Did You Know...

The greatest health threat facing women, bar none, is heart disease. When we hear this, too often we think it applies to someone else. Did you know that heart disease is STILL the number 1 killer of women, taking the life of 1 in 3 women each year? Did you know that heart disease claims the lives of over 433,000 American women each year?

Please participate in **National Wear Red Day** here on the SUNY Oswego campus on **Friday, February 1st**. Wear something RED...shirt, sweater, scarf, hat, tie or whatever with your favorite pair of jeans and make a donation of $5 or more to the American Heart Association.

Scheduled Events for the American Heart Association "Going Red for Women" campaign:

10:00 a.m. - 2:00 p.m. There will be a table in the Campus Center in front of "The Point" providing heart healthy information and a chance to donate to this worthy cause in a loved one's name.

11:30 a.m. - 12:30 p.m. Blood pressure screening will be available at the informational table in front of "The Point".

Please make a donation to Go Red for Women!!!

See Lisa Drake at 110 Lee Hall or Crystal Wayman at Building 12, or the Go Red for Women contact in your building.

A $5 donation will get you a cool red dress pin. Raffle tickets are $1 each and give you a chance to win some great prizes including a Fitbit Zip wireless fitness tracker and a membership at Cooper Fitness Center.

Any donation is appreciated!!! The money we raise helps the American Heart Association reach out to women with educational programs that provide them with a better understanding about their risk for heart disease and provide tools and motivation to help them reduce their risk and protect their health.
Six Things You Should Know About Heart Disease

ONE: Atherosclerosis is the process of plaque building up within arteries and blocking blood flow. It is a long-term process and can start as early as adolescence. If we are aware of it early, we can slow it down by increasing exercise, changing diet, and prescribing appropriate medications.

TWO: Feeling guilty about your weight, smoking, or other dangerous risk factors doesn’t help-unless that guilt spurs you into action.

THREE: Find ways to exercise, no matter your age or fitness level. Walking is a fantastic workout. If you can’t walk, try biking, water aerobics, swimming, yoga or low impact activities. Join a local gym. Campus Recreation offers programs right here at work!

FOUR: A family history of heart disease is not a death sentence. It’s an early wake-up call, an opportunity for you to focus on a preventive health program and take charge of your life.

FIVE: NOBODY is immune. Certain groups are at higher risk, but anyone can have a heart attack—any age, any ethnicity, any weight.

SIX: Know your numbers and get them checked regularly—your blood glucose level, blood pressure, cholesterol, waist circumference, body mass index—all of which can indicate your risk for heart disease. Keep track of your numbers by keeping a log book or other record and talk to your doctor about what targets you should aim for and how to get there.

Stroke Warning Signs

• Sudden numbness or weakness of the face, arm, leg—especially on one side of the body.
• Sudden confusion, trouble speaking, or trouble understanding.
• Sudden trouble seeing in one or both eyes.
• Sudden trouble walking, dizziness, loss of balance, or loss of coordination.
• Sudden severe headache with no known cause.
Heart Disease in Women

A lot of people think that women do not get heart disease. More women die from heart disease than from anything else. Any woman can get heart disease. When you think about heart disease, you probably think about chest pain. Women might not have chest pain. If they do, they might call it an achy, tight or "heavy" feeling instead of pain. The pain might even be in the back between the shoulderblades, instead of the chest. Women might think these signs are no big deal because they don’t "sound" like a heart attack. Don’t ignore these signs. Go to your doctor or clinic right away!!

What are the signs of heart disease in women?

The most important sign is feeling really tired—even if after enough sleep. Other signs of heart disease in women are:

• Trouble breathing
• Trouble sleeping
• Feeling sick to the stomach
• Feeling scared or nervous
• New or worse headaches
• An ache in the chest
• Feeling "heavy" or "tight" in the chest
• A burning feeling in the chest
• Pain in the back, between the shoulders
• Pain or tightness in the chest that spreads to the jaw, neck, shoulders, ear, or the inside of the arms
• Pain in the belly, above the belly button

Lower Your Risk of Heart Disease

• Find out if heart disease runs in your family.
• Visit your doctor or clinic often. Find out if you are at risk.
• Don’t smoke. Stay away from other people who are smoking.
  • Get your blood pressure checked often. You might need medicine to keep it at the right level.
• Control your diabetes.
• Get your cholesterol checked often.
• Stay active. Walking every day can lower your chances of a heart attack.
• Eat right and keep a healthy weight.

