FEBRUARY IS AMERICAN HEART MONTH!

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Because February is American Heart Month, we want you to have important information about your heart health and how you can keep your heart strong.

One of the major topics is your vascular health and how you can recognize the symptoms of stroke. Beyond American Heart Month, we want to focus on your vision. Low vision is a big contributor to falls and, though it might not seem obvious, to social isolation. Another important subject to talk about is how you can find access to care, including when you should go to the Urgent Care instead of an Emergency Room.

Welcome to February. I hope you enjoy all this important information about your health!

To Your Best Health,

Dr. Amin
HEART DISEASE: The leading cause of death in the United States

• 1 person dies every 37 seconds in the United States from cardiovascular disease
• About 647,000 Americans die from heart disease each year
• 1 in every 4 deaths is caused by heart disease (Includes: Coronary artery disease and Stroke)
• Risk Factors Include: Tobacco use, Hypertension

HEART ATTACK: In the United States, someone has a heart attack every 40 seconds

• Every year, about 805,000 Americans have a heart attack
• Of these, 605,000 are a first heart attack
• 200,000 heart attacks happen to people who have already had a heart attack
• About 1 in 5 heart attacks is silent — the damage is done, but the person is not aware of it
Many parts of your body can stop working but you can still function. However, if your heart stops, everything else does, too. It’s why heart health is the center of your well-being. So during American Heart Month, show your heart some love by making small changes that can have a big impact:

**A BALANCED DIET**
We can’t stress enough how important this is. And you don’t have to sign up for any fad diet or even ones from the TV. Just make these simple changes:

♥ More vegetables and fruits
♥ More whole grains
♥ Less saturated and trans fats
♥ Less alcohol
♥ Less sodium
♥ Lean meats and low-fat proteins

To help you stay heart-healthy all year long, CareMore dieticians are available to provide nutritional guidance, and in some areas, help you with Pantry Reviews. Call your Care Center for more information.

**EXERCISE**
Being physically active is also crucial to maintaining heart health. And even if you don’t like working out or don’t have a special place to do it, here are some easy exercises you can do anywhere:
WALK: Take the stairs instead of the elevator or walk around your neighborhood park. SWIM: If you have joint problems, a low-impact exercise like swimming is a great way to get a cardio workout.

SHORT JOGS: If you’re not up to running, try adding short periods of jogging to your walks to raise your heart rate.

YOGA: Take advantage of any free or discounted yoga classes at your local community center. They’re great for flexibility, not to mention the benefits of mindfulness.

THE TWO-MINUTE CARDIO WORKOUT

This quick cardio exercise isn't only great for your heart, it can improve your lung capacity and immune function, and increase stamina.

1. High Knees (30 seconds): start with your feet hip-distance apart. Lift your right knee up to your chest, then do the same with your left knee. Try to do this at a running pace, alternating legs each time

2. Glute Kicks (30 seconds): start with your feet hip-distance apart. Bring your right heel to the right side of your right glute, then do the same with your left heel. Alternate heels and gradually build speed

3. Jumping Jacks (30 seconds): start by standing upright with your legs together and your arms at your side. Next, bend your knees slightly and jump up. As you jump, spread your legs to shoulder-distance and raise your arms in the air. Alternate these two positions each time you jump

Remember: do these workouts at your own pace, taking a 10-second pause between each interval to catch your breath and prepare for the next round. Always talk to your clinician before starting a new workout program.

YOUR CARDIO WORKOUT DAYS:
A stroke occurs when the blood supply to the brain is interrupted by a blockage or a ruptured blood vessel. Approximately 700,000 Americans suffer from strokes. Knowing the different types of strokes, how to spot when a stroke is happening, and how to respond quickly can make all the difference in the quality of your future.

**STROKES COME IN 5 VARIETIES**

- **Ischemic strokes:** The most common type, accounting for 87% of all strokes. Caused by blood clots in the brain.

- **Hemorrhagic strokes:** Caused by ruptured blood vessels in the brain. High blood pressure is often the cause.

