

# HEART HEALTH

## Atrial Fibrillation: When The Heart Skips A Beat

(NAPSA)—Every heart has a built-in pacemaker that ensures it beats regularly. When that natural pacemaker doesn't do its job, however, a person may experience an irregular heart rhythm, the most common and undertreated of which is atrial fibrillation (AF). This irregular heartbeat isn't always noticeable at first but can cause chaos over time.

### Understanding AF

AF, which affects more than 33.5 million people worldwide, occurs when the upper chambers of the heart beat significantly faster than a normal heartbeat or quiver irregularly. Some people with AF have no symptoms, while others have chest discomfort or pain and experience fainting or light-headedness, as well as fatigue, shortness of breath or weakness.

"When I was young, my heart did funny things. It fluttered, it skipped a beat, but mostly it resolved by itself," said Sue Halpern, a lifelong AF patient. "When it didn't resolve by itself, I somehow learned how to make it stop. I began to notice in my 20s and early 30s that it was getting harder to make it stop, but I still didn't know anything was wrong with me."

Because the heart isn't pumping normally, blood can pool in the heart and clot; these clots can also make their way through the bloodstream. If left untreated, people

with AF have a much higher risk of stroke and an increased risk of heart failure.

AF is typically caused by damage to the heart from disease, an abnormality from birth, surgery or a heart attack. However, adopting healthy behaviors such as monitoring cholesterol and blood pressure, avoiding smoking and excessive caffeine, and not abusing alcohol can help prevent disease.

### How To Tell If You Have AF

As with so many diseases, early detection of AF is important. Physicians may obtain an electrocardiogram (ECG) or stress test, or recommend short-term monitoring with a cardiac event recorder or Holter monitor. Unlike these short-term methods, a small insertable cardiac monitor (ICM) automatically detects and records abnormal heart rhythms for up to three years, while remaining barely detectable under the patient's skin. For example, the Medtronic Reveal LINQ ICM is approximately one-third the size of an AAA battery, yet it can accurately detect AF.

### What To Do If You Have AF

Once diagnosed, living with AF doesn't have to be a burden. While treatment options vary, many people respond well to medications. For those whose natural pacemaker needs an extra boost to keep the beat, treatment may include an implantable cardiac defibrillator

(ICD) or a pacemaker that can respond to and reduce the duration of AF episodes. An ICD can also detect a dangerous and potentially life-threatening heart rhythm and send a lifesaving therapy to correct it.

Another treatment for paroxysmal (fleeting) atrial fibrillation (PAF) is cryoablation, a minimally invasive procedure that isolates the pulmonary veins, which are a source of erratic electrical signals that cause PAF. The device used in the procedure uses cold energy to interrupt these irregular electrical pathways in the heart.

In Halpern's case, cryoablation greatly reduced her PAF episodes and has given her a new outlook on life.

"For someone who was having episodes every seven to 10 days for eight to 12 hours at a time, I wouldn't have dreamed of having a life free of AF," Halpern said. "My advice is, if you feel something off with your heart, do something about it."

### Learn More

Those who are living with or who suspect they may have AF can get further facts about therapies that may help get their heart back in sync and find a physician by visiting [www.medtronic.com/us-en/patients/conditions/atrial-fibrillation-afib.html](http://www.medtronic.com/us-en/patients/conditions/atrial-fibrillation-afib.html).

## Girl Scout Cookies: A Delicious Way to Help Girls Grow and Learn



# Girl Scout News & Notes

(NAPSA)—The next time you take a bite of sweet Thin Mints® or Girl Scout S'mores® cookies, you'll be doing more than pleasing your palate. Each and every Girl Scout Cookies® purchase powers amazing experiences for girls, and 100 percent of the net proceeds stay local to benefit the Girl Scout council and troop. Now, in the 101st year of Girl Scouts selling cookies, the organization is celebrating the next century of female entrepreneurs and highlighting the incredible skills and opportunities that selling cookies has powered for the millions of girls and alums all over the United States.

### Buying Cookies Is an Investment in Female Leadership

Selling cookies teaches girls essential entrepreneurial skills that benefit them both now and in their future careers. The inclusive, all-girl environment of a Girl Scout troop creates a safe space where they can try new things, develop a range of skills, take on leadership roles, and simply be themselves. Purchasing cookies is an investment in girls and their leadership, both now and in their future careers.

As one successful businesswoman, Cyd Brandvein, Director at Google, explained:

"The work ethic, goal-setting, and entrepreneurial skills I gained through the cookie program, not to mention the supportive, all-girl environment and female role models that Girl Scouts provided, contributed greatly to my ability and success in my career today."

Anyone who thinks selling Girl Scout Cookies isn't rocket science should consider Girl Scouts of the USA (GSUSA) CEO Sylvia Acevedo. Once an actual rocket scientist at NASA's Jet Propulsion Laboratory, she emphasizes, "The most valuable business lesson I ever learned was thanks to the Girl Scout Cookie Program®. I learned not to take 'no' for an answer, and as a young woman pursuing a career in STEM, I heard 'no' all the time. The skills I gained from selling Girl Scout Cookies pushed me to excel in a career that was outside the norm for girls like me. And many of our more than 50 million alums credit their career success to skills they learned selling cookies. After all, a Girl Scout Cookie purchase is more than just a delicious treat—it's an investment in girl entrepreneurs who will grow up to be the female business leaders of the future."



**Girls have the power to become the next generation of female leaders. Developing their entrepreneurial skills through the Girl Scout Cookie Program can help.**

ness fields credit the Girl Scout Cookie Program with helping them develop skills they use today—including money management, goal setting, and public speaking—selling Girl Scout Cookies has helped millions of female entrepreneurs over the past 100 years spark their careers.

### How It Works

During Girl Scout Cookie season, participating Girl Scouts across the country unlock their amazing G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ potential, selling cookies door to door and at booths, as well as through the Digital Cookie® platform, an innovative and educational

web-based addition to the cookie program supported by Dell that allows girls to run and manage their Girl Scout Cookie businesses online. The funds from every cookie purchase power amazing experiences for girls year-round.

### Cookie Earnings Support Your Local Community

Because 100 percent of the net revenue girls raise through cookie sales funds local Girl Scout council programs, troop programs, and community projects, customers who purchase cookies are making an important investment in their community and supporting exciting and formative leadership experiences for girls. Councils depend on cookie earnings to run their programming, and girls decide how to devote their troop's portion of the earnings to impactful community projects and personal enrichment opportunities.

### Learn More

To find Girl Scouts selling cookies near you, visit [www.girlscoutcookies.org](http://www.girlscoutcookies.org) or use the official Girl Scout Cookie Finder app, free on iOS and Android devices. To volunteer, reconnect, donate, or join, visit [www.girlscouts.org](http://www.girlscouts.org).

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## Graphic Search

### Good Luck

Wednesday's Graphic

International Ideas Month

Here is how it works...

We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper:  
**Thursday by 2:00 PM**

**JEAN HEFTY found the Iditarod Trail Sled Dog Race Graphic on page 5B (bottom of 'Need Help' picture under Hints For Homeowners). She won a gift certificate to Sweet Magnolias.**

Saturday's Graphic

## Vehicle & Boat Promotional advertising section 850 will continue to run your ad until sold providing you call the Siuslaw News 541-997-3441 Before the end of the month. (No Commercial Vehicles)

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