



American Heart Month

According to the American Heart Association’s website, cardiovascular diseases, including stroke, are our nation’s #1 killer. To urge Americans to join the battle against these diseases, in 1963 the President proclaimed February "American Heart Month."

VALDOSTA STATE’S AUTOMATED EXTERNAL DEFIBRILLATOR POLICY

Environmental & Occupational Safety would like to introduce the University’s Automated External Defibrillator (AED) Policy. An AED is a portable device that analyzes the heart’s rhythm for abnormalities. If necessary, the AED directs the rescuer to deliver an electrical shock that may help the heart to reestablish an effective rhythm of its own.

AEDs are used to treat a victim of sudden cardiac arrest, which is usually due to abnormal heart rhythms. Abnormal heart rhythms can cause the heart to cease pumping blood effectively, leading to collapse and quick loss of consciousness. A normal heart rhythm must be restored quickly to save the life of the victim.

For Valdosta State University, use of an automated external defibrillators (AED) will be in compliance with the responsibilities and procedures outlined in the University’s policy and consistent with appropriate regulations and American Red Cross and/or American Heart Association guidelines. AEDs must be approved by the Oversight Committee prior to purchase and must be obtained through the University Purchasing office. The policy applies to all AED units on campus, whether obtained by individual departments or through the University.

Please view the complete AED Policy for Valdosta State University, by visiting www.valdosta.edu/safety then clicking on the “Policies & Procedures” link on the left hand side of the webpage.



INSIDE THIS ISSUE

- Heart Attack Warning Signs.....2
- Prevent Heart Disease2
- Stroke Warning Signs3
- Heart Healthy Diet3
- Local Opportunities.....4



HEART ATTACK WARNING SIGNS

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different symptoms.

- **Chest Pains:** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in Other Areas of Upper Body:** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of Breath:** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- **Other Symptoms:** May include breaking out in a cold sweat, nausea, or light-headedness.

Learn the signs—but also remember: Even if you're not sure it's a heart attack, you should still have it checked out.

Information from http://www.ehow.com/how_136303_survive-heart-attack.html

5 STRATEGIES TO HELP PREVENT HEART DISEASE

Heart disease may be the leading cause of death for both men and women, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors — such as family history, age and race — there are some key heart disease prevention steps you can take. Just remember these 5 steps:



STROKE WARNING SIGNS

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. The loss of voluntary movement and/or sensation may be complete or partial. There may also be an associated tingling sensation in the affected area.
- Sudden confusion, trouble speaking or understanding. Sometimes weakness in the muscles of the face can cause drooling.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

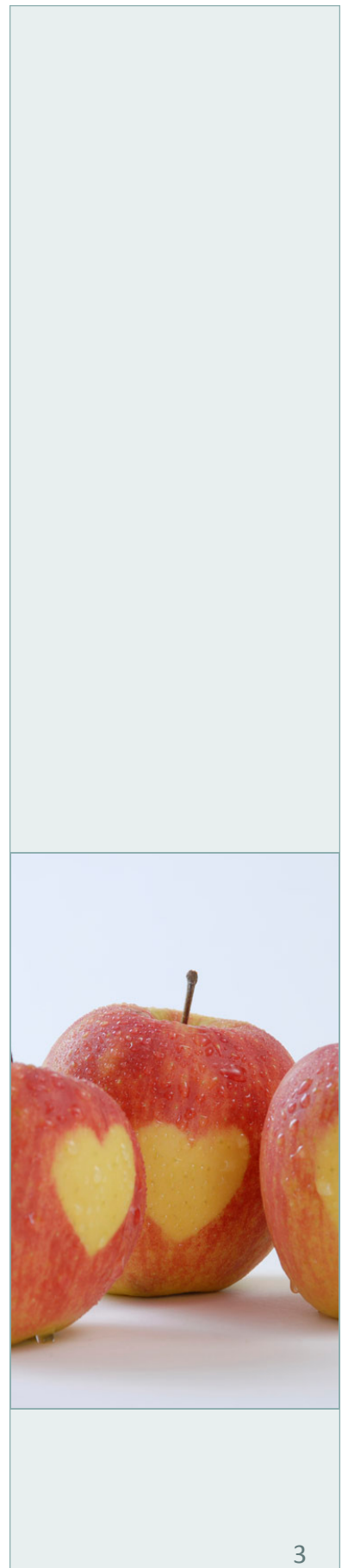
Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke . Now doctors say a bystander can recognize a stroke by asking some simple questions:

- ♥ Ask the individual to SMILE
- ♥ Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)
- ♥ Ask him or her to RAISE BOTH ARMS.
- ♥ Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other , that is also an indication of a stroke.

To get started on a heart healthy diet, visit

www.deliciousdecisions.org

for excellent shopping and planning tools. This link also has recipes, food label enlightenment, and ways to help you stay fit and healthy from the National Heart Association.





Remember, if you have any questions or comments, please call Environmental & Occupational Safety at (229) 293-6171 or visit us at valdosta.edu/safety

FIND OUT MORE!

For more information please visit www.americanheart.org. Remember, there is a lot of good information available on the web, but your safest and best bet is to talk to your doctor. If you experience any of the symptoms that were listed don't hesitate to call 911– you may only have a few seconds or moments and none which you can afford to waste.

HAPPENINGS ON CAMPUS:

Healthy Heart Matters, presented by Lunch & Learn
02/01/2008, 12:30pm— 1:30pm

Location:

Palms Faculty & Staff Dining Room

Space is limited so please RSVP by calling 259-5105

or visit www.valdosta.edu/finadmin/training

Menu: All-You-Can-Eat lunch at Palms or Bring Your Own.

HAPPENINGS AROUND TOWN:

2008 Heart & Stroke Gala

02/02/2008 , 6:30pm -- 1:00am

Location:

James H Rainwater Conference Center

One Meeting Place

Valdosta, GA 31601

Ticket Price: \$125 per person

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Happy American Heart Month!

