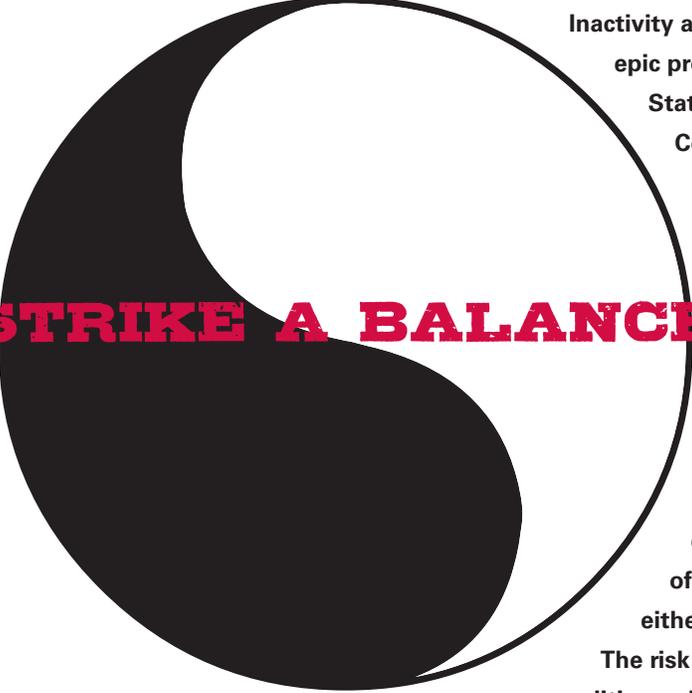




# Health@News

Your Guide to a Healthier Lifestyle

VOLUME 5 ♦ ISSUE #1



## STRIKE A BALANCE

**Inactivity and obesity have reached epic proportions in the United States. According to the Centers for Disease Control and Prevention, more than 50% of American adults do not get enough physical activity to provide health benefits. Additionally, a 2004 survey concluded that an estimated 66 percent of adults in the U.S. are either overweight or obese.**

**The risk of many diseases and conditions—including type 2 diabetes, coronary heart disease, some cancers, and**

**hypertension—increases as a result of being overweight or obese. Pairing regular physical activity with healthful dietary habits can help people to either lose or maintain a healthy weight and in turn, help ensure their overall health and well-being.**

### THE CALORIE CONNECTION

Research indicates that decreasing calorie consumption and increasing physical activity is the safest and most effective weight loss method. It is important to understand the significant connection between weight, eating and drinking calories, and expending those calories through physical activity. An energy imbalance occurs when the number of calories consumed and the number of calories expended are not equal. To maintain a healthy weight, people must balance the calories they consume with the calories they use. To lose weight, people must consume fewer calories than they use.

### EXERCISE IN RELATION TO WEIGHT CONTROL

Regular physical activity is a major component of good health. It decreases the risk of developing or dying from some of the leading causes of illness in the United States including heart disease, colon cancer, diabetes, and high blood pressure. It also serves as an invaluable tool for maintaining or achieving a healthy weight. The Centers for Disease Control and Prevention recommend 30 minutes of moderate-intensity physical activity on most days of the week. To control body weight and generate additional health benefits, increasing the length or intensity of activity may be necessary.

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KNOW THE SIGNS  
AND ACT QUICKLY

### What is Heart Attack?

Heart attack, also referred to as myocardial infarction, occurs when the blood supply to part of the heart muscle is drastically decreased or stopped. This generally happens when a coronary artery, an artery that delivers blood to the heart, becomes obstructed. Obstruction is frequently caused by atherosclerosis, the build up of fatty deposits called plaque in the arteries. The part of the heart that does not receive an adequate amount of blood begins to die. Once part of the heart muscle dies, permanent heart damage occurs. Acting quickly in the event of a heart attack is vital and in some cases, can prevent disability and death.

### Warning Signs of Heart Attack

Some heart attacks occur suddenly; however, the majority of heart attacks begin slowly with mild symptoms. The American Heart Association reports that the following signs can mean that a heart attack is happening.

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Strike A Balance continued from previous page...

