



WHAT IS MILLION HEARTS?

Join the Allegany County Wellness Committee in the National Campaign preventing 1 million heart attacks and strokes in the next 5 years. This efforts requires commitment from everyone—health care providers, pharmacies, hospitals, employers, communities, and individuals too.

Heart disease and stroke are the first and fourth leading causes of death in the United States, making cardiovascular disease responsible for 1 of every 3 deaths in the country. Americans suffer more than 2 million heart attacks and strokes each year, and everyday, 2,200 people die from cardiovascular disease.

Further, heart disease and stroke are among the leading causes of disability in our country, with more than 3 million people reporting serious illness and decreased quality of life.

WHAT CAN YOU DO TO HELP?

Join in our efforts this February during American Heart Month and learn more about ways to prevent Heart Disease and tools to help others who may experience a heart attack or stroke by attending the following programs:



FREE CPR/AED/BASIC FIRST AID TRAINING:

Training course is perfect for individuals who require or desire CPR, AED and First Aid Knowledge and Skills. **Required for Successful Completion (2-Year Certification):** Written Evaluation and Skills Evaluation

Saturday, February 6, 2016 1:00-4:00p.m.
 Jones Memorial Hospital Walchli Education Room
 191 North Main Street
 Wellsville, New York 14895

Thursday, February 11, 2016 5:30-8:30p.m.
 Ardent Solutions, Inc.
 Conference Room
 Wellsville, New York 14895

Saturday, February 20, 2016 9:00a.m.-12:00p.m.
 Cuba Cultural Center
 38 East Main Street
 Cuba, New York 14727

Tuesday, February 23, 2016 9:00a.m.-12:00p.m.
 St. Philip’s Episcopal Church– Parish Hall
 12 Willets Avenue
 Belmont, New York 14813

Pre-registration required at www.ardentnetwork.org or by phoning 585-593-5223, ext. 12



HEALTHY HEART COMMUNITY WORKSHOPS

Join Mona Carbone representing Jones Memorial Hospital's new Stroke Designation Center for a FREE Healthy Heart Workshop.

PRESENTATION INFORMATION WILL INCLUDE:

1. Understanding and preventing Cardiovascular Disease
2. Explore risk factors for Heart Disease and
3. Focus on the ABCS of Cardiovascular Disease
 - Aspirin when appropriate
 - Blood Pressure Control
 - Cholesterol Management
 - Smoking Cessation
4. Signs and Symptoms of Stroke or Heart Attack

DATE

TIME

FEBRUARY 12, 2016
Belmont, New York

9:00-10:00A.M.

FEBRUARY 19, 2016
Cuba, New York

1:00-2:00P.M.

FEBRUARY 26, 2016
Wellsville, New York

9:00-10:00A.M.

**Pre-Registrations Appreciated by Calling
585-593-5223, Ext. 10.**

Healthy Heart Refreshments Included



WORKING TOGETHER TO PREVENT
ONE MILLION
HEART ATTACKS AND STROKES

1 of **3**
deaths is caused by
heart disease and stroke

Health care costs
for heart attack
and stroke:
\$312.6
BILLION

Leading cause of
PREVENTABLE
DEATH
in people 40-65
years of age

2 MILLION+
heart attacks and
strokes each year



WHAT DOES MY BLOOD PRESSURE MEAN?

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.

Monitoring your blood pressure between medical appointments can be a useful tool in managing your blood pressure. Be sure to follow your doctor's recommendations regarding monitoring your blood pressure, and speak with your doctor if you have any concerns about your readings. Blood pressure measurements taken at home should not be used as a replacement for your doctor's regular assessment.

TO TAKE YOUR BLOOD PRESSURE:

- Rest 5 minutes before taking your blood pressure.
- Don't smoke or drink caffeinated beverages for at least 30 minutes before.
- Take your blood pressure before (not after) you eat.
- Sit comfortably with your back supported and both feet on the floor (don't cross your legs).
- Elevate your arm to heart level on a table or a desk.
- Use the proper sized cuff. It should fit smoothly and snugly around your bare upper arm. There should be enough room to slip a fingertip under the cuff. The bottom edge of the cuff should be 1 inch above the crease of the elbow.
- Ideally, take 3 measurements at one sitting and record the average.
- Write down your blood pressure and take your recording to each medical appointment.

Where do your blood pressure numbers fall?



Systolic 140+ *OR*
Diastolic 90+



Systolic 121-139 *OR*
Diastolic 81-89



Systolic 120- *AND*
Diastolic 80-

Blood Pressure is recorded as numbers called your systolic number (upper number) and your diastolic number (lower number).

Your **diastolic blood pressure** measures the pressure of blood in the blood vessels when the heart is relaxed between beats. It is the "bottom number" in a blood pressure reading. For example, if your blood pressure is 140 over 90 or 140/90, the diastolic measurement is 90.

Your **systolic blood pressure** measures the pressure of blood in the blood vessels when the heart beats or squeezes blood into the vessels. It is the "top number" in a blood pressure reading. For example, if your blood pressure is 140 over 90 or 140/90, the systolic measurement is 140.



