

**Athens County Board of DD  
Health and Wellness Newsletter  
February/March 2014**

**February 1 – 28  
Is American Heart Month**

**Did you know that Coronary Heart Disease is America’s #1 Killer!?!?**

That’s why it is so important to reduce your risk factors, know warning signs, and know how to respond quickly to warning signs.

**Heart Attack Signs:**

- Chest discomfort
- Discomfort in areas of the upper body
- Shortness of breath
- Cold sweat, nausea or lightheadedness

**How to Respond:**

- Fast Action saves lives.
- Call 9-1-1 or your local EMS number

**DO NOT DELAY  
GET HELP RIGHT AWAY**

**About High Blood Pressure:**

The only way to tell if you have high blood pressure is to have your blood pressure checked:

<b>Blood Pressure Category</b>	<b>Systolic (top number)</b>	<b>Diastolic (bottom Number)</b>
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
<b>High blood pressure</b>		
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

**March 1 – 31 is National  
Colorectal Cancer Awareness Month**

Cancer of the colon or rectum is also called colorectal cancer. In the United States, it is the fourth most common cancer in men and women. Caught early, it is often curable.

Symptoms can include blood in stool, change in bowel habits, and general stomach discomfort.

Regular colon cancer screenings should begin at age 50 and include:

- \*Annual fecal occult blood testing
- \*Sigmoidoscopy / Colonoscopy
- \*Contrast barium enemas

**For Heart and Bowel Health:**

Eat plenty of fruits, vegetables, and whole grains.  
Limit alcohol consumption.  
If you smoke, talk to your doctor about ways to quit.  
Stay physically active and maintain a healthy body weight.