



February is American Heart Month

February is American Heart Month. Unfortunately, most of us know someone who has had a heart attack or stroke. Heart disease continues to be the leading cause of death for Americans – with one in three deaths being from a heart attack or stroke. In 2009, 32% of all deaths in Scott County were attributed to major cardiovascular diseases. Additionally, 11% of all inpatient hospitalizations in Scott County were due to heart disease related issues. But knowing the statistics in Scott County is not enough. To protect your heart, the Scott County Health Department encourages you to know your personal statistics – your blood pressure!

High blood pressure has often been called the “silent killer” because it often has no warning signs or symptoms, and many people do not realize they have it. High blood pressure increases the risk for heart attack and stroke, but the only way to know if you have a problem, is to have your blood pressure checked regularly. The good news is that high blood pressure can be prevented, or treated if it is already high. To learn about preventing high blood pressure visit: http://www.cdc.gov/bloodpressure/what_you_can_do.htm

Blood Pressure Numbers and Meanings:

Normal

Systolic
Diastolic

Under 120
Under 80

Moderate

Systolic
Diastolic

120-139
80-89

High

Systolic
Diastolic

Above or equal to 140
Above or equal to 90

**Systolic measures the amount of pressure that exerts on your blood vessels while your heart is beating.
Diastolic measures the pressure in your blood vessels between heart beats.

If you already have high blood pressure it is very important to get your blood pressure under control. Here are six different things you can do:

1. See your doctor and get a blood pressure screening.
2. If your doctor gives you a prescription, follow the instructions and do not stop taking it without talking to your doctor first.
3. Become active. Participate in a physical activity and maintain a healthy weight.
4. Eat healthy by choosing food with less sodium like fruits and vegetables.
5. Do not start smoking. If you smoke, find help quitting. Call 1-800-QUIT NOW or visit: www.QuitlineIowa.org
6. Measure and write down your blood pressure numbers. Show these numbers during your next visit to the doctor.



Learn CPR for American Heart Month

February is American Heart Month - so there is no better time to learn CPR! Most people who experience cardiac arrest at home, work, or in a public location, die because they don't receive immediate CPR from someone on the scene. Learn to save a life through CPR training, anyone can do it. Learn how through a local training or get the basics on online.

- Free CPR training **Saturday, February 2, 2013 at the Putnam Museum, Waterman Room, 1717 West 12th Street, Davenport IA.** Classes for adult, child, and infant will be held. These classes are not for certification. Visit http://www.scottcountymems.org/pub/news/2013/20130202_CPR_Saturday.pdf
- Learn the basics about hands only CPR online at: www.heart.org/cpr



**SCOTT COUNTY
HEALTH DEPARTMENT**

Scott County Administrative Center, 4th Floor

600 West 4th Street

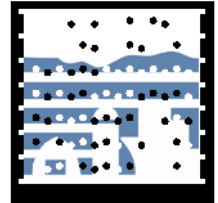
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MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00PM Thursday, February 21, 2013*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at www.scottcountyiowa.com/health/connection or e-mail health@scottcountyiowa.com or call 563-326-8618.



Public Health
Prevent. Promote. Protect.