

Healthy Living Newsletter

January / February 2019

A MedWatch publication
to keep you healthy and informed.



Be sure to click on the images and header hyperlinks to take you to valuable websites for additional information!

Nutrition Corner



THREE RECOMMENDED HEART-HEALTHY DIETS!

A heart-healthy diet can help you lose weight, lower cholesterol, blood pressure and triglycerides. According to experts who rated 40 different diets, here are the top three as reviewed by U.S. News and World Report.

The DASH Diet: *(click link for website)*

(Dietary Approaches to Stop Hypertension)

Emphasizes foods you've always been told to eat (fruits, veggies, whole grains, lean protein and low-fat dairy), which are high in blood pressure-deflating nutrients like fiber, potassium, calcium, and protein. DASH discourages foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and tropical oils, sweets and sugar-sweetened beverages. DASH is balanced, can be followed long term, and is ranked by nutrition experts as the Best Overall Diet, tied with the Mediterranean Diet.

The Mediterranean Diet: *(click link for website)*

More of an eating pattern than a structured diet, the Mediterranean Diet uses a pyramid approach that emphasizes eating fruits, veggies, whole grains, beans, nuts, legumes, and olive oil; fish and seafood a couple of times a week; and poultry, eggs, cheese and yogurt in moderation. Occasional red wine is okay. Remember to stay active.

The Ornish Diet: *(click link for website)*

This diet is low in fat, refined carbohydrates and animal protein. Exercise, stress management and relationships are key features. Ornish categorizes food into five groups from most (1) to least (5) healthful and stresses aerobic activities, resistance training and flexibility. Stress management is a core element of this program and includes deep breathing, meditation and yoga.

Taking Control of Your Health

In the Event of a Heart Emergency . . .

Can you recognize the symptoms of a heart attack? Do you know the appropriate action to take if someone you know is in distress?

KNOW the Symptoms of a Heart Attack.

Symptoms vary greatly and aren't always obvious. They often differ between men and women too. Recognizing symptoms helps you know when and how to act.

FOR MEN: Typical symptoms include a crushing pressure behind the breastbone that can radiate to the arms (often the left) and can go into the back, shoulder blades and jaw. Other symptoms include cold sweat, nausea, fatigue or unconsciousness.

FOR WOMEN: Symptoms may be similar to those of men but often include "atypical" symptoms such as shortness of breath, the feeling of indigestion, feeling a little faint, swollen legs/ankles/feet or pain in the jaw.

ACT Immediately!

Many heart attack patients die before they reach a hospital. The sooner the person gets to the emergency room, the better the chance of survival, as prompt medical treatment reduces the amount of heart damage. Here's what to do:

- ♥ **Call 911.** Even if you only suspect a heart attack, call 911 immediately.
- ♥ **Stay Close & Provide Comfort.** Help the heart attack victim relax. Place them in a comfortable position, loosening clothing, and providing reassurance.
- ♥ **Give a Dose of Nitro.** If the person has been prescribed nitroglycerin in the past for heart disease, and the medication is close at hand, you can give them a dose. A single adult dose of aspirin may also be administered to help slow the formation of blood clots.
- ♥ **If Needed, Give CPR.** If the person suddenly collapses, stops breathing, or is unresponsive, start performing hands-only CPR at 100 chest presses a minute with minimal interruptions.
- ♥ **Use an AED.** If the person is unconscious and an AED, or automated external defibrillator, is immediately available, follow the device instructions for using it.

In the Event of a Heart Emergency, DO NOT:

- Allow the person to deny the symptoms or wait to see if the symptoms go away.
- Leave the person alone except to call for help, if necessary.
- Be tempted to drive the person to the hospital.

911 emergency service is the fastest way to deliver trained medical help to where it is needed.

For more information consult the National Heart Association at www.heart.org.



For more information on heart health, visit the following websites:

<https://www.redcross.org/>

<https://medlineplus.gov/heartattack.html>



Get trained. Save a life. You'll be glad you did.

Save a Life with Hands-Only CPR

When the heart stops, the lack of oxygenated blood can cause brain damage in only a few minutes. Most people who survive a cardiac emergency are helped by a bystander. CPR can keep oxygenated blood flowing to the brain and other vital organs until medical treatment can restore a normal heart rhythm. Taking a couple of minutes to learn "Hands-Only CPR" might enable you to be the bystander who provides life-saving care until professional responders arrive.

Here's what you need to know:

- ♥ Kneel beside the person who needs help.
- ♥ Place the heel of one hand on the center of the chest.
- ♥ Place the heel of the other hand on top of the first hand, then lace your fingers together.
- ♥ Position your body so that your shoulders are directly over your hands, keeping your arms straight.
- ♥ Push hard, push fast. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. Be sure to let the chest rise completely between compressions.
- ♥ Keep pushing. Continue hands-only CPR until you see obvious signs of life - like breathing - or when another trained responder can take over for you, an automated external defibrillator (AED) becomes available, or if the situation becomes unsafe for you to continue.

Click on the image below to watch the YouTube video:

Two steps to save a life:



6 Reasons Why You Should Learn CPR

Looking for a New Year's resolution that might save a life?

Why not enroll in a CPR training?

Here are 6 great reasons why you should learn CPR this year:

- ♥ Heart Disease is the Leading Cause of Death in the United States.
- ♥ CPR Saves Lives.
- ♥ The Life You Save May Be That of a Loved One.
- ♥ Anyone Can Learn CPR.
- ♥ You'll Feel Confident in the Event of a Cardiac Emergency
- ♥ Join the 3 Percent of Americans who Receive CPR Training.

For further information for on-line and CPR training, contact the American Red Cross or the American Heart Association.

Click on the images below for links to valuable websites:



Your MedWatch Total Lifestyle Coach (TLC) is your health advocate and acts as your personal GPS to help navigate the complex healthcare roadmap.

Call your TLC at (800) 386-5475 for personalized tools and resources to help you maintain your health.