

laugh, live well & learn

Heart Attack Warning Signs

- Chest discomfort. Most in center of chest lasting more than five minutes. May go away and come back. Can feel pressure, squeezing, fullness or pain.
- Shortness of breath with or without chest discomfort.
- May include cold sweat, nausea or lightheadedness.
- Women more likely to have shortness of breath, nausea/vomiting, and back or jaw pain. Minutes matter. Don't wait more than five minutes to call 9-1-1. EMS staff are trained to revive someone. Ambulance patients get faster service at hospital.

Google: **Heart Attack Risk Calculator** to measure risk of heart disease/heart attack in the next 10 years. For people 20 years of age or older. www.americanheart.org good resource. Also have **Metabolic Syndrome Risk Assessment** at **Google Health** which will track your ongoing progress.

Stroke Warning Signs

- **Sudden:**
 - confusion, trouble speaking or understanding
 - trouble seeing in one or both eyes
 - trouble walking, dizziness, loss of balance or coordination
 - numbness of face, arm or leg, especially on one side of the body
- **Take action:**
 - Ask them: To say their name — Where are you? — Can you see me? — To walk.
 - Not all signs occur. Don't ignore signs even if they go away.
 - Check the time. When did first sign or symptom start?
 - If you have one or more symptoms that last more than a few minutes, don't delay. Call 9-1-1. State that you need an ambulance with advanced life support.
 - Expect the person to protest — denial is common. Insist on taking prompt action.



Kathy Brown reminds you . . .

Our health is our wealth, so why not get rich?

Increasing your quality of life starts with an awareness of certain warning signs so you can quickly treat a condition. Delay in treatment can have costly consequences, as many who tried to tough it out have learned. Learn first-hand the prevention skills and the warning signs every woman should recognize for cancer, heart disease, reflux, insomnia, depression and stress. You'll discover how to laugh with life as we open our minds to the wealth available by maximizing our health.

How much sleep do you need in a 24-hour period?

- **Infants:** approximately 16 hours
- **Teenagers:** about 9 hours
- **Most adults:** 7 to 8 hours

Helpful Hints:

- Go to sleep and wake at same time every day.
- Avoid caffeine, nicotine and alcohol late in the day.
- Watch your diet.
- Exercise regularly.
- Create a relaxing bedtime routine.
- Comfortable mattress and pillows.
- Minimize distractions.
- Get out of bed if you're not sleeping.
- Limit napping (1 hour or less).

Insomnia

- **Causes:**
 - Medical conditions
 - Lifestyle factors
 - Sleep Disorders
 - Sleep environment
- Primary Insomnia NOT linked to other medical conditions. Chronic (Co-morbid) is related to other medical conditions. 8 out of 10 have this type.
- **Related to:**
 - arthritis, cancer, heartburn, heart & lung diseases
 - pain, anxiety and depression
 - prescription or over-the-counter medications
 - another sleep disorder such as "restless legs syndrome"
 - a poor sleep environment or a change in sleep routine

Stress

Common internal causes of stress

- Inability to accept uncertainty
- Negative self-talk
- Perfectionism
- Pessimism
- Unrealistic expectations
- Lack of assertiveness

How To Manage Stress:

- Learn to say "no."
- Keep a master calendar.
- Start with unpleasant tasks.
- Don't procrastinate.
- Delegate.
- Don't over-commit.
- Avoid perfectionism.
- Eliminate distractions.
- Use lists.
- Relax and exercise.

continued on reverse

Acid Reflux Disease

■ Symptoms:

- Heartburn (pain in chest /upper abdomen)
- Sour or acid taste
- Difficulty swallowing
- Nausea
- Chest pain not related to the heart
- Chronic cough
- Laryngitis
- Belching
- Bad breath
- Irritation in your throat

Weight, stress, and other factors

- Being overweight
- Smoking
- Stress
- Overeating
- Wearing tight clothing – stomach pressure

Depression

Syptoms of Depression

(Depressed if have 5 or more out of the 9 at the same time.)

- Depressed mood most of the day especially in the morning
- Fatigue or loss of energy almost every day
- Feelings of worthlessness or guilt almost every day
- Impaired concentration and indecisiveness
- Insomnia or hypersomnia (excessive sleeping) almost every day
- Markedly diminished interest or pleasure in almost all activities nearly every day
- Recurring thoughts of death or suicide (not just fearing death)
- A sense of restlessness-known as psychomotor agitation or being slow
- Significant weight loss or gain (a change of more than 5% of body weight in a month)

Take a Depression Symptoms Quiz by googling U.S. WebMD

Suicide hotline: 1-800-SUICIDE (1-800-784-2433) or
1-800-273-TALK (1-800-273-8255)

Kathy Brown, RN, CSP

Energetically Speaking

9108 Trotters Lane | Woodbury, MN 55125

Office: 651-730-1109 | Toll Free: 888-730-1109

kathybrown.com | e-mail: kbrown471@aol.com



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Cancer Symptoms

High Risk People

1. *Smokers*
2. *Heavy Alcohol Use*
3. *High Sun Exposure*

Every symptom can be explained by a harmless condition.

- persistent cough or blood-tinged saliva
- change in bowel habits
- blood in stool
- unexplained anemia
- breast lump or discharge
- lumps in the testicles
- change in urination
- blood in urine
- hoarseness
- persistent lumps or swollen glands
- obvious change in wart or mole
- indigestion or difficulty swallowing
- unusual vaginal bleeding or discharge
- unexpected weight loss, night sweats, or fever
- continued itching in the anal or genital area
- non-healing sores
- headaches
- back pain, pelvic pain, bloating or indigestion

How to Build Relationships

- Help someone else.
- Have lunch/coffee together.
- Call or email a friend.
- Go for a walk with workout buddy.
- Schedule a weekly meal date.
- Take a class or join a club.
- Accept one another unconditionally.
- Appreciate & encourage each other.
- Respect your differences.
- Have Fun together.