



# HELPING HANDS



## Heart Health

(Excerpts from [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

### February Is Heart Health Month

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community. Here are just a few ideas:

- Encourage friends and family to make changes, like using spices to season their food instead of salt.
- Motivate others to make physical activity a part of the school day. It's never too late to start good habits.
- Ask experts and use the internet to find out about ways to prevent heart disease.



You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Some risk factors, such as age and family history of early heart disease, can't be changed.

For women, age becomes a risk factor at 55. After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not yet gone through menopause. Another reason for the increasing risk is that middle age is a time when women tend to develop risk factors for heart disease.

Family history of early heart disease changed. If your father or brother had mother or sister had one before age disease yourself. Preeclampsia is can't control. However, if you've had to try to control other heart disease Being more physically active and for your heart health. You can make making them is very important.



is another risk factor that can't be a heart attack before age 55, or if your 65, you are more likely to get heart another heart disease risk factor that you the condition, you should take extra care risk factors.

eating a healthy diet are important steps the changes gradually, one at a time. But

You may wonder: If I have just one risk factor for heart disease—say, I'm overweight or I have high blood cholesterol—aren't I more or less "safe"? Absolutely not. Each risk factor greatly increases a woman's chance of developing heart disease. But having more than one risk factor is especially serious, because risk factors tend to "gang up" and worsen each other's effects. So, the message is clear: Every woman needs to take her heart disease risk seriously—and take action now to reduce that risk.

## What Are Your Risk Factors for Heart Disease?

Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Important risk factors for heart disease are:

- Having high blood pressure
- Having high blood cholesterol
- Unhealthy lifestyle
- Being overweight or obese
- Diabetes and prediabetes
- Smoking
- Being physically inactive. Having a family history of early heart disease
- Unhealthy diet
- Age (55 or older for women)



### IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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### William Winpisinger

Education and Training Center

EAP Courses

#### EAP I

July 28-August 2 (double Class)

#### EAP II

April 7-13

#### EAP III

June 16-21

#### EAP IV

October 27-31

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course