

Minutes matter! Heart attack warning signs

By Brandon Schmidgall,
Salem health cardiovascular
services director

Unlike what you see in the movies, most heart attacks start slowly, with mild pain or discomfort. You might be unsure what's wrong, but don't wait to get help. Here are the major signs from the American Heart Association that you're having a heart attack:

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that 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 with or without chest discomfort.

- Other signs may include

breaking out in a cold sweat, nausea or lightheadedness.

These signs apply to both men and women, although according to the National Institutes of Health, women's signs are not as predictable as men's. Women are more likely to experience other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Among the most common signs women experience are unusual fatigue, sleep disturbance and shortness of breath.

Calling 911 is almost always the fastest way to get life-saving treatment. Don't wait more than five minutes to call—and don't drive yourself or a loved one to the ER if you suspect a heart attack. Emergency responders can begin treatment immediately, which could be the minutes you need. They're trained to revive someone whose heart

Talk with a heart MD

Meet local cardiologists during Salem Health's free lunch forums: Talk with a Heart Doc at the Community Health Education Center (CHEC) Feb. 6 to 23. Hour-long forums begin at 11:30 a.m. and include lunch.

The following doctors from the Salem Health Heart & Vascular Institute will be available for informal discussions—so bring your questions.

For more information about Heart Month and to register for the free forums, visit salemhealth.org/heartmonth

has stopped.

Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives—maybe your own.

A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off. This happens because coronary arteries that supply the heart muscle with blood flow can slowly become narrow from a buildup of fat, cholesterol and other substances that together form plaque.

Important enough to repeat: If you have any of these

signs, don't wait more than five minutes before calling 911 for help.

Upcoming events about heart health:

Effects of caffeine, alcohol, stress and fad diets on cardiovascular system **Friday, Feb. 6.** — Maziar Azadpour, MD

What is angina and how long will my stent last? **Monday, Feb. 9** — Kevin Thompson, DO

Open Forum: Questions for a Cardiologist **Friday, Feb. 20** — Raghuram Kamenini, MD

Emerging technology in arrhythmia control **Monday, Feb. 23** — Matthew Fedor, MD

Lemonade Day crowdfunding, expanding to PDX, Eugene

The crowdfunding campaign launched by Lemonade Day reached is more than two-thirds of the way to its \$12,500 goal.

The nonprofit organization is aiming to raise the cash to begin funding the program as it expands into Portland and Eugene on May 3. The Oregon cities are the first of the nationwide Lemonade Day organization to utilize crowdfunding. The 30-day Indiegogo campaign will end on Feb. 12.

Funds from the campaign will be used to cover the cost of educational materials given to each kid which keeps the program free for them to participate in.

Lemonade Day, started in Houston, Tex., was created to educate kids about business

and entrepreneurship. Lemonade Day teaches youth how to start, own and operate their own business — a lemonade stand. Young entrepreneurs follow a 14-step process that walks them from a dream to a business plan, while teaching them the same principles required to start any big company. Inspiring kids to work hard and make a profit, they are also taught to spend some, save some and share some by giving back to their community.

Last year was the first year for Lemonade Day in Salem, the only city in Oregon to participate.

To get more information about Lemonade Day 2015 contact Chip Conrad at 503-689-2366 or email him at chip@lemonadeday.org.

traffic court

NO LICENSE

Amanda Castro Espino, \$200.
Eleuterio Garca Ayala, \$200.
Jose Cruz Ibarra Barker, \$487.

NO INSURANCE

James Michael Rincon, \$235.
Adela Morales, \$312. Jose Cruz Ibarra Barker, \$260.

NO PROOF OF INSURANCE

Roderick Adams Jr., \$594.

DRIVING WHILE SUSPENDED

Randi Dawn Kearns, \$435.
Patricio Sotelo Coria, \$1,094.
Noe Jacob Jimenez, \$435.
Adela Morales, \$435. Holly Fran-

ces Jensen, \$487.

FAILURE TO OBEY TRAFFIC CONTROL DEVICE

Yelena Sergeyevna Marchuk, \$245.
Donald Eugene Potter, \$245.
Palagia A Shadrin, \$245.

OTHER

Randi Dawn Kearns, speeding, \$160. Michael Allen Dingle, improper right turn, \$245. Trang Nu Phuong Ho, speeding \$145. Ashley Elizabeth Hubbard, fail of driver entering roadway to yield right of way, \$245. Holly Frances Jensen, operation of vehicle without required lights, \$160.

MONDAY, JAN. 26

- 6:00 a.m. - Theft on 1600 block Carilor Court NE.
- 9:50 a.m. - Sudden death on 7100 block Fieldview Street NE.
- 10:18 a.m. - Sudden death on 1200 block Susan Court NE.
- 12:30 p.m. - Telephonic harassment on 1200 block Larchwood Street NE.
- 6:25 p.m. - Hit-and-run accident at Cherry Avenue NE and Weeks Drive NE.
- 8:22 p.m. - Arrest for assault on 900 block Bever Drive NE.

TUESDAY, JAN. 27

- 6:22 a.m. - Theft on 100 block Homewood Court N.
- 6:30 a.m. - Motor vehicle theft on 500 block Chemawa Road N.
- 7:30 a.m. - Theft from motor vehicle, unlawful entry to vehicle, and crime damage on 1800 block Alder Drive NE.
- 8:31 a.m. - Arrest for warrant served on 700 block Plymouth Drive NE.
- 12:14 p.m. - Fraud use of credit card on 4000 block Noon Avenue NE.
- 4:35 p.m. - Theft on 6300 block Ulali Drive NE.
- 5:00 p.m. - Theft from motor vehicle on 5400 block River Road N.
- 7:49 p.m. - Vandalism on 4500 block River Road N.
- 10:30 p.m. - Theft from motor vehicle and unlawful entry vehicle on 300 block Lakepoint Place N.

