



February is American Heart Month

Because February is American Heart Month, the American Heart Association is encouraging all Americans to help improve the national cardiac arrest survival rate by learning the warning signs of cardiac arrest and taking quick action when faced with a cardiac arrest emergency.

Here's what you can do to be prepared for cardiac emergencies:

1. **Know the warning signs of cardiac arrest.** It occurs suddenly and dramatically. When the heart goes into cardiac arrest, its electrical impulses become chaotic. This irregular heart rhythm, called ventricular fibrillation, causes the heart to stop suddenly. During cardiac arrest, a victim loses consciousness, stops normal breathing, and loses pulse and blood pressure. Cardiac arrest can be caused by several factors, including heart attack, electrocution, drowning, or trauma, or it can have no known cause.
2. **Call 9-1-1 immediately** to access the emergency medical system upon recognizing any cardiac arrest warning signs.
3. **Give cardiopulmonary resuscitation (CPR).** CPR can help keep the cardiac arrest victim alive until emergency help arrives. CPR also maintains the vital blood flow to the heart and brain and helps sustain the victim until defibrillation (electric shock to the heart) can be administered.

To find out more about cardiac arrest, visit the American Heart Association's Heart and Stroke A-Z Guide at www.americanheart.org or call the toll-free Heart and Stroke Information Line at 1-800-AHA-USA1.

They Don't Call it Beauty Sleep for Nothing

Red, puffy eyes aren't the only consequence of lost sleep. There's also daytime sleepiness, fatigue, memory problems, etc.

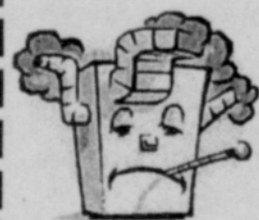
A recent study took a look at the body's hormonal and endocrine systems during periods of lost sleep. Researchers found that our bodies begin to exhibit signs that mimic the affects of aging during times of sleep deprivation.

It appears that our metabolism is affected by the loss of sleep, which can lead to increased or worsened

symptoms of age-related illness. Hypertension, weight gain, diabetes, and memory loss could all be affected by sleep loss.

Fortunately, the researchers noted that these effects could be lessened after periods of lost sleep by increasing the amount of sleep you obtain over a short period of time. Sleeping a few extra hours a night for a few days seemed to repair the imbalance to the system and allow things to get back on track.

Source: <http://www.topica.com/>



Change Your Filter

With the change of seasons you should change the filters in your home heating devices. This will increase efficiency while cutting down on bacteria and dust spreading throughout your house. This is especially important for allergy sufferers and people with breathing problems.

Source: www.emazing.com



What is Secondhand Smoke?

Secondhand smoke includes the smoke coming from the end of the cigarette as well as the smoke exhaled by the smoker.

Secondhand smoke contains more than 4,000 chemical compounds, including formaldehyde, cyanide, carbon monoxide, ammonia, and nicotine.

Secondhand smoke has been classified as a Group A carcinogen by the U.S. Environmental Protection Agency.

Secondhand smoke poses a health threat to those who breathe it.



Health Effects of Secondhand Smoke in the Workplace



Lung Cancer

For instance, food service workers exposed to secondhand smoke at work have a **40 percent to 50 percent** greater risk of lung cancer, even after adjusting for active smoking.

Heart Disease

For instance, workers exposed to secondhand smoke have a **35 percent to 50 percent** increased risk of heart disease.

Respiratory Diseases

The effects of secondhand smoke on lung function are similar to that of light smoking and can cause emphysema, chronic bronchitis, and asthma attacks.



New Workplace Law in Effect

Since Jan. 1, 500,000 more Oregonians have been protected from secondhand smoke on the job as a result of Oregon's new Smoke-Free Workplace Law. Oregon is one of the first states in the nation to adopt a smoke-free workplace law. Washington, California, and Maryland also have laws prohibiting smoking in the workplace.

The law protects Oregonians from the scientifically proven health danger associated with secondhand smoke exposure. Oregon's Smoke-Free Workplace Law protects 95 percent of Oregon's workforce from the poisonous toxins associated with secondhand tobacco smoke on the job.

A place of employment is "every enclosed area under the control of a public or private employer that employees frequent during the course of employment." Exceptions are made only for bars and taverns, bingo parlors, tobacco stores, bowling centers, and hotel and motel rooms designated as smoking rooms.

More information is available on the Oregon Public Health Services Web site at <http://www.ohd.hr.state.or.us/tobacco/smokefree/welcome.htm>.

Positive Attitude Can Equal Positive Health

Here's the least expensive way to take care of your health: a positive mental attitude!

Mental health is as important as, and is directly linked to, our physical health. A negative attitude or low self-esteem can wreck havoc on our overall well-being. Negative perceptions of, and beliefs about, events, situations, and people increase stress and affect our physical and emotional state.

People who are negative are often angry, extremely confrontational, and may see themselves as victimized, ill treated, and/or misunderstood. Do they seem like the healthiest, mentally and physically, people in the world to you? You are what you think and your physical health often reflects your thoughts.

For more information, go to positivelivingtext@rtn.emazing.com.