

February 2022 Newsletter

By: **Julie Dominguez**

February is American Heart Month, a time when people focus on their cardiovascular health. In this newsletter, we are going to look at Heart Health:

What is heart disease?

The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Know Your Risk for Heart Disease

Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease. These are called risk factors. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

Some risk factors for heart disease cannot be controlled, such as your age or family history. However, you can take steps to lower your risk by changing the factors you can control.

What health conditions increase the risk of heart disease?

- | | |
|---------------------|------------------------------------|
| High blood pressure | Unhealthy blood cholesterol levels |
| Diabetes mellitus | Obesity |



Continued on the next page

What behaviors increase the risk of heart disease?

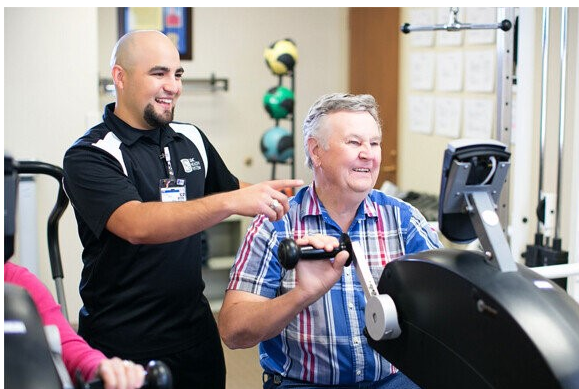
Your lifestyle can increase your risk for heart disease.

- Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure.
- Not getting enough physical activity can lead to heart disease. It can also increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.
- Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a fatty substance in the blood, which can increase the risk for heart disease.
 - Women should have no more than 1 drink a day.
 - Men should have no more than 2 drinks a day.
- Tobacco use increases the risk for heart disease and heart attack:
 - Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack.
 - Nicotine raises blood pressure.
 - Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry.
 - Exposure to secondhand smoke can also increase the risk for heart disease, even for nonsmokers.

What is cardiac rehabilitation?

Cardiac rehabilitation (rehab) is an important program for anyone recovering from a heart attack, heart failure, or some types of heart surgery. Cardiac rehab is a supervised program that includes: Physical activity, Education about healthy living, including healthy eating, taking medicine as prescribed, and ways to help you quit smoking, and Counseling to find ways to relieve stress and improve mental health. A team of people may help you through cardiac rehab, including your health care team, exercise and nutrition specialists, physical therapists, and counselors or mental health professionals.

Source: Centers for Disease Control and Prevention www.cdc.gov



UMC Health System's Cardiac Rehab provides medically supervised and monitored exercise sessions. The focus is on secondary prevention, which allows the opportunity for the Cardiac Rehab Therapist to educate the patient about risk factors, nutrition, exercise, stress and emotional aspects of heart disease, medications, and anatomy and function of heart disease. Applying what is learned through cardiac rehab to everyday life will help to prevent the

recurrence of a cardiac event. Through exercise and lifestyle changes, our program will help improve physical and mental health, decrease anxiety, and improve overall quality of life. For more information you can contact UMC's Cardiac Rehab at 806.775.8950

UMC ACTIVITIES CENTER

Tiny Smith & Jamie Powell

HEART: We all know when the month of February is upon us. Stores are filled with Valentine's Day red and pink heart-shaped decorations, cards, love songs playing on the radio and heart-shaped boxes filled with chocolates and other goodies. Not to mention for the past month, our loved ones' subtly mentioning that piece of jewelry they liked at the department store...behind the counter... over by the perfumes... ask for Wendy; or in my case it's ask for Jim at the Firearm counter at Academy. We are constantly reminded of what this month is really all about: heart.

February is designated American Heart Month. This designation is designed to bring awareness to the leading cause of death for both men and women in the United States. Millions of Americans are affected by heart disease each year. The term heart disease, or cardiovascular disease, is used to describe a number of conditions affecting the heart. The most common is coronary artery disease (CAD) which results from plaque building up in the arteries of the heart, which is called atherosclerosis. This buildup causes blood flow to be disrupted and the heart to be starved of oxygen and vital nutrients, which can lead to heart attacks, chest pain, arrhythmias, heart failure and other problems.

Even with millions of Americans affected by heart disease there is good news; it is controllable and preventable. Steps can be taken every day to lead a more heart healthy life. These steps include:

- Eat a healthy diet
- Eat plenty of fruits and vegetables; try to get 5 a day!
- Eat lean meats
- Eat whole grains
- Limit salt
- Exercise regularly - 30 minutes most days of the week or a minimum of 150 minutes per week



Following these steps or, at the very least, improving on these steps is a start in the right direction. Improving what we eat and getting regular exercise leads to maintaining a healthy weight. Being overweight or obese increases the risk of developing heart disease as well as diabetes, high blood pressure, high cholesterol and developing some cancers.

