



ChallengeME MONTHLY MINUTE

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Monthly topic:

Heart Health

Heart disease is the leading cause of death in the United States, accounting for approximately one in every four deaths. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. Approximately half of Americans have at least one of these three risk factors.

"Heart disease" refers to several types of heart conditions, the most common being coronary artery disease, which can cause a heart attack. Other kinds of heart disease may involve valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.

Luckily, there are many things you can do to reduce your chances of getting heart disease, including:

- ♥ Keep your cholesterol and triglyceride levels under control.
- ♥ Make sure you get enough sleep.
- ♥ Control your blood pressure.
- ♥ Stay at a healthy weight.
- ♥ Eat a healthy diet.
- ♥ Get regular exercise.
- ♥ Limit alcohol.
- ♥ Don't smoke.
- ♥ Manage stress.
- ♥ Manage diabetes.

Set up a time to meet with a Health Coach! They can help you with resources and information on preventing Heart Disease!

Call Ryan Keith, Program Manager at 624-3597 or go to the ChallengeME website to sign up with a coach in your region: mainedot.gov/challengeme

Signs and Symptoms of Heart Disease

"Heart disease" refers to several heart conditions, each having a range of symptoms. Many of the symptoms are similar, however, and knowing and being able to recognize the signs could save a life.

- Chest pain, chest tightness, chest pressure, and chest discomfort
- Shortness of breath
- Pain, numbness, weakness, or coldness in your legs or arms
- Fluttering in your chest
- Racing or slow heart beat
- Lightheadedness, dizziness, near fainting or fainting
- Swelling of the legs, ankles, feet, or hands
- Extreme fatigue or weakness

If you or someone else are experiencing one or more of these symptoms, most noticeably chest pain, shortness of breath, or fainting, seek emergency medical care immediately.

Heart disease is easier to treat when detected early, so talk to your doctor about your concerns regarding your heart health.

If you're concerned about developing heart disease, talk to your doctor about steps you can take to reduce your risk.

This is especially important if you have a family history of heart disease. You are at an increased risk if you have a close relative who has had heart disease.

52 Week Money Challenge

It's the 2nd month of the 52 Week Money Challenge! Keep up the good work, don't forget to save!

FEBRUARY 2020

S	M	T	W	T	F	S	\$
26	27	28	29	30	31	01	-
02	03	04	05	06	07	08	\$6
09	10	11	12	13	14	15	\$7
16	17	18	19	20	21	22	\$8
23	24	25	26	27	28	29	\$9
Monthly Total:							\$30
Grand Total:							\$45

This Month

- 1st: Family Fun Day - Mt. Blue State Park
Winterfest - Biddeford
- 2nd: Groundhog's Day
- 3rd: Dress Like the Rest Day - Wear Red!
- 5th: Sugarloaf Maine Days
- 8th: Winter Fun Day - Holden
Flying Moose Classic 2020 - Bethel
- 14th: Valentine's Day
- 15th: Norway Snowshoe Festival
- 17th: Presidents' Day
- 20th: Spinraiser for the Trek Across ME - Bangor
Heart Health Lunch & Learn with 2 Drs. - HQ 12-1pm
- 22nd: Winter Family Fun Day - Bradbury Mt.
- 22nd: Winter Family Fun Day - Aroostook State Park
- 29th: Can-Am Crown Sled Dog Races - Fort Kent



Coming Up March: Nutrition

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov