

# National Heart Health Month

De Soto School District 3rd Quarter

## Heart Healthy Snacks

### Salty:

Kale Chips  
Sweet Potato Fries  
Edamame  
Dill Pickles  
Olives  
Oven roasted chickpeas  
Watermelon and feta cheese

### Sweet:

Chocolate strawberries  
Frozen Bananas  
Chocolate Almonds  
Sliced Apples/Coconut  
Butter  
Almond Milk Smoothie  
Greek Yogurt Parfait  
Frozen Grapes

### Crunchy:

Sunflower Seeds  
Nuts  
Dried Banana Chips  
Trail Mix  
Air Popped Popcorn  
Slices of Radishes  
Carrot Sticks  
Sugar Snap Peas  
Cucumbers/Hummus

### Chewy:

Energy Bites  
Dried Fruit  
Dark Chocolate  
Dates rolled in Coconut  
Homemade Fruit Leather  
Oatmeal Cookies  
Homemade Granola Bars



## Signs and Symptoms of a Heart Attack

- 1: Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- 2: Pain of discomfort in one or both arms, back, neck, jaw or stomach.
- 3: Shortness of breath with or without chest discomfort.
- 4: Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- 5: As with men, women's most common heart attack symptom is chest pain or discomfort. Women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**IF YOU HAVE ANY OF THESE SIGNS, CALL 9-1-1 AND GO TO A HOSPITAL RIGHT AWAY**

## Stroke Symptoms

### Spot a stroke F.A.S.T.

**FACE DROOPING-** Does one side of the face droop or is it numb? Ask the person to smile

**ARM WEAKNESS-** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downwards?

**SPEECH DIFFICULTY-** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue". Is the sentence repeated correctly?

**TIME TO CALL 9-1-1-** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately!



## 5 Simple Steps to Control Your Blood Pressure

1. **KNOW YOUR NUMBERS-** most people diagnosed with high blood pressure want to stay below 140/90, but your health care provider can tell you your personal target blood pressure.
2. **MAKE A PLAN-** work with your healthcare provider to make a plan to lower your blood pressure
3. **MAKE A FEW LIFESTYLE CHANGES-** lose weight, eat healthier, reduce sodium, get active, and limit alcohol intake.
4. **KEEP CHECKING YOUR BLOOD PRESSURE AT HOME-** whether you're at home, at a store or anywhere else where you can check your blood pressure, make a habit of checking it regularly, tracking your readings and sharing them with your healthcare provider.
5. **TAKE MEDICATION AS PRESCRIBED-** take medications exactly the way your healthcare provider prescribed them.

## Heart Health after Testing Positive for COVID

COVID-19 primarily affects the respiratory system. Several reports in the U.S. and other countries suggest people with high blood pressure, heart disease and history of stroke face higher odds of severe disease and poor outcomes. The mortality rates in COVID-19 patients with these conditions are two to three times higher than in the general population. Some accounts of the disease have included infected people without underlying complications who develop deadly heart rhythm abnormalities from infection and inflammation that damages heart muscle. Stroke and other brain diseases also have been reported in people with COVID-19 in China.

<https://www.heart.org/en/get-involved/ways-to-give/cor-vitae-society>

## Plasma Donation after Testing Positive for COVID

[www.redcrossblood.org/donate-blood/dlp/plasma-donations-from-recovered-covid-19-patients.html](http://www.redcrossblood.org/donate-blood/dlp/plasma-donations-from-recovered-covid-19-patients.html)

- You must meet specific convalescent plasma and regular blood donation eligibility requirements
- You must be at least 17 years old and weigh 110lbs. Additional weight requirements apply for donors age 18 years old or younger
- You are in good health. You generally feel well, even if you are treated for chronic conditions
- You have a prior, verified diagnosis of COVID 19, but are now symptom free
- If you are fully recovered from COVID 19 and ready to help other patients there is a form to fill out on the Red Cross website. Once you fill out the form they will contact you in 1-3 business days to schedule your donation

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