

WEEKLY SAFETY TIP – 2/14/11 – 10 MYTHS FOR HEART DAY

We are all probably aware that today is Valentine's Day. The day we think of romantic candy hearts. Some people might even extend the day's celebration to a week or maybe even a month of romantic notions. The American Heart Association has done something similar, declaring February to be American Heart Month. Their website is focused on heart health, as you might see by visiting it through this link: <http://www.heart.org/HEARTORG/>

Why the focus on heart health? Because the current death rate world-wide for heart disease is one person every 39 seconds. That's probably about how long it has taken you to open and read this far in this email. That's more than the rate for all cancers combined!

You might have missed it, but the medical Your Life section of the USA Today newspaper had a recent article on the 10 Heart Attack Symptoms You are Likely to Ignore. Here's a link to the full article: <http://yourlife.usatoday.com/health/medical/heartdisease/story/2011/01/10-myths-about-heart-disease/43124514/1>. We are going to highlight 2 that we found particularly interesting, and that might relate back to your worklife.

Myth # 1 – It's a disease of the elderly. This is becoming more and more of a myth. The lifestyles of younger people tend to be more sedentary. Junk food, computer and video games are contributing to a group of people with some unhealthy habits. Cardiologists report that they are seeing more men and women in their 20's and 30's with heart problems. Factor that in when you eat a double cheeseburger and fries, then exert yourself at work. Exercise is good – but not a sudden exertion. The American Heart Association recommends a healthy lifestyle with at least 150 minutes of moderate exercise weekly.

Myth # 5 – Heart attacks are the same in men and women. Not really – the symptoms are frequently felt differently between the sexes. While both men and women can experience the classic symptom of pressure in the chest, women may be more likely to experience more subtle symptoms – like extreme tiredness and/or nausea. In fact, half of all women having heart attacks have no chest pain at all. This is problematic because those 'unusual' symptoms are more likely to be dismissed as the onset of the flu, or just a hard day of work topped off by a greasy piece of pizza. Women need to be more proactive in paying attention to their bodies. Learn the signs and symptoms of heart attacks.

Two recommendations from every doctor, cardiologist and authority on heart disease that we at SCM offer as something everyone should do.

1 – Learn CPR. If it is offered at work, pay attention. Several SCM clients offer CPR classes to all their staff, and some include the families of their workers. It is just that important to learn.

2 – Quit smoking. Tobacco is one of the most harmful substances to the human body.

The SCM Newsletter team has placed a valentine on our website for you. It is a pdf of an article entitled 10 Heart Attack Symptoms You Are Likely To Ignore. Please don't ignore this article.

Download it from our site at: _____. Print it. Give it to your friends, your family, your coworkers. It might help you to save a life – possibly of someone you care about.