

Community **HEALTH BEAT**



Quality Healthcare Close To Home

170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

February is Heart Health Month

Who Should Take An Aspirin A Day?

While it is true that an aspirin a day might lower your risk of a heart attack, you might be surprised to know that it is not for everyone. So how do you know if it is right for you?

Well, if you have had a stroke or a heart attack then it is most likely for you. In fact, it might be right for you if you are at high risk for a stroke or heart attack. What does that mean? It means you smoke, have coronary artery disease, diabetes, high blood pressure, and/or have high cholesterol. There is an age component as well; usually a daily aspirin is reserved for males age 50+ and females age 60+. Talk to your doctor if you are over age 80 as the benefits can be less clear in this age group.

How does aspirin actually work? It helps prevent clotting in the vessels that supply blood to your heart, so it helps keep your arteries from getting clogged. In this way taking a daily aspirin can indeed possibly prevent a heart attack. Actually in males it is more protective of the heart and in females it protects against strokes.

That sounds like a wonder drug! Why wouldn't someone want to take it? Well, the benefits of a daily aspirin don't outweigh the risks if you have a low risk of heart attack or stroke. The risks include internal bleeding, so it should be avoided in individuals with a bleeding or clotting disorder (bleed very easily), an aspirin allergy, or a history of bleeding ulcers in their stomach. This is why it is important to review with your doctor before starting a daily aspirin. So ask your doctor if a daily aspirin is right for you!

By Janessa Sickler, D.O.,
Strawberry Wilderness Community Clinic



AMERICAN
HEART MONTH



**BLUE MOUNTAIN
CARE CENTER**
Resident of the Month

**SHARON
HALSEIDE**

Sharon was born on May 9, 1940 to Roy and Miriam Pulliam in Portland, Oregon. She had four brothers and sisters. Sharon had severe asthma as a child and her family moved to The Dalles, Oregon and then to Canada to improve her health.

Sharon has a music degree from college. She was married for 17 years and had three sons and a daughter. She has 12 grandchildren. She worked at a radio station in the Midwest and was a ward clerk at a hospital in Seattle. She also taught music out of her home and was a church staff musician and choir director.

She enjoys helping people, playing the piano, the violin, doing arts and crafts, shopping, playing cards and bingo. She also enjoys teaching music to children.

Sharon came to the Blue Mountain Care Center on September 20, 2012.



Presents...

**February
Visiting Specialists**

February 5th
Dr. Rushton
Baker Podiatrist

February 7th
Dr. Ashley
Bend Urology

February 15
Dr. Lilly
Bend Ortho

February 19th
Dr. Rushton
Baker Podiatrist