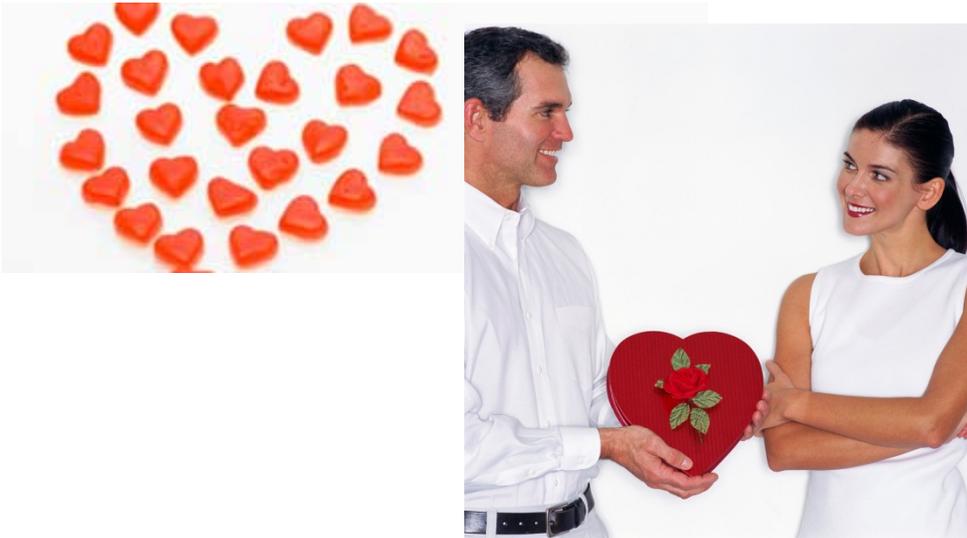


# Healthy Living Update



## February is American Heart Month Women and Heart Attacks

It is well documented that a woman's symptoms of a heart attack can be very different than a man's. Women can and do have the "classic" chest pressure, tightness, and pain. They can have the pain that can go down one or both arms, radiates up in to the neck or jaw. However, women may have more nausea, dizziness, shortness of breath, and lower chest discomfort than men. They may also have more abdominal pressure or a feeling of indigestion. Back pain is another potential sign of heart attack in addition to other symptoms for women.

If anyone, male or female, is experiencing any of these symptoms, call 911 immediately!! Never try to drive yourself to the Emergency Room! The consequences of becoming unconscious while driving are too great.

Heart disease in women can be prevented or controlled by eating a healthy diet, getting daily exercise, maintaining a healthy weight, and taking the medications your doctor prescribes for you.

For more information go to:

[http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack\\_UCM\\_001092\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack_UCM_001092_SubHomePage.jsp)

### *This Month at Public Health:*

#### Immunization Clinics:

- February 4 – 1:00-6:00 pm
- February 8 – 1:00-5:00 pm
- February 14 – 1:00-6:00 pm
- February 21 – 1:00-6:00 pm
- February 26 – 1:00-6:00 pm

#### OPOP:

- February 11
- February 12
- February 19

#### Cholesterol Screenings:

- February 15
- February 26

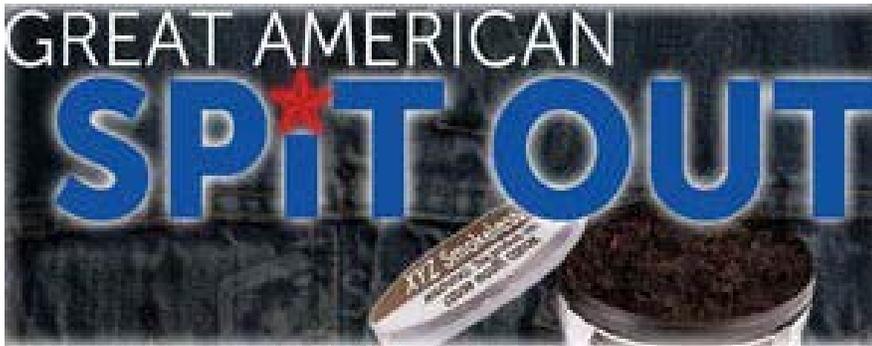
#### Holiday Closings:

- February 18 – Washington's Birthday (Presidents' Day)

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## *Great American Spit Out Celebrated February 21<sup>st</sup> Smokeless Tobacco Users Encouraged to Quit*



On the Great American Spit Out, Bismarck Burleigh Public Health and Bismarck area school students to encourage North Dakotans who use smokeless products to quit for at least one day. To assist smokeless tobacco users in quitting, Bismarck Burleigh Public Health recommends calling the North Dakota Tobacco Helpline at 1-800-QUIT-NOW (1-800-784-8669).

