

A HEALTHY HEART

February is National Heart Month. Let's take a look at some of the risk factors for heart disease.

- Men have a greater risk of heart attack than women.
- The risk of heart disease is more around middle age.
- Smoking is a major risk factor for heart disease.
- If you have diabetes you also have greater heart-related health risks.
- Too much fat around your waist increase your chance of heart disease.
- The higher your total blood cholesterol, the higher the risk of heart problems.
- High blood pressure is also a factor in heart-related issues.

What are some of the warning signs of 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

We want you to be healthy in every area of life. We care about you as our fellow workers, and we know you have families at home who want to see you live a long a happy life. For more information about living a heart-healthy lifestyle, go to the American Heart Association's website at www.americanheart.org.

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