- **Cryptogenic stroke:** A stroke whose cause can’t be determined.

- **Brain stem stroke:** Results in paralysis on both sides of the body below the neck.

- **TIA (transient ischemic attack):** Often called warning strokes or “mini strokes”, TIA strokes occur before a more serious stroke later on. TIA is caused by a temporary blood clot. TIA strokes are often ignored because their effects are temporary and written off as nothing serious. But it is NOT NOTHING! If you experience a TIA, call 911 IMMEDIATELY!

**STROKE SYMPTOMS. ACT F. A. S. T.**

When it comes to strokes, time is crucial — each minute you experience a stroke, your brain incurs further damaged. The quicker you act, the less severe the brain damage and the more likely you are to survive. So call 911!

**FACE:** is your face drooping?  
**ARMS:** is your arm numb?  
**SPEECH:** is your speech slurred?  
**TIME:** Call 911 IMMEDIATELY!

*Additional symptoms include:*  
- Confusion  
- Vision problems  
- Dizziness  
- Loss of balance  
- Trouble walking
PREVENTION IS THE BEST TREATMENT
The risk factors for stroke include unbalanced diet, inactivity, tobacco use, high alcohol consumption, diabetes, high blood pressure and high cholesterol. This is why making a change to healthier habits is so important. Also, regular checkups with your CareMore clinician can help keep you aware of any problems that could cause a stroke.

EYE OF THE STORM

February is also Low Vision Awareness Month. So here’s some eye-opening information about eye health that can make a big difference in your health and quality of life.

Low vision is partial or damaged sight that’s unable to be corrected by surgery, contact lenses or glasses. Glaucoma, macular degeneration, retinal detachment, stroke, diabetic retinopathy and cataracts are among the most common causes of low vision. If you’re suffering from low vision, you might experience:

- Difficulty reading
- Difficulty recognizing long-distance objects and details
- Extreme light sensitivity
- Blurred vision
- Night blindness
- Inability to differentiate between colors

Exercise, driving and reading important labels, like the directions on medicine bottles, are all negatively affected by low vision symptoms. And when your depth perception is impaired, you’re also at greater risk for a fall. That’s why annual eye exams are so important. Early diagnosis can make all the difference, which is why we assess your eyes during the Healthy Start exam. Low Vision Awareness Month is a great time to schedule these appointments.

APPOINTMENT REMINDER:
Something's wrong but you don't know what it is. Do you need to see an urgent care doctor or go to the emergency room? Is there a difference? Yes! Urgent care is for illnesses that are not life-threatening. The emergency room is only for life-threatening conditions. Except sometimes it’s not that simple. So here are some tips to help you decide where to go:

**URGENT CARE:**

**CUTS**
Even if a cut looks bad and you can’t treat it with a simple bandage, you can still head to your primary care physician (PCP), your local CareMore Care Center or an urgent care if your PCP isn’t available. An urgent care provider can stop the bleeding and stitch everything up. But if you can see a bone through the cut, the wound is spurting blood or you feel dizzy, go to the emergency room.

**COLD OR FLU SYMPTOMS**
These are typically non-life-threatening and can even be treated at home with plenty of rest, hydration, and healthy foods. But if your symptoms aren’t responding to treatment, you should visit your primary care physician, your local CareMore Care Center or an urgent care provider if your PCP is not available. They can help determine if your simple cold has turned into an infection like pneumonia.

**EMERGENCY ROOM:**

**CHEST PAIN**
This can indicate several things, including a heart attack. It could also be heartburn or a pulled muscle. But if you’re over 55 and experiencing any of these five common heart attack warning signs, go to an emergency room:

1. Pain or discomfort in chest
2. Lightheadedness, nausea or vomiting
3. Jaw, neck or back pain
4. Discomfort or pain in arm or shoulder
5. Shortness of breath

**STROKE**
The FAST acronym is a helpful and handy way to decide if your condition warrants a visit to the emergency room. Fast stands for Face, Arms, Speech and Time:

(SEE “STROKE-A TICKING CLOCK”, ON PAGES 6-7 FOR THE FULL STORY)

If you’re unsure about whether to go to the emergency room or urgent care, call us first. CareMore clinicians are available to you 24 hours a day, 7 days a week: CareMore Anytime - 24/7 access to trusted care, 1-800-589-3148
Because there’s been so much about the Coronavirus in the news, we want to make sure you have the facts. If you still have questions or concerns, please call your CareMore Care Center. We’re here for you.

