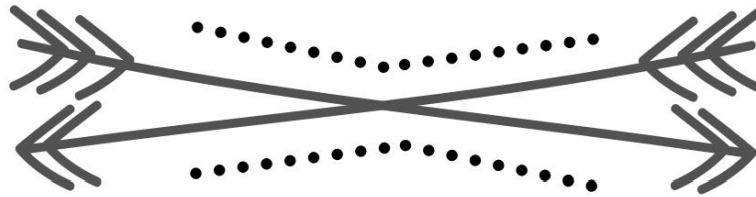




Practice Self Care



Feb 2016

Did you know that Heart Disease is the leading cause of death for both men & women?

High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. About half of Americans have at least one of these three risk factors! And if you have diabetes, heart disease is an even serious concern. Take care of your heart by making these lifestyle changes:

- | | |
|-----------------------------|--------------------------|
| Don't Smoke | Manage your blood sugar |
| Control your blood pressure | Stay Active |
| Lower your cholesterol | Know your family history |
| Eat Healthy | Lose weight |

Understand what your numbers mean! Blood pressure is typically recorded as two numbers, written as a ratio like this:

117
---- mm Hg Read as "117 over 76 millimeters of mercury"
76

Systolic:
The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).
Diastolic:
The bottom number, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).
For a normal reading, the systolic should be less than 120 and the diastolic should be less than 80.



The Heart-Check mark makes it easy to spot heart-healthy foods in the grocery store or when dining out. Simply look for the name of the American Heart Association along with our familiar red heart with a white check mark on the package or menu. But not all red hearts you see are from the American Heart Association; look for the AHA name to be sure.

Everyone Deserves a Safe and Healthy Relationship

Did you know that February is also Teen Dating Violence Awareness Month? Dating violence is a widespread issue that has serious long term and short term effects. 1 in 3 teens in the US will experience some form of dating violence before they become adults. Dating violence includes any behavior that is used to manipulate, gain control and/or power, cause fear or make a partner feel bad about him/herself.

Youth who experience violence are more likely to have symptoms of depression and anxiety, engage in unhealthy behaviors (tobacco, drugs, alcohol), exhibit antisocial behaviors, and to have thoughts about suicide. Dating violence is a part of intimate violence. It can be physical, sexual, emotional and may include stalking. Keep yourself safe by watching for these red flags.

- Physical:** occurs when a partner is pinched, hit, shoved, slapped, punched or kicked
- Sexual:** it can be physical or non-physical, like threatening to spread rumors is a partner refuses to have sex.
- Emotional:** includes expressive aggression such as name-calling, shaming, bullying, embarrassing on purpose.
- Stalking:** refers to a pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.

Polk County Crisis Line: 515-286-3535
L.U.N.A. Crisis Line: 866-256-7668 Sexual assault and domestic violence services for Latino population in Iowa
Monsoon Crisis Line: 866-881-4641 Domestic Violence, Sexual Assault Services for Asian/Pacific Islander Communities in Iowa
NISAA Crisis Line: 866-881-4641 Domestic violence and sexual assault services for African refugee populations in Iowa
Transformative Healing 515-850-8082 Domestic violence and sexual assault services for the LGBTQ community in Iowa

Protect Your Smile

Your smile is one of the first things people notice about you. That's why it's so important to take care of it. Cavities aren't just for little kids—you can get them at any age. When you consume sugary foods, soda, juice or energy drinks, you put yourself at risk for tooth decay and gum disease. Be smart. Always brush your teeth twice a day for two minutes and floss once a day.

The bottom line for smiles that are healthy on the inside and out:

- Always brush your teeth twice a day with fluoride toothpaste for two minutes
- Floss between your teeth daily
- Avoid sugary and starchy snacks
- Wear a mouth guard when you're active
- Don't smoke
- See your dentist. Regular dental visits will help set you up to be Mouth Healthy for Life.