

# WESTGATE ORTHOPAEDIC PHYSICAL THERAPY & EXERCISE INC., P.S.

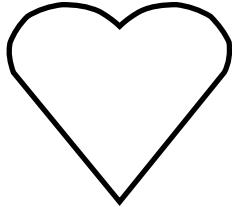


## Health & Wellness Newsletter

Volume 5 Issue 2

February 2010

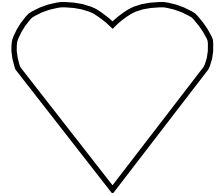
Collated by Jamie K. Sato, DPT, OCS



### Happy Valentine's Day! February is American Heart Month

Supported by the American Heart Association

[www.americanheart.org](http://www.americanheart.org)



Cardiovascular diseases, including stroke, are our nation's no. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month." The American Heart Association works with the administration to draft and sign this annual proclamation. During the American Heart Month, thousands of American Heart Association volunteers visit their neighbors. Their goal is to raise funds for research and education and pass along information about heart disease and stroke.

#### HEART ATTACK WARNING SIGNS:

- **Chest Discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts for a few minutes, or that goes away and then 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** with or without chest discomfort.
- **Other Signs:** breaking out in a cold sweat, nausea or lightheadedness

Learn the signs, but remember this: even if you're not sure it's a heart attack, have it checked (tell your doctor about your symptoms). Minutes matter! Don't wait more than 5 minutes to call 9-1-1 or your emergency response number. Calling 9-1-1 is almost always the fastest way to get life-saving treatment.

#### STROKE WARNING SIGNS:

- **Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.**
- **Sudden confusion, trouble speaking or understanding.**
- **Sudden trouble seeing in one or both eyes.**
- **Sudden trouble walking, dizziness, loss of balance or coordination.**
- **Sudden, severe headache with no known cause.**

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when symptoms first appeared—if given within 3 hours, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long term disability for the most common type of stroke.

**TIA** (transient ischemic attack): is a "warning-stroke" or a "mini-stroke," that produces stroke like symptoms, but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke.

#### CARDIAC ARREST SIGNS:

- **Sudden loss of responsiveness** (no response to tapping on the shoulders)
- **No normal breathing** (the victim does not take a normal breath when you tilt the head up and check for at least 5 seconds)

Cardiac arrest strikes immediately and without warning. Call 9-1-1 immediately and get an AED. Begin CPR.

---

## **Getting Heart-Healthy: Top 10 Tips for Starting a Physical Activity Program**

*www.americanheart.org*

1. Wear comfortable clothes and sneakers or flat, supportive shoes with laces.
2. Start slowly. Gradually build up to 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).
3. Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday, and Saturday from noon—12:30 p.m.
4. Drink a cup of water before, during, and after exercising (but check with your doctor, because some people need to limit their fluid intake)
5. Ask family and friends to join you—you'll be more likely to stick with it if you have company. Or join an exercise group or health club. Many churches and senior centers offer exercise programs too. (Remember to get your doctor's permission first).
6. Note your activities on a calendar or in a log book. Write down the distance or length of time of your activity and how you feel after each session. If you miss a day, plan a make-up day or add 10-15 minutes to your next session.
7. Use variety to keep your interest up. (e.g. walk one day, swim the next, and go for a bike ride on the weekend).
8. Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10-15 minute breaks while watching TV or sitting for walking or some other activity.
9. Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace.
10. Don't exercise right after meals or when it's very hot or humid.

---

**Westgate Orthopaedic Physical Therapy & Exercise, Inc., P.S.**  
2102 N Pearl #203  
Tacoma, WA 98406