

**Southwest
Region
Hometown
Health**

Southwest Regional News

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Heart attack symptoms in women

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

"Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure," said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center and an American Heart Association volunteer. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness, or fainting, upper back pressure or extreme fatigue."

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away. "I thought I had the flu", Even though heart disease is the No. 1 killer of women, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

"They do this because they are scared and because they put their families first," Goldberg said.

"There are still many women who are shocked that they could be having a heart attack.

A heart attack strikes someone about every 34 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly become thicker and harder from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable, but in fact they can be subtle and sometimes confusing.

You could feel so short of breath, "as though you ran a marathon, but you haven't made a move," Goldberg said.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them, Goldberg said. Dizziness, lightheadedness or actually fainting are other symptoms. Many women I

see take an aspirin if they think they are having a heart attack and never call 9-1-1," Goldberg said.

"But if they think about taking an aspirin for their heart attack, they should also call 9-1-1."

Take care of yourself

Heart disease is preventable. Here are Goldberg's top tips:

1. Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.
2. Quit smoking. Did you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?
3. Start an exercise program. Just walking 30 minutes a day can lower your risk for heart attack and stroke.
4. Modify your family's diet if needed. Check out healthy cooking tips. You can learn smart substitutions, healthy snacking ideas and better prep methods.

(Article copied from American Heart Association)



Care for a Heart Attack

- **Recognize the signals of a heart attack**
- **Convince the victim to stop activity and rest**
- **Help the victim to rest comfortably**
- **Try to obtain information about the victim's condition**
- **Comfort the victim**
- **Call 911 for help**
- **Assist with medication, if prescribed**
- **Monitor the victim's condition**
- **Be prepared to give CPR if the victim's heart stop beating**

(Tips copied from the American Red Cross)

Community Health Nurse happenings

The SW Region Community Health Nurses (CHNS) and Community Health Promotion Specialist (CHPS) were busy in the month of January with several trainings for school nurses.

On January 10th, vision and hearing certification for school nurses was held at the Cossatot Community College, Nashville Campus. CHNS discussed the problems with second hand smoke and hearing/ear infections with the school nurses at the training.



CHNS Cheryl Byrd helps school nurses with the vision machine.

January 11th, a training was held at the SW Educational Cooperative in Hope to train school nurses on Scoliosis and Obesity Prevention and Education. The nurses were trained on using the scoliometer and doing height and weight measurements for BMI.

All these trainings are for new school nurses and for those who may need a refresher course. Certified Nursing Education hours were offered at the trainings.

CHPS Emily Lyons teaches school nurses how to correctly do height and weight measurements for Body Mass Index.



On January 20th, Edie Greenwood, CHNS, instructed UAMS nursing students at the University of Arkansas Community College at Hope on doing BMI assessments in school.

The SW Region CHNS hosted a downlink on January 23rd at each Educational Cooperative. It was presented by Paula Smith, APN, State School Nurse Consultant. A new bill came into effect in 2011 that allows Glucagon to be administered in the schools to Type 1 diabetics by an unlicensed volunteer employed by the school district once they are trained by a registered nurse employed by the school district. Paula presented the rules and regulations associated with this new law and provided school nurses with the resources to provide the training for an unlicensed volunteer to be able to administer Glucagon in an emergency when a school nurse is not available.

It's Fitness Challenge Time

Another year has rolled around and it is time to dust off your walking shoes and get fit. The Blue and You Fitness Challenge will kick off again on March 1st and run through May 31st.

The Fitness Challenge is a great way to help you keep that New Year's resolution, so get those shoes on, lace them up, and start walking!

To register for the Fitness Challenge you will need to access the website at

<http://www.blueandyoufitnesschallenge-ark.com> or the link on the healthy colleague intranet or the AHELP website.

Once on the website, go to Step 3. The group code you will enter is ADH.

Participants complete a simple online Registration Form. You will need to register with your LEGAL name listed on your paycheck.

Your LOGIN ID will be your birth month, birth day, and last 4 digits of your social security number. You will select your own password. PLEASE WRITE DOWN YOUR PASSWORD!

For location, Southwest Region employees will select: "LOCAL PUBLIC HEALTH-SW."

Read and agree to the disclaimer section then click "next" to complete your registration. Fitness Challenge registration must be completed by February 29th.

Last year's participation by Southwest Region employees was way down from previous years. We need to step it up this year to compete with the other regions of the state.

If you need assistance in registering please call Bonnie Carr at 870-867-2331 or email :

bonnie.carr@arkansas.gov

Educating the seniors

Sparkman is a small community in Dallas County that would like to have a senior center. They have applied to be a funded site but so far have been denied. Thanks to their efforts, an unused church on Main Street became the location in September 2011. Volunteers cook every Monday and Friday at noon for around 60 senior citizens. All the food is either donated or bought with money from donations.

