



ChallengeME MONTHLY MINUTE

VOL 02 ISSUE 02 / FEBRUARY 2019 • mainedot.gov/challengeme

Monthly topic:

Heart Health

SYMPTOMS OF A HEART ATTACK

A heart attack occurs when the blood flow to a part of the heart is blocked. If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest that lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea, or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

SYMPTOMS OF A STROKE

A stroke occurs when blood flow to an area of the brain is cut off. If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing or blurred vision in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden severe headache with no known cause.



The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Associations recommendations for an overall healthy eating pattern.

SOURCE OF NUTRIENTS

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

One of four sodium limits applies depending on the particular food category: up to 140mg, 240mg, or 360mg per label serving, or 480mg per label serving and per standard serving size

LIMITED IN BAD FATS

Saturated fat: 1g or less per standard serving size and 15% or less calories from saturated fat

Trans fat: Less than 0.5g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

Heart Disease is the Leading Cause of Death for Men and Women in the United States.

Every year, **1 in 4** deaths are caused by heart disease. Heart disease is often times **preventable**. Making **healthy choices** and managing your health conditions can improve your **heart health**.

A few ways to help prevent heart disease:

Control your blood pressure • Manage your cholesterol levels • Maintain a healthy weight • Make healthy food choices: limit saturated fats, sodium, and added sugar • Move regularly: aim for at least 150 minutes per week • Limit alcohol consumption • Quit smoking • Manage stress by exercising, listening to music, or meditating • Manage diabetes • Get plenty of sleep.

This Month

- 1st: Dress Like the Rest (Wear Red) Group Photo HQ Room 216, 9AM
- 14th: AED/CPR Lunch & Learn HQ Room 317, 11:30-12
- 14th: Valentine's Day



Take classes in healthy mind & body, physical movement, and healthy cooking & eating with MaineGeneral Health Classes & Events. Visit mainegeneral.org and click in the purple box on "Search All Classes & Events" to register!

HQ Cafeteria Spotlight

Stop by the cafeteria this month for these Heart Healthy Meals!

- Feb 1: Lentil Soup
- Feb 5: Turkey Parsnip Curry
- Feb 7: Vegan Bean Tacos
- Feb 12: Southwest Chicken & Black Bean Chili
- Feb 14: Pork Tacos
- Feb 19: Turkey Noodle Soup
- Feb 21: House Split Pea Soup
- Feb 26: Turkey & Parsnip Curry
- Feb 28: Pork Tacos

Coming Up March: Nutrition

Visit maine.gov/challengeme for videos, recipes, and more!

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