“Smokeless tobacco may not receive the same kind of attention that smoking cigarettes does, but that should not detract from the fact that it’s a harmful product that leads to nicotine addiction and causes cancer,” said Susan Kahler. According to the Centers for Disease Control and Prevention (CDC), one chew of smokeless tobacco delivers as much nicotine as two to three cigarettes and contains 28 cancer-causing agents.

In North Dakota, smokeless tobacco (also called spit tobacco, chewing tobacco, snuff, snus or dip) is used by 6.6 percent of adults and 13.6 percent of students in grades nine through 12.

“We encourage spit-tobacco users to watch for signs of disease,” Susan Kahler said. “If they have a sore in the mouth that does not heal within two weeks, feel any bumps or soreness or see any discoloration, they need to contact their health-care provider. These could be early warning signs of cancer.

“Better yet, instead of waiting to see signs of illness, and are interested in quitting there are services available,” Susan Kahler said. “The North Dakota Tobacco Quitline is free to help spit-tobacco users in their efforts to quit and will design a program specifically for them. The Quitline also offers free nicotine patches, gum or lozenges for those who qualify. These nicotine replacement aids can be a great help during the quitting process.”

Bismarck area school students will be having Great American Spit Out activities: The activities will be focused on educating peers about the harmful effects of using tobacco products and promoting the ND Quitline, and ND Quitnet.

# Do you need a Cholestech screening?

The Cholestech screening is a finger puncture and includes measuring the following:

- **Total Cholesterol** (Cholesterol is a soft, fat-like substance found in the bloodstream and in the body's cells. The body makes all the cholesterol it needs. Cholesterol and other fats cannot dissolve in the blood. Readings of 200 mg/dl and less are desirable.)
- **High Density Lipoprotein (HDL)** (HDL is the good kind of cholesterol, it carries harmful cholesterol away from the arteries and helps protect the body from a heart disease and stroke. Readings above 60 mg/dl are desirable.)
- **Triglycerides** (Triglycerides are fatty acids and glycerol in the body, and are a major source of energy. Readings of 150 mg/dl or less are desirable.)
- **Low Density Lipoprotein (LDL)** (LDL is often called the bad kind of cholesterol. When the body has too much LDL cholesterol, it can contribute to the buildup of fat deposits in the arteries, which can clog and narrow the artery and reduces blood flow. Readings of 100 mg/dl or less are desirable.)
- Non-HDL
- TC/HDL Ratio
- **Glucose** (A measurement of blood sugar in the blood. If the blood sugar reading is too high it may mean diabetes or if it is borderline, one may have pre-diabetes. High blood sugar levels can contribute to heart disease. Readings of 100 mg/dl or less are desirable.)



Cardiovascular Disease is the leading cause of death in North Dakota, which includes heart disease and stroke. Want to lower that number?

Many individuals with high blood pressure, high cholesterol, and high blood sugar do not even know they have these conditions, which put them at risk for heart disease, stroke and diabetes. We want the public to know their "numbers" and recognize their risk factors, so that they can visit with their health care provider for possible treatment and implement lifestyle changes.

Bismarck Burleigh Public Health does provide screenings for blood pressure, lipid and blood sugar through the "Cholestech screening". Interested clients just need to call our office for an appointment. Clients need to be fasting from food (water, black coffee or tea are allowed) for 9 to 12 hours prior to the scheduled appointment.

The appointment includes a visit with a registered nurse and a licensed dietician (when available), usually lasting thirty minutes or less. The results are available during appointment and a measurement of blood pressure will also be provided. (Blood pressure is the force of blood against the artery walls. High blood pressure is dangerous because it makes the heart work too hard.) Readings of 120/80 or less are desirable.

A copy of the readings will be given to the client. We strongly encourage the clients to share the readings with their primary health care provider. The cost of the Cholestech screening is \$27.