American Heart Month

Every one in four deaths is caused by heart disease. Good news? Oftentimes it can be prevented by healthy lifestyle decisions.

Some risk factors include: your current physical activity levels, cholesterol levels, smoking habits, current conditions such as diabetes, current weight, and a family history of heart disease.

Talk to your doctor about your risks, whether that is from a family history, current lifestyle decisions, or prevention.

RISK FACTORS THAT CAN BE MANAGED

You can control or treat these risk factors with lifestyle changes and your healthcare provider’s help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

RISK FACTORS YOU CAN’T CONTROL

You can’t change these risk factors:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the 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. This may occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness. As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

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

#GoRedGetFit

#GoRedGetFit is a quarterly health and fitness challenge sponsored by the American Heart Association that focuses on limiting your sodium consumption to 1,500 milligrams per day and getting at least 150 minutes of moderate intensity physical activity, at least 75 minutes of vigorous physical activity, or a combination of both each week.

You can achieve this by doing 30 minutes, five times a week. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

This challenge is for women in all stages of their journey to healthier living. Whether you are trying to lower your blood pressure, lose weight, manage stress or simply share ways you have embarked on a healthier lifestyle.

For more information or to sign up for the challenge, visit www.goredforwomen.org.

National Wear Red Day

National Wear Red Day is Friday February 3, 2017 in honor of awareness for heart disease and stroke, especially for women. Did you know that heart disease and stroke cause 1 in 3 deaths in women each year? Awareness is key!

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**Nutrition Questions?**

If you have a question about foods or nutrition -- we have the answer for you! Are you trying to lower your blood pressure? Looking for sources of calcium for bone health? In need of healthy snack ideas? Send your nutrition questions to askanrd@bsu.edu and the Registered Dietitian with Working Well will send you a response! "Ask-an-RD" is a service of the Ball State University Nutrition Assessment Lab and Working Well. Responses to your questions are given by a registered dietitian ("RD") or RD-eligible master's degree candidates in Dietetics from the Department of Family and Consumer Sciences. E-mail your questions to: askanrd@bsu.edu.

*All responses are reviewed by Carol Friesen, RD, PhD, Associate Professor in the Department of Family and Consumer Sciences. "Ask-an-RD" is a voluntary program and the information and responses provided are not intended to be a substitute for professional medical advice, diagnosis, or treatment.

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*Ask an RD* is a service of the Ball State University Nutrition Assessment Lab and Working Well. Responses to your questions are given by a registered dietitian ("RD") or RD-eligible master's degree candidates in Dietetics from the Department of Family and Consumer Sciences. E-mail your questions to: askanrd@bsu.edu.

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**Lemon Rosemary Salmon**

**Prep Time:** 10 minutes  
**Cook Time:** 201 minutes  
**Makes 2 Servings**

**Ingredients:**
- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets, bones and skin removed
- coarse salt to taste
- 1 tablespoon olive oil, or as needed

**Directions:**
1. Preheat oven to 400 degrees F (200 degrees C).
2. Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil.
3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

Source: Allrecipes.com

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**Working Well - Gold Level Fit-Friendly Worksite**

In November 2016, Ball State University Working Well program was recognized as a Gold Level Recipient of the American Heart Association’s Fit-Friendly Worksites Recognition program for the 5th consecutive year!

The Fit-Friendly Worksites Program is a catalyst for positive change. “We are extremely honored and excited to be recognized,” said Rhonda Wilson, Director of Working Well. “Physical activity and employee wellness are very important priorities here at Ball State and we encourage all of our employees to get engaged in making healthy lifestyle choices at work and in their community.

For more information about Working Well and how you can get engaged, stop by our office in the Heath Center Rm 004 or check out our [Working Well website](#).