Don't wait to get help! Go to your doctor or clinic or nearest hospital if you have any warning signs!!
Walking Toward a Healthier You

There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health. Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent diabetes—also known as Type 2 diabetes

There really are so many benefits for such a simple activity!
Smoking Policy Update

The Clean Air Steering Committee started meeting last October for the purpose of reviewing our current smoking policy and making recommendations to the President’s Council regarding modifications. We have specifically been exploring the possibility of recommending that SUNY Oswego become a tobacco-free campus. While this would be good news for some, it would certainly be tough on those among our staff, faculty, students, and visitors who are smokers. The policy would prohibit tobacco use of any kind ANYWHERE on campus including grounds, parking lots, and vehicles—both state and personal.

Blood Pressure 101

Blood pressure refers to the force of blood pushing against artery walls as it courses through the body. Like air in a tire or water in a hose, blood fills arteries to a certain capacity. Just as too much air pressure can damage a tire or too much water pushing through a garden hose can damage the hose, high blood pressure can threaten healthy arteries and lead to life-threatening conditions such as heart disease and stroke.

Hypertension is the leading cause of stroke and a major cause of heart attack. In the U.S. alone, over 74 million people have high blood pressure.

A blood pressure reading appears as two numbers. The first and higher of the two is a measure of systolic pressure, or the pressure in the arteries when the heart beats and fills them with blood. The second number measures diastolic pressure, or the pressure in the arteries when the heart rests between beats.

Normal blood pressure rises steadily from about 90/60 at birth to about 120/80 in a healthy adult. If someone were to take your blood pressure immediately after you’d delivered a speech or jogged five miles, the reading would undoubtedly seem high. This is not necessarily cause for alarm: It’s natural for blood pressure to rise and fall with changes in activity or emotional state.

It’s also normal for blood pressure to vary from person to person, even from one area of your body to another. But when blood pressure remains consistently high, talk with your doctor about treatment. Consistently high blood pressure forces the heart to work far beyond its capacity. Along with injuring blood vessels, hypertension can damage the brain, eyes, and kidneys.

People with blood pressure readings of 140/90 or higher, taken on at least two occasions, are said to have high blood pressure.

If the pressure remains high, your doctor will probably begin treatment. People with blood pressure readings of 200/120 or higher need treatment immediately. People with diabetes are treated if their blood pressure rises above 130/80, since they already have a high risk of heart disease.

Researchers identified people with blood pressures slightly higher than 120/80 as a category at high risk for developing hypertension.

This condition is called prehypertension and affects an estimated 50 million American men and women. Prehypertension is now known to increase the likelihood of damage to arteries and the heart, brain, and kidneys, so many doctors are now recommending early treatment, though there is no evidence that this helps in the long run.
February Word Scramble

For a chance to win a great prize, complete the Word Scramble below and send it to me via e-mail at: lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for January was Cheryl Bateman. Congratulations, Cheryl!

AEHRT SEIDSAE __________________________________________________

SSRLSRHATEOCEOI ____________________________________________

IKRS SOAFCTR _______________________________________________

OESLHCOETRL _______________________________________________

OKERST ______________________________________________________

NKAWLIG ____________________________________________________

NINTEYHPRESO ______________________________________________

Marty’s Pet Tip for February: Hey, if you’d like to start walking AND lower your stress level why not adopt a doggie who needs a home! Most of us love exercise and we make excellent walking buddies!

Need Help to Quit Smoking?
Oswego Health offers two smoking cessation classes:
First Wednesday of Each Month at The Manor at Seneca Hill 6:30 to 9:30 PM
Second Monday of Each Month at Oswego Hospital 2-4 PM
Smoking Cessation Support Group second Monday of each month 6-7:30 PM at Oswego Hospital.
Call 349-5513 for more information

Ergonomic Assessments
FYI: Christine Body has been doing ergonomic assessments since 1996 and is available to do them here on campus. She can be reached at 312-2770 and would be happy to assist you with any questions or issues.