR GROCERY CERTIFICATES

Keeping your blood sugar under control is important for diabetics, not only for their diabetes but also to help prevent heart disease.

The Fond du Lac Diabetes Prevention Program will be holding Blood Sugar Screenings throughout the month of February for people who are eligible to receive services at Min No Aya Win and CAIR. Participants will be entered in a drawing for \$200 in gas or grocery certificates.

DATES OF SCREENINGS

FEB 3rd 11 am—1 pm at the Cloquet Community Center during Cooking Class

FEB 6th 10:30 am—2:30 pm at the CAIR Community Rm

FEB 10th 11 am—1 pm at the Brookston Center

FEB 17th 11 am—1 pm at the Sawyer Center

FEB 21st 4:30 pm—6:30 pm at the FDL Gas and Grocery Store

For more information, contact Katie Hughes, Health Educator with FDL Public Health Nursing, at (218) 878-3795.

SHOW A LITTLE LOVE TO FAMILY CAREGIVERS

Fond du Lac Public Health Nursing Caregivers Program is hosting the FAMILY CAREGIVERS APPRECIATION DINNER on Thursday February 9th at 5:30 pm at the Cloquet ENP.

This is a chance for care receivers, family members, other caregivers and the FDL community to say

thanks to family and friends who help our loved ones in so many ways.

Use the enclosed Thank You card to share a story or recognize someone who has gone the extra mile to help others.

All FDL family caregivers and their care receivers are invited to the Appreciation Dinner. The Thank

You cards and a special certificate will be presented to each family caregiver.

Space is limited. To attend the dinner, please RSVP to Sue Roberts-Passero at (218) 878-2135 or (218) 878-3827. Her email address is suepassero@fdlrez.com.



8 billion candy hearts are produced each year. Candy hearts are also called conversation hearts. About 10 new sayings are introduced annually.