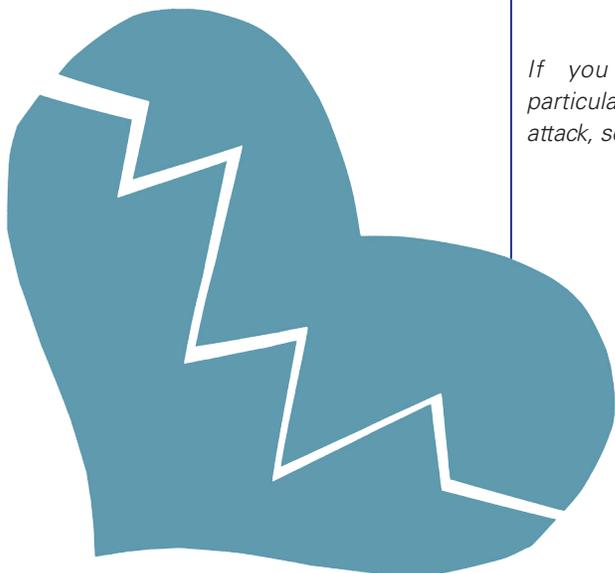
## FOOD FOR THOUGHT

The number of calories a person should consume each day depends on whether he or she is trying to lose, gain, or maintain weight, as well as his or her age and level of physical activity. The human body needs a variety of healthful foods containing vitamins and minerals, fiber, and other essential nutrients. Select foods rich in nutrients, yet low in calories, such as fruits, vegetables, whole grains, and non-fat or low-fat dairy products frequently. Eat appropriate portion sizes and avoid foods high in fat and sugar.

*Consult your physician before beginning an exercise program, particularly if you are overweight or are inactive.*

Heart Attack continued from previous page...

- \* Chest discomfort, generally 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 such as pain or discomfort in one or both arms, the jaw, neck, stomach, or back
- \* Shortness of breath that may or may not accompany discomfort in the chest
- \* Other signs including nausea, lightheadedness, or breaking out in a cold sweat



The most common heart attack symptom for both men and women is chest discomfort or pain. However, it is important to note that women have a moderately higher likelihood of experiencing other heart attack symptoms such as shortness of breath, nausea, vomiting, and pain in the back or the jaw.

## Acting Quickly is Key

Immediate intervention is critical to saving heart muscle. If you or someone else experience chest discomfort, particularly with one or more of the other symptoms of heart attack, seek medical attention immediately. According to the American Heart Association, calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Upon arrival, emergency medical services (EMS) staff can start treatment to restore blood flow to the heart and if necessary, attempt to revive an individual whose heart has stopped. Do not delay calling for help because you think the symptoms may pass or because you are not positive that you are experiencing a heart attack. A delay may cause irreversible damage to the heart—or even death.

## Diagnosis of Heart Attack

To diagnose a heart attack, a physician will conduct a physical examination and review the individual's medical history. In addition, an electrocardiogram (EKG), a tool that records the electrical activity of the heart, will be used to detect irregularities caused by heart damage. Blood tests are often used to check the levels of particular enzymes in the bloodstream.

*If you experience chest discomfort, particularly with other symptoms of heart attack, seek immediate medical attention.*

Spirit of  
Women®

## Programs

### Girl Talk

*Saturday, January 24, 2009 • 1 to 4 p.m.*

*Location: St. Luke's Institute for Health Education*

This annual special event for mothers and daughters ages 11 and older includes a physician panel discussion and information on nutrition, exercise and healthy communication skills for life.

### St. Luke's Day of Dance

*Saturday, February 28, 2009*

*9:30 a.m. to 12:30 p.m.*

*Location: Frontenac Hilton*

This free event will help you and your family take action for your health by learning a variety of dances from local dance instructors. Experience captivating artistry from the nationally renowned Kansas City Ballet and gain valuable insight on health-related information from St. Luke's physicians and health educators. Screenings provided.

### Worried about Heart Disease? Find out Your Risk with HeartAware™

According to a recent study by the American Heart Association, St. Louis ranked 37 out of 38 large cities in women's death due to heart disease. Find out if you or a loved one is at risk at [www.stlukes-stl.com](http://www.stlukes-stl.com).

*Classes and programs are free.  
Call 314-542-4848 or visit  
[www.stlukes-stl.com](http://www.stlukes-stl.com) to register  
or for a complete listing of classes.*

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