

From The Merle Boyd Center

February Is American Heart Month

Heart Disease Is the Number One Cause of Death

About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at great risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Diseases and Conditions That Put Your Heart At Risk

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are also risk factors associated with heart disease.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness. The American Heart Association, the National Heart, Lung, and Blood Institute, the American Red Cross, and the National Council on Aging have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

Secondhand Smoke Exposure and Cardiovascular Effects

A report by The Institute of Medicine finds even brief exposure to secondhand smoke can trigger a heart attack. Tobacco smoke can cause health problems not only for smokers, but also for people around them. Breathing secondhand smoke

increases a person's risk for a heart attack and other heart conditions.

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugar.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

Women and Heart Disease: Quick Facts

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths.

In 2007, heart disease was the cause of death in 306,246 females.

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25-44 years and the second leading cause of death among women aged 45-64 years. Remember that many cases of heart disease can be prevented!

Men and Heart Disease: Quick Facts

- In 2007, heart disease was the cause of death in 309,821 American men.
- The average age for a first heart attack for men is 66 years.
- Almost half of men who have a heart attack under age 65 die within 8 years.
- Between 70% and 89% of sudden cardiac events occur in men.

Many resources are available at:
Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333
800-232-4636
cdcinfo@cdc.gov



A lively crew enjoys a pick-up game of basketball. Games are played at the gymnasium every Tuesday, Thursday and Friday from 12-12:45 p.m. All player abilities are welcome. This is a great way to stay active, relieve stress and have some competitive fun! Join us!

Destination Great Lakes Completed

We did it! Thanks so much to the 8 teams and 64 participants that "virtually walked" from Stroud, Oklahoma to Saginaw Bay, Michigan. The 1770 mile trek began on September 12th and was completed on January 16th. Each week participants logged and reported their physical activity which was then converted into miles. It was a little

challenging along the way, but people became more active and enhanced their fitness lifestyle during the journey. Hopefully people will continue exercising and practicing healthy habits learned during the program.

Congratulations to the following teams, and thanks so much to their team leaders! You all did an awesome job!

- 1st Place – Meshkothichik (The Red Ones) – Marlene Gabbard
- 2nd Place – Ashkipakethichik (The Green Ones) – Gail Abney
- 3rd Place – Kâpîhâthochik (The Brown Ones) – Tina Morris
- 4th Place – Mahkatêwethichik (The Black Ones) – Raymond Massey
- 5th Place – Wîpekothichik (The Blue Ones) – Terry Williams
- 6th Place – Athâwethichik (The Orange Ones) – Ashlee Lee
- 7th Place – Meshkopâthochik (The Pink Ones) – Nancy Nullake
- 8th Place – Wâpethichik (The Gray Ones) – Carrie Spang

February Is American Heart Month

Friday, February 24, 2012
Black Hawk Health Center
Will celebrate Healthy Heart Awareness Day

To emphasize awareness, **Black Hawk Health Center** will hold a walk from **11:00 a.m. – 1:00 p.m.** at the Sac and Fox Nation powwow grounds. Participants will receive water, snacks, and other items. Also, participants will be eligible for Wal-Mart gift card drawings.

Oklahoma Blood Institute will also be on the grounds from **10:00 a.m. – 2:00 p.m.**

All blood donors will receive a free ice scraper mitten and be entered in a drawing to win a \$50 Wal-Mart gift card, plus free health checks for blood pressure, iron level, and cholesterol test. Also, a "Be The Match" marrow registry will be available.

In case of inclement weather, all activities will be held in the Sac and Fox Nation's gymnasium.



Those who walk will receive a pedometer compliments of **Sac and Fox Nation Food Distribution Program**

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February 2012

BLACK HAWK HEALTH CENTER ACTIVITIES Activity Descriptions:

Group Exercise Classes – Call Sharlyn Kennon for questions. 918-968-9531 x208

Basketball - Pick up games, 21, Horse, Round the World and other games will be played.

Beginning Yoga increases flexibility while building strength and stamina through various movements and poses. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain. This is a great class for those beginning an exercise program.

Core is a workout designed to tone the core muscles of the body. The "core" muscles run the entire length of the torso and are used to stabilize the spine and pelvis. Benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhanced fitness performance. If you're looking for tighter abs, obliques, glutes and back muscles, this is the class for you!

Step is a cardiovascular workout that burns 30-60% more calories than traditional aerobics classes. Participants can choose to workout on a 4, 6 or 8 inch step depending on their fitness level. The choreography is basic so all fitness levels can participate.

Volleyball - Pick up games

Xbox Kinect Games are played every Friday in the Merle Boyd Center. Join us for fun, games and dancing.

Zumba is a fusion of latin and international music that create a dynamic, exciting and effective workout! Routines feature a aerobic interval training with a combination of fast and slow rhythms. Zumba is a "feel-happy" workout that is great for the body, mind and spirit.

February 2012				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	2 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Zumba ...	3 11:15 - Xbox Kinect ... 12:15 - Volleyball ...
6 11:15 - Step & Zumba ... 12:15 - Step/Core ...	7 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Core ...	8 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	9 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Zumba ...	10 11:15 - Xbox Kinect ... 12:15 - Volleyball ...
13 11:15 - Step & Zumba ... 12:15 - Step/Core ...	14 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Core ...	15 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	16 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Zumba ...	17 11:15 - Xbox Kinect ... 12:15 - Volleyball ...
20 11:15 - Step & Zumba ... 12:15 - Step/Core ...	21 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Core ...	22 11:15 - Beginner Yoga ... 12:15 - Step & Core ...	23 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Zumba ...	24 11:15 - Xbox Kinect ... 12:15 - Volleyball ...
27 11:15 - Step & Zumba ... 12:15 - Step/Core ...	28 11:15 - Basketball ... 12:15 - Basketball ... 4:45 - Step & Core ...	29 11:15 - Beginner Yoga ... 12:15 - Step & Core ...		
• Boyd Center Fitness Room		•• Boyd Center Kitchen		••• Gym