The 2019 Novel Coronavirus (2019-nCoV) is part of the coronavirus family that is a group of viruses that cause illness in mammals. This virus is rarely transmitted from animal to human, although the initial outbreak of 2019-nCoV may have some link to a large seafood and animal market in Wuhan, China. There is emerging evidence that it may be spreading human to human as well, however the Centers for Disease Control and Prevention (CDC) considers the overall risk to Americans to be low at this time.

**Spread:** via respiratory droplet — sneezing or coughing.

**Symptoms:** Fever, cough, or shortness of breath. The severity of illness has ranged from mild to severely ill/dying. Symptoms can start 2 days to 14 days after exposure.

**Prevention:** Wash hands with soap and water for at-least 20 seconds, avoid close contact with those who are sick, cover your sneeze/cough, clean/disinfect frequently touched surfaces. There are no vaccines available for this illness.

**Treatment:** There are no antiviral treatment for this illness. If you have been exposed to someone who may have 2019-nCoV — please contact your clinician or local CareMore Care Center.
SKILLET HAM HASH

Eating healthy doesn’t mean having to give up the good-tasting foods and flavors you love. This recipe from the American Heart Association is a veggie-packed dish that doesn’t skimp on the flavor:

**Ingredients**
- 2 tsp olive oil
- 1 large green bell pepper, 1 large red bell pepper, diced
- 1 medium onion, diced
- ½ cup diced ham, about 4oz (if you can, go for low-sodium, low-fat ham)
- 3 cups frozen, fat-free hash brown potatoes, thawed
- ½ tsp salt-free Cajun or creole seasoning blend (optional)
- 2 tbsp. parsley (optional)
- ¼ tsp each salt and pepper

**Directions**
1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom.
2. Cook the bell peppers and onion for 4 to 5 minutes or until the onion is soft and the bell pepper is tender, stirring occasionally.
3. Stir in the ham. Cook for 1 to 2 minutes, or until heated through, stirring occasionally.
4. Stir in the hash browns and seasoning blend.
5. Cook without stirring for 4 minutes, or until the bottom is golden brown and the mixture is heated through (the golden-brown pieces will be redistributed).
6. Stir in the parsley, salt and pepper.

THE HEART CAN BE PUZZLING

Here are some answers.

**DOWN**
1. _________ is one of the causes of low vision
2. Go to the _______ room if you’re experiencing a life-threatening situation

**ACROSS**
3. A heart healthy diet includes more fruit and __________
4. ________ strokes are caused by blood clots blocking blood flow to the brain and are the most common type of stroke, accounting for 87% of all strokes
5. ___________ jacks are part of a cardio workout

ANSWERS: DOWN - 1. Glaucoma, 2. Emergency
ACROSS - 3. vegetables, 4. Ischemic, 5. Jumping
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From preventive screenings and wellness classes to pharmacy-medication management, plus many other services, our Care Centers ensure you get the excellent care you deserve.

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WASHINGTON, D.C.
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Washington, D.C. 20002
(202) 396-1780
Here’s what’s happening across CareMore’s national healthcare neighborhood. If you see a program or an event that interests you, please contact your Care Center. We’d be happy to bring it to your neighborhood, too.

**ARIZONA EVENTS:**

**Stone CareMore Care Center:** 4821 N. Stone Ave., Tucson, AZ 85704
RSVP: (520) 314-3300

**Tucson Heart Month Event**
February 25, 2020, 1-3pm

**End Stage Renal Disease Event**
March 26, 2020, 1-3pm

**WOW! (WORDS OF WISDOM)**
Send us some WOW of your own. Email your WOW to wordsofwisdom@caremore.com