The DASH Coalition was also able to help them out in December when they received approval to use leftover Blue

and You Grant money to provide a healthy lunch and program on diabetes.

The meal included spaghetti, salad, and garlic toast. The cooks had never tried whole wheat noodles or turkey meat in their spaghetti and were surprised to find that the seniors liked it. A sugar free dessert was offered and also proved to

be a hit. Several elderly widowed men said the meals they eat there are the only full meals they get because they never learned how to cook.

Donna Ferguson, health unit administrator, presented "Meal Planning" and Kathy May from the Cooperative Extension office gave a short presentation on "Make Your Plate".

Arrangements were made for the AmeriCorps volunteer to meet with the administrator about starting a garden for the senior center. Although plenty of men will help once it is started, center staff needed help with finding a good location and technical assistance which include soil testing.

Paint the County Pink (article by Montgomery County News)

February 2nd- February 10th the county was painted pink in recognition of Project Pink Awareness Paint the County Pink Week. County Judge Alvin Black proclaimed the week Project Pink Week to help bring more awareness to breast cancer and to also celebrate the lives of Montgomery County's breast cancer survivors.

Thirty four area businesses paid the registration fee to participate in this year's fundraiser and decorated their windows/doors/businesses with a breast cancer theme to help bring more awareness and education on breast cancer. Project Pink brought in a judge from Polk County to go around to each business to judge and the scoring was based on: visual impact, craftsmanship, originality, creativity and breast cancer awareness theme.

Project Pink Awareness coordinator Bonnie Carr, RHS, said "I am amazed at the number of businesses that stepped up to support such a great cause. I really expected to only have a handful of businesses to participate this year and hoped that everyone would enjoy seeing how much fun it was and would jump in and want to participate next year. But instead, we had 34 sign up and several other businesses that decorated even though they were not in the judging. I am really proud of our community and their commitment and support for the breast cancer survivors in our county. This will definitely be an annual event. People really got excited about participating and are already planning their decorations/theme for next year. I look for it to be even more competitive next year!"

Katrina Rowe, the Paint the County Pink judge, said she "was wowed by the businesses". She judged the Paint the Town Pink in Mena last year but said "Montgomery County made theirs more personable. There was a face/name with all the businesses so you knew that this community had been touched by breast cancer."

"Game On" t-shirts were also sold in each school district to help raise funds for breast cancer education. Project Pink would like to say a big "thank you" to the area schools for their support

and to all those that purchased t-shirts. Over 550 t-shirts were sold across the county. The t-shirt sales were also a fundraiser for the local schools with funds going to the Mt. Ida Student Council, Oden Booster Club and Caddo Hills Elementary library. Funds raised by Project Pink are used to purchase educational & promotional materials; to help pay for mammograms for those who do not qualify through BreastCare or other programs, and to help pay for transportation for mammograms and follow-up appointments for those that do not have the ability to pay. All funds raised by Project Pink stay in Montgomery County to help with Montgomery County projects and citizens.

Winners of the 2012 Paint the County Pink are:

Overall Winners

- 1: Dr. Ronnie Faulkner's
2. Bates Sales & Service & Bob's Food City (tie)

Business Theme

1. Mt. Ida Service Center
2. Mt. Harbor Resort
3. Mt. Ida Abstract & S&P Insurance

Creativity

1. Electric Chair
2. Shack Attack
3. Mt. Ida Postmaster

Inspirational

1. Mt. Ida Pharmacy
2. Community Outreach
3. Mt. Ida Head Start

You Got "Pink" award

1. Mt. Ida Pharmacy
2. Diamond Bank
3. Mane Attraction

Best Artwork

1. Kokamo's
2. Circle of Life
3. St. Joseph Clinic

Most Educational

1. First National Bank
2. Dr. Faulkner's
3. Bob's Food City



1st Place: Dr. Ronnie Faulkner, DDS- "Rockin' for a Cure" (top picture & below)



2nd Place (tie): Bob's Food City- "Cheering for a Cure"

2nd Place (tie): Bates Sales & Service- "Love Me Pink"



Most creative- Electric Chair -"Save the Ta-Ta's"



Bonnie Carr, RHS, Montgomery County, Editor
 Joni McGaha, HHI Regional Coordinator
 Sarah Powell, RHS, Hempstead County
 Janet McAdams, HHI Regional Manager

“KEEPING YOUR HOMETOWN HEALTHY”

www.healthy.arkansas.gov

In the news.....

Polk County—The Polk County Quality of Life Coalition Inc., sponsored the first Cancer Support Group meeting for Polk County on Thursday, January 19th in Mena at the Union Bank meeting room. Eleven cancer survivors, family, friends and caregivers attended the first meeting. Bonnie Carr, RHS, and Sherry McCourtney, QOL Secretary, facilitated the meeting to help get the group organized and make a plan of action. The support group will meet monthly on the 3rd Thursday of the month at 5:30pm at Union Bank. Promotional flyers and newspaper and radio ads have been published and are expected to increase participation in the support group.

