

# MAFES Dawg Tracks



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Safety Tips: Heart Attack & Stroke Protection



This subject doesn't deal directly with agriculture safety, but nonetheless, I feel that the time and the read will be beneficial to all who read and practice the tips that are recommended. Either heart attacks or strokes can well be a factor that we should all consider, especially those folks who are in constant exposure to the various heat elements that we experience here in the south and the pressures of some working environments.

**Coronary heart disease remains America's #1 killer. Strokes rate as the #3 killer and also are the leading cause of serious, long-term disabilities.**

## AMERICAN HEART ASSOCIATION TIPS FOR HEART ATTACK & STROKE RISK REDUCTION:

- Maintain a healthy diet
- Program for regular exercise
- No smoking
- Weight control

These 4 items, if practiced will help you reduce the risk of a heart attack or stroke.

Having the knowledge to recognize the warning signs of these two potential killers can save your life and may hasten your recovery, should you experience on of these.

### HEART ATTACK:

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest lasting more than a few minutes.
- Pain spreading to the shoulders, neck, or arms.
- Chest discomfort with light-headedness, fainting, sweating, nausea, or shortness of breath.

### STROKE:

Strokes or the pen name "brain attack" can happen in a number of ways, such as:

- Sudden weakness or numbness of the face, arm, or one side of the body.
- Sudden dimness or loss of vision, particularly in one eye.

- Loss of speech, trouble talking, or difficulty understanding speech
- Sudden sever headaches for no known cause or apparent reason.

Not all of these symptoms will occur in every heart attack. Sometimes they come and go. But if you experience any of them, get help fast! If you notice any of these symptoms or signs in someone else, don't wait! Call the Emergency Medical Services and get the person to a hospital A.S.A.P (As soon as possible). Remember - the decision to act fast can possibly save a life. It could be your own.

### Women & Heart Disease:

Most heart research in the past has been done with the male gender. Most recently, research has focused on heart disease and medications as to how they relate to women.

### Risk Factors (Generally the same as Men):

- Smoking
- Physical inactivity
- High blood cholesterol
- High blood pressure
- Overweight

### Symptoms of Heart Disease in Women:

- Uncommon chest pain
- Stomach or abdominal pain
- Nausea or dizziness
- Short of breath/difficulty of breathing
- Unexplained anxiety
- Weakness or fatigue
- Palpitations, cold sweats, or paleness

One thing that is known for sure, that regardless of gender, heart disease is the leading cause of death in men and women. The fact has been proven that if we follow the tips mentioned above, we can reduce the risk of a coronary or a stroke.

**POSITIVE ATTITUDES  
MAKE FOR  
POSITIVE INFLUENCE ON SAFETY!**