



Health Tribune

Thinking about your health in Portage County
 Provided by the Portage County Health Department



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February is... American Heart Month

Protecting your heart 101:

- 1.) Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.
- 2.) Aim for a healthy weight. Excess weight increases your chance of developing heart disease.
- 3.) Don't smoke or use other tobacco products. Avoid secondhand smoke as well.
- 4.) Get Active. Strengthen and condition your heart by exercising at least 30 minutes a day.
- 5.) Handle stress in healthy ways.
- 6.) Control your cholesterol, blood pressure, and blood sugar levels.
- 7.) Learn the warning signs of a heart attack and heart disease, and don't ignore them.



Heart Attack Warning Signs

- Discomfort in the chest such as pressure, fullness, squeezing, or pain that lasts for more than a few minutes, or that comes and goes.
- Shortness of breath along with or before chest discomfort.
- Pain in the upper body in one or both shoulders and arms, or in the back, neck, jaw, or stomach,
- Sweating, lightheadedness, and nausea— especially in women.

Heart Healthy Superfoods

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| Berries | Salmon | Fat Free or 1% Milk |
| Banana's | Trout | 100% Whole Wheat Bread |
| Broccoli | Lean Meats | Oatmeal |
| Spinach | Pork Tenderloin | Egg Whites or Egg substitutes |

For more information go to: www.heart.org

Did you know...?

Heart disease can affect anyone at any age. That is why it is so important to start heart-healthy habits right now. Through the Health Education Center of Robinson Memorial Hospital, health screenings, events, support groups, and classes are offered each month for the community. This month they are offering FREE Blood Pressure Screenings.

Robinson Memorial Hospital
 Free Blood Pressure Screening

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| February 16th 2:30-4pm Robinson and Memorial Hospital Meeting Room B | February 17th 3-5pm Leander's Barber Shop Kent, OH |
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For additional information please call: 330-297-2576

Understanding Blood Pressure Readings

It is important to know what your blood pressure readings mean. The top number or the "Systolic Number" measures the pressure in the arteries when the heart beats. The bottom number or the "Diastolic Number" measures the pressure in the arteries between the heartbeats.

Normal BP: 120/80

Prehypertension BP: 120-139/ 80-89

High BP: 140-159/90-99

Check with your local Fire Departments for when they offer free blood pressure checks.



Questions or Comments?

Contact Us!

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