

HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

FEBRUARY 2016

~HEART HEALTH~

CARDIOVASCULAR DISEASE

- 1 in 3 deaths in the United States is due to cardiovascular disease. 150,000 of them occur in people under the age of 65!
- It kills roughly the same number of people each year as cancer, lower respiratory diseases, and accidents combined.
- Cardiovascular disease is one of the most widespread and COSTLY health problems facing our nation today.
- About 1 in every 6 health care dollars is spent on cardiovascular disease and is estimated at \$320 billion in health care cost.
- On a personal level, families who experience heart disease and stroke not only have to deal with medical bills, but also lost wages and the real potential of a decreased standard of living.

RISKS

- High blood pressure
- High cholesterol
- Being overweight
- Physical inactivity
- Diabetes
- Unhealthy diet
- Smoking
- Harmful use of alcohol
- Family history

PREVENTION

- Eat a heart healthy diet
- Exercise
- Want to know more? Check out HeartAware, a free online assessment that measures your personal risk for heart disease. <http://stroobantscardiovascular.com/centers/wellness>

We Value Your Feedback!

If you ever have a concern that you would like the Health Care Committee to address (referrals, suggestions for educational topics, home visits, etc.) please contact your Parish Nurse, another member of the Health Care Committee (listed on the church website) OR use the tear-off below and put in Liz's box (on the wall) in the Information Center near the elevator.

Liz Alcock, Parish Nurse (434) 665 4025 21dancingfeet@gmail.com

***** TEAR OFF BELOW LINE *****

Name _____

Phone: _____

Suggestion or Need: _____