Hot Spring County—The Hot Spring County Health Unit received a \$3000 General Improvement Grant from West Central Planning and Development on behalf of Representative Loy Mauch. The funds will be used to do general maintenance and im-

provements to the local health unit. Pictured at left are Representative Loy Mauch, Hot Spring County Judge Bill Scrimshire, health unit administrator Suellen Simpson, RN, and West Central Director Dewayne Pratt.



Recommended Screenings / Risk Factors



Recommended Screening	How Often?	Starting When?
CHOLESTEROL <i>(“fasting lipoprotein profile” to measure total, HDL and LDL cholesterol, and triglycerides)</i>	Every 5 years for normal-risk people; more often if any of the following apply to you: → you have a total cholesterol above 200 mg/dL → you are a man over age 45 or a woman over age 50 → your HDL (good) cholesterol is less than 40 mg/dL (if you’re a man) or less than 50 mg/dL (if you’re a woman) → you have other risk factors for coronary heart disease and stroke	Age 20
BLOOD PRESSURE	Each regular healthcare visit or at least once every 2 years if blood pressure is less than 120/80 mm Hg	Age 20
BLOOD GLUCOSE TEST	Every 3 years	Age 45
WEIGHT / BODY MASS INDEX (BMI)	Each regular healthcare visit	Age 20
WAIST CIRCUMFERENCE	As needed to help evaluate cardiovascular risk	Age 20
DISCUSS SMOKING, PHYSICAL ACTIVITY AND DIET	Each regular healthcare visit	Age 20

Last Update: 06/2011

CORONARY HEART DISEASE RISK FACTORS

Major Risk Factors That Cannot Be Changed

- **Increasing Age:** The vast majority of people who die of coronary heart disease are 65 or older.
- **Male Sex (Gender):** Men have a greater risk of heart attack than women do, and they have attacks earlier in life.
- **Heredity (Including Race):** Children of parents with heart disease are more likely to develop it themselves.

Major Risk Factors That Can Be Changed

- **Tobacco Smoke:** Smokers’ risk of developing coronary heart disease is 2-4 times that of nonsmokers.
- **High Blood Cholesterol:** As blood cholesterol rises, so does risk of coronary heart disease.
- **High Blood Pressure:** High blood pressure increases the heart’s workload, causing the heart to thicken and become stiffer.
- **Physical Inactivity:** An inactive lifestyle is a risk factor for coronary heart disease.
- **Obesity and Overweight:** People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart disease and stroke.
- **Diabetes:** Diabetes seriously increases your risk of developing coronary heart disease.

Other Factors That Increase Cardiovascular Risk

- **Stress:** Individual response to stress may be a contributing factor.
- **Alcohol:** If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women.
- **Diet and Nutrition:** A healthy diet is one of the best weapons you have to fight cardiovascular disease.

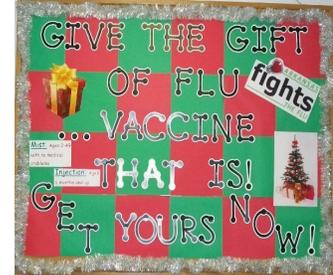
www.heart.org/screenings

Howard County— Nashville Schools kicked off “Biggest Loser”, a worksite wellness program in January. Howard County Memorial Hospital provided health screenings for all participants and a school nurse interviewed participants about their health issues and is tracking their tobacco habits. Tobacco users were educated on the Quitline and SOS materials were available for teachers to use as class resources.

Health resource tools and information are emailed to participants each month as a new health focus topic is featured. Approximately 55 school employees attended the kickoff for the program.

Little River County—The Lafayette County LIFE Coalition celebrated 7 successful years on January 12th. Dr. Pat Antoon, a new local physician, was asked to speak about his practice and his investment in the local community. A summary of past, present and future projects of the coalition was also presented. The celebration brought about some great brainstorming ideas of partnering with other programs with similar goals and also incorporated some new memberships. Officers were selected and a group picture was taken after the group enjoyed a lunch from Burge’s that was provided by Hometown Health.

In an effort to promote flu vaccinations to all patients entering the local health unit, a bulletin board was designed by Administrator Tonya Clark, RN, to encourage all visiting the LHU to receive their flu vaccine.



Ouachita County— The Minority Health Commission conducted a health fair on January 21st in Camden that attracted about 200 attendees. The Commission brought in a fitness expert from Pine Bluff that held a “Move into Action” session to get people up and moving. It featured a live DJ with music and a giant video screen in the background with people doing workouts all during the health fair. A joint booth by Ouachita and Calhoun County Health Units featured information on clinic services and the county HHI coalitions. Flu shots were also given by health unit staff.

