

MCCS/USNH Health & Wellness Corner

FEBRUARY 2004

February Health Promotion Schedule of Events

- ◆ *Tobacco Cessation*: 5-week class starting on Feb 17th at 1700. Class will meet at the USNH Galley. Call 645-2620 to register for this class or for information on upcoming classes at other locations. Ready...Set...QUIT!
- ◆ *BALANCE*: New & improved Weight Management Support Group. Meetings will now be held weekly (Wednesday's) at 1700, USNH. This group will offer support & motivation to help you achieve individual weight loss & fitness goals. Weigh-ins and measurements also available. Call 645-2620/3910 for more information.
- ◆ *Lose Weight the Easy Way!* Class meets Feb 19th & Feb 26th at 1600. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- ◆ *Healthy Heart Class*: Class meets on Feb 17th at 1500. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- ◆ For more information about any of the topics covered in this newsletter, please contact the MCCS Wellness Director at 645-3910.

FEBRUARY IS AMERICAN HEART MONTH

- ◆ High blood pressure is a significant risk factor for coronary artery disease, the leading cause of death in the U.S.
- ◆ High blood pressure is the most important risk factor for stroke, which is the third leading cause of death in the U.S.
- ◆ For 80,000 men every year, the FIRST SYMPTOM of heart disease is a difficult one to miss: DEATH
- ◆ Approximately 1 in 4 adults in the U.S. has high blood pressure
- ◆ High blood pressure knows NO boundaries: it affects people of all ages, racial and ethnic groups, and walks of life
- ◆ The risk factors for heart disease include age, smoking, high total and/or LDL cholesterol, low HDL, high blood pressure, family history of premature heart disease, and obesity
- ◆ Diabetes is now singled out as so potent a risk factor for heart disease that by itself it puts you in the highest-risk category, along with people who already have heart disease.
- ◆ Another risk factor is called "metabolic syndrome," which is largely related to obesity and inactivity. You qualify if you have three or more of the following: abdominal obesity (a waist more than 40 inches for a man, 35 for a woman); low HDL (below 40 for a man, 50 for a woman); fasting triglycerides of 150 or more; blood pressure greater than 130/85; and fasting glucose of 110 or more