WEDNESDAY, JAN. 28

- 2:18 a.m. - Arrest for bench warrant at Clearview Avenue and Cherry Avenue NE.
- 8:00 a.m. - Arrest for theft on 1800 block Alder Drive NE.
- 11:13 a.m. - Theft on 6400 block Keizer Station Boulevard NE.
- 7:19 p.m. - Theft on 6400 block Keizer Station Boulevard NE.
- 10:14 p.m. - Burglary on 1100 block Lydia Avenue N.
- 10:41 p.m. - Burglary on 1200 block Lydia Avenue N.
- 10:42 p.m. - Burglary on 1100 block Lydia Avenue N.
- 11:16 p.m. - Burglary on 1100 block Lydia Avenue N.

THURSDAY, JAN. 29

- 1:30 a.m. - Motor vehicle theft on 3600 block Brooks Avenue NE.
- 6:51 a.m. - Traffic accident at Chemawa Road N and Elizabeth Street N.
- 8:00 a.m. - Arrest for burglary of residence and theft from building on 400 block Hornet Court N.
- 3:45 p.m. - Accident at Clear Lake Road NE and Mykala Street NE.
- 3:46 p.m. - Arrest for shoplift-

ing on 6400 block Keizer Station Boulevard NE.

- 4:07 p.m. - Theft on 600 block Greenwood Drive NE.
- 4:09 p.m. - Accident at Bailey Road NE and Dearborn Avenue NE.
- 4:43 p.m. - Burglary on 1700 block Kersey Way NE.

FRIDAY, JAN. 30

- 6:00 a.m. - Hit-and-run accident on 3800 block Cherry Avenue NE.
- 8:00 a.m. - Theft from motor vehicle on 6000 block Ulali Drive NE.
- 8:56 a.m. - Criminal mischief on 3500 block River Road N.
- 11:57 a.m. - Arrest for shoplifting on 6300 block Ulali Drive NE.
- 2:11 p.m. - Unlawful possession of marijuana on 1600 block Lockhaven Drive NE.
- 3:05 p.m. - Arrest for offensive littering on 3800 block River Road NE.
- 4:34 p.m. - Crime damage on 1100 block Clearview Avenue NE.
- 4:40 p.m. - Identity theft on 1100 block Clearview Avenue NE.
- 4:42 p.m. - Theft on 1000 block Taurus Loop NE
- 8:49 p.m. - Arrest for disorderly conduct on 1400 block Rozilla Court NE.
- 10:22 p.m. - Arrest for reckless endangering and DUII at 7th Place NE and Shangrila Avenue NE.
- 11:02 p.m. - Arrest for warrant served on 800 block Manbrin Drive NE.

SATURDAY, JAN. 31

- 12:01 a.m. - Arrest for warrant served on 3300 block River Road N.
- 2:00 a.m. - Motor vehicle theft on 1300 block Shady Lane NE.
- 8:20 p.m. - Traffic accident at Meadowridge Street NE and River Road NE.
- 8:23 p.m. - Vandalism on 5200 block Willow Leaf Street N.
- 9:00 p.m. - Motor vehicle theft on 300 block Lost Creek Court N.
- 9:00 p.m. - Vandalism on 700 block Weeks Drive NE.
- 9:08 p.m. - Vandalism on 5700 block Waterford Way N.
- 11:55 p.m. - Accident at River Road NE and Clear Lake Road NE.

SUNDAY, FEB. 1

- 6:45 a.m. - Accident on Lockhaven Drive NE and 14th Avenue NE.
- 11:00 a.m. - Vandalism on 100 block Sunset Avenue N.
- 2:23 p.m. - Arrest for shoplifting on 3800 block River Road N.
- 7:33 p.m. - Motor vehicle accident on 18th Avenue NE.

permit patrol

APPLIED

- I & E Construction, 1223 Lydia Avenue N, Windsor Island Subdivision LLC, NSFD lot 6 Windsor Island Estates, January 29, 2015, \$235,536.
- Pacific International Trading Corp, 3800 River Road N Unit 120, Change of use- retail treater BBQ store, January 29, 2015.

ISSUED

- PQA Construction Inc., 5510 Windsor Island Road #18, Ron and Debbie Addison, manufacture setup, January 30, 2015.

VETERANS FOUGHT FOR OUR WAY OF LIFE. IT'S OUR DUTY TO FIGHT FOR THEIRS.

America's 22 million veterans should get what they were promised. DAV helps veterans of all ages and their families get the health, disability and financial benefits they earned. And we connect them to vital services like claims assistance, medical transportation and job resources. If you're a veteran who needs free help, or you'd like to help us keep the promise, visit DAV.org.



RIVERfair

A celebration of Keizer

RIVERfair is the perfect vehicle to tell Keizer about YOUR organization:

- Non-profit organizations
 - Charities
 - Teams
- Youth sports organizations
- Churches

RIVERfair will be held at Keizer Rapids Park on Saturday, August 8.

Vendors are now being signed up for this one-day event that will benefit Keizer organizations and fund vocational scholarships for Keizer students

10' x 10' vendor space is \$50

\$125 for food vendors

Call 503-390-6840 or visit riverfairkeizer.com to get information or get a registration form.

RIVERfair is presented by
Making Keizer Better Foundation,
a non-profit organization