HOME BLOOD PRESSURE MONITORING

The American Heart Association states that home monitoring may be especially useful for:

- Individuals starting High Blood Pressure treatment to determine its effectiveness;
- Individuals requiring closer monitoring than intermittent office visits provide, especially individuals with coronary heart disease, diabetes and/or kidney disease;
- Pregnant women since preeclampsia or pregnancy-induced hypertension can develop rapidly;
- People who have some high readings at the doctor's office, to rule out white-coat hypertension and confirm true High Blood Pressure;
- Elderly patients, because the white-coat effect increases progressively with age; and
- People suspected of having masked hypertension.

The Allegany County Department of Health is available at the following Allegany County Office for the Aging Senior Luncheon sites for Free Blood Pressure Clinics:

February 4, 2016- Canaseraga, New York

February 9, 2016- Belmont, New York

February 10, 2016- Alfred, New York

February 11, 2016- Fillmore, New York

February 17, 2016- Cuba, New York

February 18, 2016- Wellsville, New York

February 23, 2016- Whitesville, New York

February 24, 2016- Bolivar, New York

February 25, 2016- Friendship, New York

Open to All Residents!

Public blood pressure machines, such as those found in pharmacies, may provide helpful information about your blood pressure. Remember, the accuracy of public blood pressure machines depends on several factors; such as a correct cuff size and proper use of the machines.

Public Blood Pressure Machines :

- Cuba Pharmacy, Cuba, NY
- Fillmore Pharmacy, Fillmore, NY
- Fisher's Pharmacy, Wellsville, NY
- Friendship Pharmacy, Friendship, NY
- K-Mart Pharmacy, Wellsville, NY
- Nicholson Pharmacy, Belmont, NY
- Rite Aid, Wellsville, NY
- Rite Aid, Cuba, NY
- Walgreens, Wellsville, NY
- Jones Memorial Hospital, Wellsville, NY



DID YOU KNOW THAT SMOKING IS A MAJOR CAUSE OF CARDIOVASCULAR DISEASES?

One out of every three deaths from cardiovascular disease is due to smoking. Get help to quit smoking by attending a FREE Smoking Cessation Program.

Each program consists of small group sessions and includes group support, tips, motivational and informational handouts. One-on-one smoking cessation classes are available. Contact Ann Weaver at the Allegany Council on Alcoholism and Substance Abuse at 585-593-1920.

For additional resource, call the New York State Smokers Quitline at 1-866-697-8487 or visit them on the web at [NYSDOH Tobacco Control Program](#).

This is a free telephone support service that can help people who want to stop smoking or using tobacco. Callers are offered several types of quit information and services. These may include:

- Free support, advice, and counseling from experienced quitline coaches
- Practical information on how to quit, including ways to cope with nicotine withdrawal
- The latest information about stop-smoking medications
- Taped Support messages for your 24/7

IMMEDIATE BENEFITS OF SMOKING CESSATION

20 MINUTES = Blood Pressure and Pulse Rate return to normal

8 HOURS = Oxygen level in blood increases. Carbon Monoxide in your blood returns to normal.

24 HOURS = Mucus in the airways breaks up and clears out of your lungs.

48 HOURS = Senses of smell and taste improve.

72 HOURS = Bronchial tubes relax, making breathing easier; energy level increases.

5-7 DAYS = Nicotine is out of your system (if not using nicotine replacement therapy).

2-12 WEEKS = Circulation improves; the body's immune system is enhanced.

3-9 MONTHS = Respiratory symptoms such as sinus congestion, wheezing, shortness of breath, and sputum production decrease. Lung function improves

Thank you to the Allegany County Wellness Committee for your dedication to the local Million Hearts Campaign!

*Jones Memorial Hospital
Cuba Memorial Hospital
Allegany County Department of Health
ACCORD Corporation
Wellsville YMCA*

*Allegany Council on Alcoholism and Substance Abuse
Allegany County Office for the Aging
Ardent Solutions, Inc.
Cornell Cooperative Extension of Allegany County
Partners for Prevention in Allegany County*

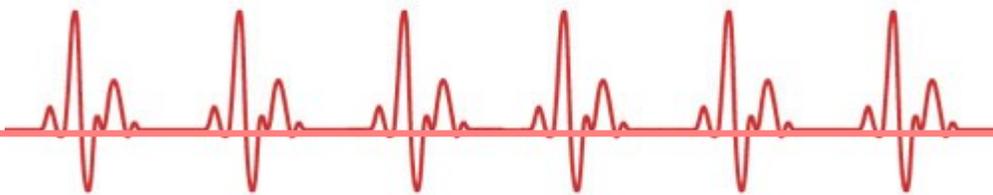


WHAT ARE THE WARNING SIGNS OF A HEART ATTACK?

According to the American Heart Association, if you or a loved-one experience...

- **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.

... You may be experiencing a heart attack. Don't wait—call 911 Immediately!



WHAT ARE THE WARNING SIGNS OF A STROKE?

According to the American Heart Association, if you or a loved-one experience...

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately