

January-February 2021

Wyandot County Public Health News

Healthy Heart Edition

Be Heart Smart

Hey guys (and gals)! Want to know the best gift to give to the love of your life this Valentine's Day? How about your heart? Your healthy heart, that is.

Heart disease is the leading cause of death in the United States. About 655,000 Americans die each year from heart disease; that's 1 in every 4 deaths. This February, think about committing to a heart healthy lifestyle. Making a few small changes can add years to your life.

Start off by scheduling a visit with your healthcare provider. Don't be afraid to ask questions, and talk to them about setting small achievable goals for yourself. Be sure to listen to and follow their advice.

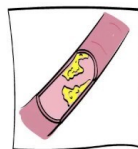
Add exercise to your daily routine. Work up to 30 minutes of exercise three times a week. Improve your eating habits. Use less salt and more herbs and spices. Diminish your risk for heart disease and stroke by giving up smoking. If you currently take high blood pressure or

cholesterol meds, take them as prescribed. If you are having an issue with them, talk to your healthcare provider.

Celebrate Valentine's Day everyday by taking good care of your heart. Go to: www.cdc.gov/heartdisease/prevention for ideas on how to prevent heart disease.

CAUSES OF HEART FAILURE

CORONARY ARTERY DISEASE



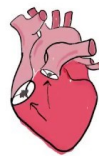
HIGH BLOOD PRESSURE



CARDIOMYOPATHY



FAULTY HEART VALVES



Don't Ignore the Warning Signs



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

The American Heart Association advises you to call 911 if you experience these symptoms:

- Chest discomfort lasting more than a few minutes or that goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body (arms, back, neck, jaw, or stomach).
- Shortness of breath. This can occur with or without chest discomfort.

- Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness.

The most common symptom of a heart attack for both men and women is chest pain, but women are more likely to experience the other common symptoms.

While some heart attacks are sudden and intense, most heart attacks begin slowly with mild pain or discomfort. Learn the symptoms, and call 911 immediately if you experience them so you can get lifesaving treatment.



IMMUNIZATION CLINICS

(APPOINTMENT ONLY)

DUE TO COVID-19, CLINIC HOURS HAVE TEMPORARILY CHANGED!

Upper Sandusky

Wyandot County
Public Health

Mondays

(appointment ONLY)
9:00-4:00

Main focus: Children under 3 years old and Flu Vaccines

Family Planning

Immunization

Teen & Family

Call:

419-294-3852
for appointment

WIC Clinic

419-294-3341

Wyandot County

Public Health

24/7

EMERGENCY PHONE

419-294-3852

Homestyle Chicken Noodle Soup

A heart healthy bowl of chicken noodle soup always equals comfort. The vegetables add nutrition and an aromatic flavor. This soup can be prepared at a moment's notice and turns mealtime into a warm and satisfying experience. Find more recipes that are good for the heart at: <https://recipes.heart.org/>

- 2 tsp. olive oil
- 3 medium carrots (thinly sliced)
- 2 medium ribs of celery (thinly sliced)
- 1 small onion (diced)
- 4 cups fat-free, low-sodium chicken broth
- 1 1/2 lbs. boneless skinless chicken breasts, cut into bite-size pieces
- 3 cups water
- 3 Tbsp. fresh Italian parsley, minced
- 1/2 tsp. dried thyme (crumbled)
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 6 oz. dried no-yolk noodles



1. Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
2. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
3. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.
4. Enjoy knowing you're eating a heart healthy meal!

Don't go Breaking (or Abusing) my Heart!

February is Teen Dating Violence Awareness Month. Wyandot County Public Health wants you to know that there is a lot you can do as a parent and as a community to prevent teen dating violence & abuse.

About 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference. Be a role model – treat your kids and others with respect. Start talking to your kids about healthy

relationships early – before they even start dating. Get involved with efforts to prevent dating violence at your teen's school and throughout your community.

If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-331-9474 or text "loveis" to 22522.



Some early warning signs of abuse from your partner are:

- Extreme jealousy.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Explosive outbursts or mood swings.

Find out how to help keep your loved ones safe and healthy. Visit: www.breakthecycle.org, an organization that "inspires and supports young people 12 - 24 to build healthy relationships and create a culture without abuse."