

February is American Heart Month: Know Your Risk for Heart Disease

By Lindy Taylor, M.D.

There are two types of factors that add to your risk of heart disease. Major risk factors are well-studied and are shown to greatly increase your odds of developing cardiovascular (the heart and blood vessels) disease.

Contributing risk factors such as stress and excessive alcohol use are known to be associated with heart disease, but their impact is difficult to measure scientifically. Some risk factors can be modified and some cannot. The more risk factors you have, the greater your chance of having heart disease of one type or another.

For example, a cholesterol level of 500 carries more of a heart risk than a cholesterol level of 300, although both are considered a major risk factor. It's basically a game of odds weighing against you. The higher your risk, the more you need to work with personal habits or medications to lower your chances of becoming one of

the victims of the No. 1 cause of death in the United States – heart disease.

Major Risk Factors That Cannot be Changed

- Age. Eighty-three percent of people who die from heart disease are over age 65.
- Gender. Men are more likely to have heart disease and more likely to have it earlier in their lives. Women catch up somewhat after menopause.
- Heredity and Race. Children of parents with heart disease are more likely to develop it themselves. Heart disease risk is higher among American Indians, African Americans, Mexican Americans, Native Hawaiians and some Asian Americans than it is in Caucasians.

Major Risk Factors That Can be Changed

- Smoking Tobacco. Smokers are 2-4 times more likely to suffer from heart

disease than non-smokers. Smoke affects the way blood vessels are able to pump blood and get oxygen for the body.

- High Cholesterol. Cholesterol is a waxy substance that likes to hang out in the blood vessels and build up over time – kind of like bacon grease going down the kitchen drain.
- High Blood Pressure. This causes the heart to have to work harder. It's like putting your thumb over the end of a hose and seeing how the water spurts out faster. In order to keep this flow high, the muscle of the heart grows to a larger, less-effective size.
- Physical Inactivity. Moderate activity for 30 minutes three times per week has been proven effective at helping prevent heart disease.
- Obesity. By losing as few as 10 pounds, you may be able to reduce your risk of heart disease. Usually,

increased weight is accompanied by increased blood pressure, cholesterol and sugar, so it's difficult to consider weight alone as a risk factor.

- Diabetes. This disease has a great impact on heart disease and may even pose a threat if blood sugar levels are controlled, but especially contributes to heart disease if uncontrolled.

If you are able to claim at least three of these risk factors, then speak to your provider about what preventative measures and testing are in order for you to help lower your risk of heart disease.

There is no such thing as being too young to care about having heart disease. Healthy habits start young and your habits will become your children's habits. The risk factors don't go away without you getting involved and it's much easier to make a difference by taking steps prior to a life-changing event such as a heart attack.

Heart Disease – Know Signs, Protect Yourself Against Nation's Top Killer

By Sharon L. Mason, CHAI

February is American Heart Month and heart health is a topic that should be on everyone's minds. Did you know that heart disease is still the nation's No. 1 killer of men and women? Cardiovascular disease accounts for two out of every five deaths.

While men's heart disease death rates have improved, women's have not. Thirty-eight percent of women who die, compared to 25 percent of men, will die within one year of a heart attack.

Women have a greater tendency to have different types of symptoms, such as nausea, fatigue, shortness of breath or pain in the neck, jaw, arm or abdominal area. This could mean missing a heart attack or stroke in progress or not catching the symptoms until later, causing serious consequences.

Some heart attacks are sudden and intense but most heart attacks start slowly

with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This can occur with or without chest discomfort.
- Other signs. These can include breaking out in a cold sweat, nausea or lightheadedness.

The following are symptoms of a stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Not all of the warning signs above occur in every stroke or heart attack. Don't ignore them even if they go away.

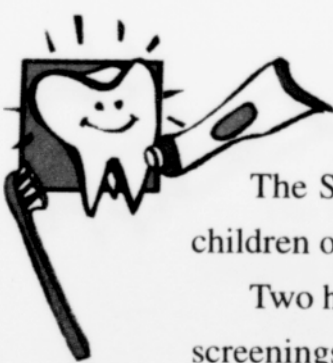
1. Check the time and write it down, you'll forget later. Also write down when the first symptoms started, what

type of symptoms and also how long they lasted. You will be asked these questions later.

2. Always have a current list of medications written down that is clear and legible for emergency responders.
3. Have a list of emergency contacts and phone numbers, i.e., providers, family member, which hospital is priority choice.

If you or someone you are with has chest discomfort, especially with one or more of the signs above, don't wait before calling 911. If you insist on driving to the hospital, be sure to call the emergency room before taking off so they are prepared for you. Not calling may cause a patient to wait up to an hour before being seen.

If you have any concerns, do not hesitate to call the Siletz Clinic to make an appointment or to talk to the nurse on duty.



Give Kids a Healthy Smile at the Sealant Clinic

The Siletz Dental Clinic will provide a free Sealant Clinic for the children of Siletz Valley School (SVS) on Feb. 24-25.

Two hundred eighty children can come to this clinic for oral health screenings, fluoride and sealants – and home care supplies, too.

On Feb. 12, SVS will send home with each student the form a parent needs to fill out. It must be completed and returned to SVS by Feb. 15.

If you do not receive a form, please contact Judy Line at 541-444-1100. A child cannot be seen in this clinic without this completed form.

Help us be part of giving your kid(s) the makings for a healthy smile.

2010 Hunting/Fishing Incentives

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk and salmon to the Natural Resources Department. The name on the tag will be submitted into a drawing after the season's end and could receive one of the following WalMart gift card incentives.

Hunting Incentives
\$100 ~ \$75 ~ \$50
WalMart Gift Cards

Fishing Incentive

\$50

WalMart Gift Card

Please report all harvests:

Mike Kennedy at
541-444-8232; 800-922-1399, ext. 1232
mikek@ctsi.nsn.us

or

Kelley Ellis at
541-444-8227; 800-922-1399, ext. 1227
kelleye@ctsi.nsn.us

What You Can Do About the Flu

1. Get immunized. Call the Siletz Community Health Clinic flu information line for further immunization information – 541-444-9658.
2. Stay healthy by practicing preventative measures, such as washing your hands properly; covering your cough; avoiding touching your mouth, nose and eyes; getting rest; taking a multi-vitamin; eating nourishing food; and getting daily exercise.
3. Prevent the spread of flu by staying home if you are sick and keeping sick kids out of day care and school. Do not return to these activities until at least 24 hours after fever and symptoms have resolved without the use of medications. Call our health clinic with concerns or if you need more information about how to take care of someone with the flu – 541-444-1030 or 800-648-0449.