This February, remember to love one another as well as yourself. The UMC Activities Center is here to help you in the pursuit of improving or maintaining these steps to a healthy lifestyle. Group fitness classes are an excellent way to get regular exercise while relieving stress.

Continued on the next page

The UMC Activities Center is also here to help with healthy eating. Come out this month to the UMC Activities Center and take a step to a healthier heart. If you are not a member, you can drop in for only \$5 per day and see what we are all about! The UMC Activities Center is located at 7105 Kewanee Ave. For more information call the office at (806) 761-0676.

Class Spotlight: *Gentle Yoga* which meets on Thursdays at 10:30am. This comfortably paced class combines floor and standing exercises consisting of gentle toning and stretching to increase mobility, flexibility, balance, and strength. Participants must be able to get up and down from the floor but may use a chair as an aid. This class is suitable for any fitness level; everyone can use a stretch!



CONTACT US

Julie Dominguez
*Director Volunteers,
Guest Services
& Seniors are Special*
(806) 775-8760

**Tiny Smith and
Jamie Powell**
*Program Coordinators,
UMC Activities Center*
(806) 761-0676

Shana Barnett
*Program Coordinator,
Volunteer Services*
(806) 775-8238



**CARDIOVASCULAR
& THORACIC**
WEST TEXAS HEART SURGERY

William Springer, MD • Ralph Paone, MD • Benjamin Hirsch, MD

The best cardiac, thoracic, and vascular surgical care is available in Lubbock and New Mexico through UMC West Texas Heart Surgery! Our board-certified physicians have been responsible for many cardiac surgery milestones, such as the first open heart and heart transplant surgeries in Lubbock and the surrounding area. Our physicians and support staff are unwavering in their commitment to provide the highest quality patient care through exceptional skill and cutting-edge technology. To learn more, visit <https://www.umchealthsystem.com/medical-services/cardiac-care>

JANUARY VOLUNTEER SPOTLIGHT

Shana Barnett



February's Volunteer Spotlight is on Gracie Haynes. She is a four-and-a-half-year-old Golden Retriever who has been volunteering here at the hospital since June of 2021. Gracie and her human Kathy, are from Northern Colorado. She loves coming to visit patients young and old, but really prefers the staff. Her favorite time volunteering is in Physical Rehab, coaxing toddlers in to walk to her. Gracie is a very happy girl who loves her work and brightens up the room wherever she goes.

HOW YOU CAN GET INVOLVED

Are you interested in supporting UMC Health System? Volunteers are needed now more than ever. Volunteering is great for both the volunteer and the organization! UMC Health System relies on the support of volunteers who so generously give their time in support of our cause. UMC is seeking volunteers willing to fulfill various roles including:

- **Information Desks**
- **Greeters**
- **Couriers**
- **Share Your Talent!** (*Music Therapy, Pet Therapy, & Patient Advocacy*)
- **Volunteer From Home by Donating!** (*Patient Care Packages, Nurse/staff Care Packages, Books, Cards, etc.*)

All shifts available! You set your own schedule! All volunteers & staff follow safety and health protocols to minimize risk. All donations can be coordinated thru the Volunteer & Guest Services Department.

If you are interested or have questions call (806) 775-8238.



Seniors are Special
602 Indiana Avenue
Lubbock, TX 79415
806-775-8760

RETURN SERVICE REQUESTED



Seniors are Special Monthly Meeting
Wednesday, February 10, 2022
3:00 PM – 4:45 PM
McInturff Conference Center at UMC

3:00pm: Brenda Rose, UMC Director IT Security & CISO
Cyber Security Awareness

4:00pm: Caryn Seale, UMC Team Rehab Occupational Therapist
Energy Conservation, Fall Prevention and Adaptive Equipment

SAS has partnered with “Lubbock Shuttle” to continue providing free shuttle service between 2:30PM and 5:30PM for our guests. The shuttle will pick up members at the Texas Tech parking lot located WEST of the Texas Tech Parkway, off of 10th Street. Turn West away from the hospital at the 10th Street & Texas Tech Parkway light. The parking lot is located one block down on the left side of the street. Follow the SAS parking signs. The shuttle will take you to and from the lot to the McInturff Conference Center. You are also free to park in any of UMC’s parking lots.

During construction access to the McInturff Conference Center is easiest through the Outpatient Surgery entrance.

Seniors are Special is a Service of UMC Health System
602 Indiana Avenue | Lubbock, TX 79415 | 806-775-8760