

PUBLIC HEALTH NEWS

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FEBRUARY IS AMERICAN HEART MONTH

CENTER FOR DISEASE CONTROL AND PREVENTION

According to the Center for Disease Control and Prevention (CDC), "heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the US is coronary heart disease, which most often appears as a heart attack. In 2009, an estimated 785,000 Americans will have a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Other conditions that affect your heart or increase your risk of death or disability include:

- arrhythmia
- heart failure
- peripheral artery disease (PAD)
- High cholesterol
- high blood pressure
- obesity
- diabetes
- Tobacco and secondhand smoke

For a full list of diseases and conditions along with risk factors and other health information associated with heart disease, visit the American Heart Association at: www.americanheart.org.



About every 25 seconds, an American will have a heart attack!

SPECIAL POINTS OF INTEREST:

- Knowing the signs and symptoms of a heart attack are crucial to having a positive outcome after a heart attack.
- Heart disease is the 3rd leading cause of death in women age 24-44 years.
- Food - not held at the proper temperature - can make you sick!

KNOW THE SIGNS AND SYMPTOMS OF HEART ATTACKS

AMERICAN HEART ASSOCIATION

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- 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.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath—with or without chest discomfort
- Other signs: breaking out in a cold sweat, nausea, or lightheadedness

If your group or organization would like a presentation on "Act in Time" to heart attack signs, call Kim at the health department: 660-882-2626.

HEALTHY LIFESTYLE: DIET AND NUTRITION, EXERCISE & FITNESS

CENTER FOR DISEASE CONTROL & PREVENTION

The CDC reminds us that “a healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you’re a woman and two drinks per day if you’re a man.
- Keep an eye on your portion sizes

See [CDC’s Division of Nutrition, Physical Activity, and Obesity](#) for more tips on Nutrition.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

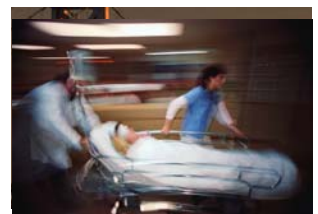
WOMEN AND HEART DISEASE: QUICK FACTS FROM CDC

1. The CDC recognizes that heart disease is often thought of as “a man’s disease”. However, it is the leading cause of death for both women and men in the US, accounting for 52.6 percent of the total heart disease deaths.
2. Heart disease is the third leading cause of death among women aged 24-44 years and the second leading cause of death among women aged 45-64 years.
3. In 2005, heart disease was the cause of death in more than 454,000 females



Use fat-free, 1%, and low-fat dairy products as part of a healthy diet.

Remember to be a good role model for your children, by practicing what you preach.



Heart disease is the third leading cause of death in women 24 to 44 years of age!

GET RECOMMENDED HEALTH SCREENINGS

LIVE LIKE YOUR LIFE DEPENDS ON IT CAMPAIGN

Do you ever wish you could look into the future to know what lies ahead? If only we knew what was going to happen tomorrow, we might make different choices today.

Health screenings can't exactly predict the future, but they can help provide information about health issues you might face as you get older. By warning you about possible health hazards down the road, health screenings can help you make choices now that could prevent health problems that might impact the quality of your life.

Screening tests can detect your risk for certain diseases such as heart disease, stroke and some types of cancer so that you can make changes now to prevent a chronic diseases in the future. Screenings also can discover chronic diseases early when they can be treated and effectively managed to prevent serious health complications.

For example, if you have high blood pressure, you are at an increased risk for heart disease. But if you reduce your blood pressure now, you could prevent a heart attack in the future.

If you are over 45, you should visit your doctor at least once a year to discuss the health screenings that are right for you. Be sure to ask when and how often you should have each screening.

Recommended screenings for both men and women include: obesity, high blood pressure, high blood cholesterol, diabetes, colorectal cancer and depression. Additional screenings for women include breast cancer, cervical cancer and osteoporosis.

A hundred years ago, your grandparents and great grandparents were not able to benefit from the health screenings available today. They often did not discover they had a chronic disease until it was too late to treat it effectively. Fortunately, things are much different today.

Take advantage of the screenings that are available to help you live a longer, healthier life. Talk to your doctor about the health screenings you need and live like your life depends on it.

More information about health screenings can be found at: www.cdc.gov/HealthyLiving.

CDC'S WISEWOMAN PROGRAM

According to the CDC, the mission of their WISEWOMAN program is to provide low-income, under-or uninsured 40-to64-year-old women with the knowledge, skills, and opportunities to improve diet, physical activity, and other lifestyle behaviors to prevent or delay cardiovascular and other chronic diseases.

WISEWOMAN provides these additional services:

- Screening for chronic disease risk factors.
- Dietary, physical activity and smoking cessation interventions.
- Referral and follow-up as appropriate.

For more information on how you can take advantage of these services, visit:

WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) and click on program locations OR Check for availability through a federally qualified rural health clinic.

“If you are over 45, you should visit your doctor at least once a year for recommended health screenings”

We are on the web!

www.coopercountypublichealth.com

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Prevent. Promote. Protect.

**SUE'S ENVIRONMENTAL HEALTH
CORNER**

THE FOOD TEMPERATURE DANGER ZONE

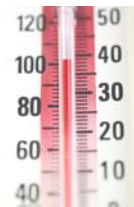
BY SUE WILMAN

One of the most important practices for keeping food safe is to maintain proper temperature of potentially hazardous foods. The range between 41° and 135° Fahrenheit is called the temperature danger zone. Between these temperatures harmful bacteria, that can make you sick, multiply rapidly. The bacteria most commonly associated with food-borne illnesses include:

- Bacillus cereus
- Campylobacter
- Clostridium perfringens
- E. coli
- Salmonella
- Shigella
- Staphylococcus

All hot food should be kept at 135° F or higher and all cold food should be kept at 41° F or colder. For more information on proper food temperatures, call Sue at 660-882-2626 or visit the USDA website at:

www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheet/index.asp.



Food Temperature Danger Zone: Between 41° F and 135° F