

February is American Heart Health Month

It's no secret February is all about hearts — but not just the candy kind. It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the #1 killer of Americans. The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends, and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. Since then, the president has annually declared February American Heart Month.



AAA staff celebrated National Wear Red Day at a virtual meeting!

It's important to know the warning signs of a heart attack, stroke, and cardiac arrest. Review these symptoms. If these signs are present, call 9-1-1.

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 downward?

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.

Stroke – there's treatment if you act FAST.



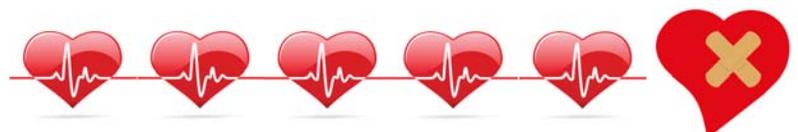
Heart Attack Symptoms

- Chest 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** can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath** with or without chest discomfort.
- Other signs** may include breaking out in a cold sweat, nausea, or lightheadedness.

Cardiac Arrest Symptoms

Sudden loss of responsiveness or no response to tapping on shoulders.

Abnormal breathing—the victim does not take a normal breath when you tilt the head up and check for at least five seconds.



March is National Nutrition Month



We are all unique with different bodies, goals, backgrounds and tastes, so it only makes sense that our food choices will reflect that individuality. Variety is the spice of life and that's how people should

view their meals. Spice up your menus with the foods and flavors you enjoy and add new flavors to spark excitement in your cooking. Consider these tips to help you incorporate the foods you enjoy into your life:

⇒ Cook with dried spices and herbs instead of salt to add flavor to your dishes.

⇒ To decrease extra calories from fat, bake, grill, roast, or steam your food instead of frying.



⇒ Try different grains such as wild rice, quinoa, and barley to reap the benefits of whole grains.

⇒ Eat 100-percent whole-wheat bread instead of white bread for more dietary fiber.



⇒ For flavor, add lime, grapefruit, or orange slices to glasses of water.

⇒ Go meatless — serve up beans or lentils for a heart healthy plant-based protein.

⇒ Sprinkle chia or ground flax seeds on cereal, salad or toast to increase consumption of omega-3 fatty acids.

⇒ To add variety, enjoy vegetables in different forms — raw, steamed, roasted, grilled or sautéed.

— Adapted from eatright.org



Delicious



**Shannon Gabriel,
RDN, CDN**

Hello! I am the new Registered & Certified Dietitian Nutritionist and Healthy Aging Coordinator! I was born and raised in Green Bay, WI and have recently moved to the Madison area with my husband, Mark, and my two children, Stella and

Remy. I received my Bachelors of Science in Dietetics from the University of Wisconsin—Stout and have 17 years of experience working in health promotion and chronic condition management. In my free time, I enjoy skiing at Cascade Mountain, power walking around my new neighborhood, and my nose is usually in a good book, as I read 2-3 books each month. My love for food and nutrition started at an early age with my dad being a cook in the U.S. Army and my mom being an incredible baker. I cook from scratch, meal prep and plan to stay within my family's food budget, and enjoy teaching how your food choices can enhance your lifestyle. If you are in need of nutrition counseling, please give me a call or send an email. I look forward to meeting you! (See *my contact info below*)

Free Nutrition Counseling

Personal nutrition counseling is offered to older adults (age 60+) looking for information on ways to improve their overall health. Any nutrition-related questions or concerns can be discussed. Common topics include (but are not limited to): prediabetes and diabetic diets, food interactions with medication, severe weight loss, heart healthy diet, difficulties chewing or swallowing, poor appetite, constipation, acid reflux, cooking for 1 or 2, and basic older adult nutrition. To learn more about this *free* community resource or to schedule an appointment, contact Shannon (*below*).



Nutrition News

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