

Your Partner in Health

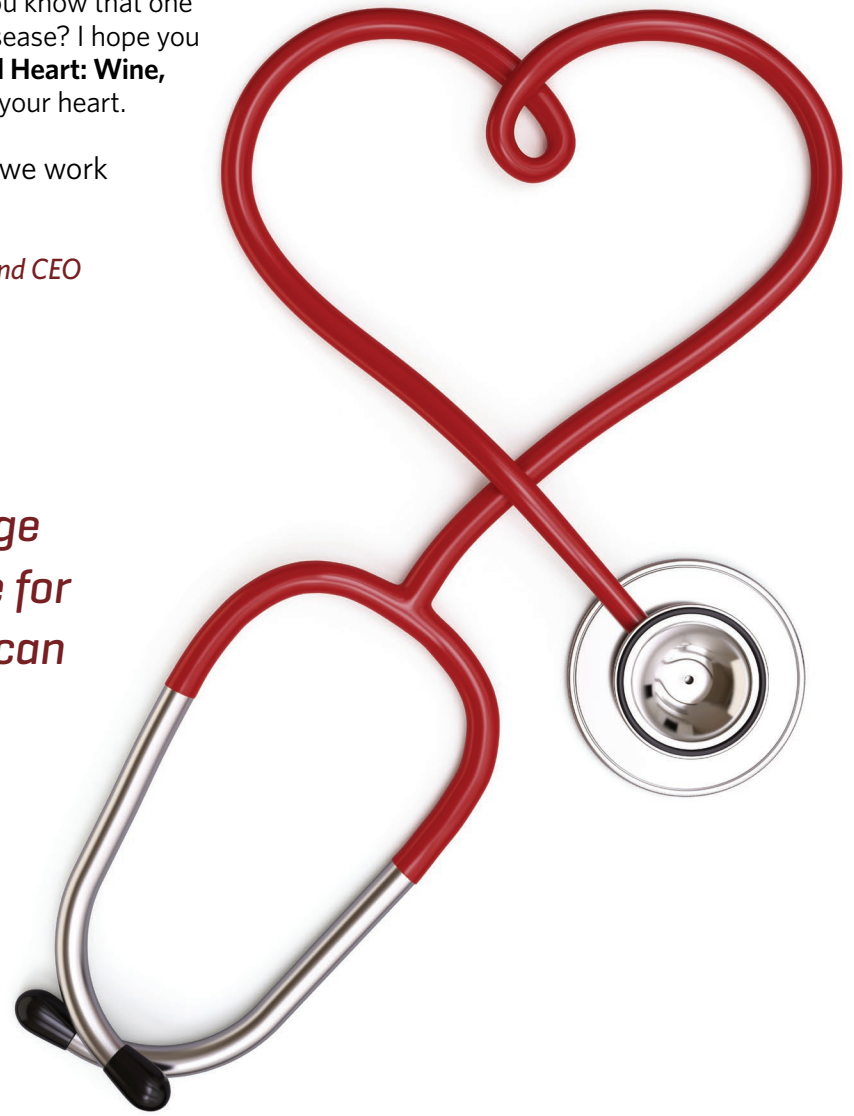
Fun Evening Takes Women's Health to Heart

On behalf of McLaren Port Huron, we send you warm wishes for a healthy New Year! As always, we have many projects in the works during 2018, including the continued expansion of our hospital campus, and of course, a variety of education and outreach programs.

Right now, we are busy preparing our annual effort to help women understand the importance of heart health. Did you know that one of three deaths in women is attributed to heart disease? I hope you will consider joining us for our annual **Women and Heart: Wine, Cheese and Chocolate** event to learn more about your heart.

Again, our very best wishes to you in 2018 as we work for a healthier community.

Jennifer Montgomery, MSA, RN, FACHE, President and CEO



The Heart Truth for Women

The leading cause of death in women over age 25 is heart disease. Heart disease is responsible for nearly two times the number of deaths in American women than all types of cancer.

Heart disease is a term used to describe many different conditions affecting the heart. The two most common are coronary heart disease, caused by build-up of plaque in the arteries that can lead to a heart attack, and heart failure, a weakening of the heart over time as a result of damage from high blood pressure, heart attack or other injury.

Know the Symptoms

Classic symptoms of heart attacks – tightness in chest, arm pain and shortness of breath – are symptoms most men experience. **The top five symptoms in women include:**

- *fatigue*
- *trouble sleeping*
- *shortness of breath*
- *indigestion*
- *anxiety*

Women are also more likely to experience other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain, in conjunction with chest pain.



Women & Heart: Wine, Cheese and Chocolate

Thursday, February 8, 6 – 8 p.m.
(doors open at 5:45 p.m.)

Black River Country Club, 3300
Country Club Drive, Port Huron

Registration Deadline: January 29
Cost: \$15

Heart Health Is in Your Hands

You can control a number of risk factors for heart disease. Follow these tips for better heart health:

- **Diet** – Ditch the fast food! Limit sodium, saturated fat, trans fat and cholesterol. Choose healthy meals that include more fresh fruits and vegetables and foods that are high in fiber.
- **Physical activity** – The heart is a muscle that can be strengthened with regular exercise. Exercising can also help you maintain a healthy weight and lower cholesterol and blood pressure.
- **Tobacco use** – Cigarette smoking greatly increases your risk for heart disease. Quit as soon as possible if you are currently a smoker.
- **Obesity** – Extra weight makes your heart work harder. Plus, obesity often is accompanied by high blood pressure, cholesterol and more, causing even more strain on your heart. Work with your health care team to develop a plan to lose extra pounds.
- **High blood pressure** – High blood pressure often has no symptoms, so be sure to monitor it on a regular basis and talk with your doctor about ways to lower it.
- **High cholesterol** – You should have your cholesterol levels checked at least once every five years. Cut down on cholesterol in your diet if you have high cholesterol or are at risk.
- **Diabetes** – If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

Learn More about Heart Health

McLaren Port Huron's Annual **Women & Heart: Wine, Cheese and Chocolate** event is a fun event where you and your girlfriends can sample wine, snack on cheese and taste delicious chocolate desserts while learning about heart disease in women. St. Clair County Medical Officer Dr. Annette Mercatante will speak about the health of our community, especially heart disease in women. Join us February 8 at the Black River Country Club for this fun and informational event. *Registration is required by January 29.* Register at www.mclaren.org/phevents or by calling HealthAccess at (800) 228-1484.

