

**EBENEZER MEDICAL
OUTREACH, INC.
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Feb. 2022 News

February is:

- Black History Month
- Dental Month
- Heart Health Month
- Teen Dating
Violence Awareness
Month

PROGRAM NEWS AND HIGHLIGHTS:

- Strong Hearts
- NIP Credits
- Unity Garden Update
- Spotlight Fit On 10th with
Otto Turner

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THE HEART OF THE MATTER

February encompasses a month of love, but the key to keeping a strong and healthy heart is making small changes leading to big improvements. The Centers for Disease Control and Prevention state, “Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.”

Heart attacks are often the result of clots building up in one or more arteries leading into the heart. These clots can cause the heart to not receive oxygen rich blood and nutrients. The three types of heart attacks include:

- 1) **STEMI:** These occur when the coronary artery becomes completely blocked and a large section is cut off from receiving blood flow. If it is a complete blockage of left anterior descending artery, these types of heart attacks are referred to as ‘widow makers.’ Complete blockages are often accompanied by pain in the chest which is described as a pressurized/tightness feeling. Other symptoms may include nausea, shortness of breath, and sometimes cold sweats.
- 2) **NSTEMI:** In these instances, the coronary artery is only partially blocked. These can be diagnosed by sometimes measuring elevated troponin protein levels in the blood. An angiography can determine the percentage which is blocked within the artery.
- 3) **“Silent Heart Attack”** also known as a CAS is a Coronary Artery Spasm. The symptoms may be thought of as indigestion or a muscle cramp. Silent Heart Attacks are not as lethal as STEMI Heart Attack, but they are usually a precursor to having more attacks.

Many common health factors can contribute to the chances of a heart attack. These may include but are not limited to such increases in bad cholesterol (LDL) along with high blood pressure, obesity, an inactive lifestyle, and diabetes. Smoking cigarettes can also cause an increased risk. The CDC's website continues by adding how one person dies every 36 seconds in the United States from cardiovascular disease with coronary artery disease being named as the most diagnosed of these diseases.

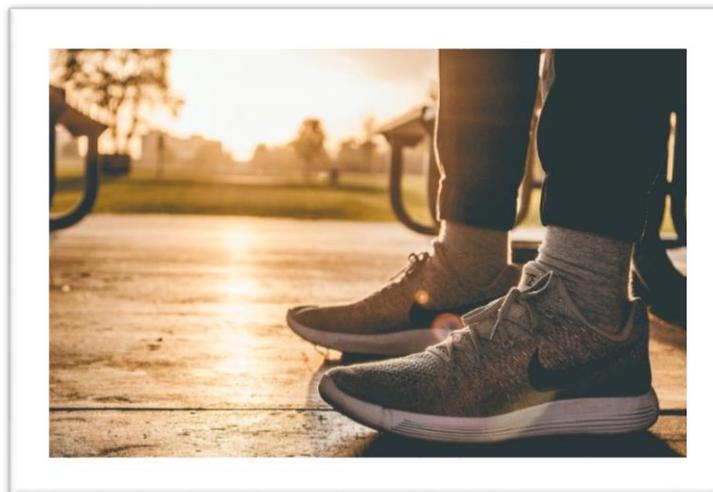
There are habits and lifestyle changes which can help in decreasing risk factors. A high diet consisting of Omega Three Fatty Acids combined with fruits and vegetables are recommended, as well as exercise. Yoga and meditation are also good for lowering stress hormones. High stress levels combined with emotions such as anger and hostility lead to high cortisol production which can sometimes contribute heart disease along with osteoporosis and diabetes.

The most vital activity a person can do is pay attention to their body. If any of these symptoms present themselves and seems abnormal as compared to normal day-to-day functioning, make an appointment with your medical provider immediately. Check cholesterol, blood pressure, and sugar levels regularly along with having annual blood work and check-ups.

EXERCISE TIPS FOR HEART HEALTH

Exercise is key component to keeping blood circulating to the heart. Cleveland Clinic states how both aerobic and cardio style exercises "improves not just the circulation within the heart, but the entire cardiovascular system." They suggest keeping exercises simple and identifying comfortable goals to achieve overall success. Activities suggested are:

- Brisk Walking
- Jogging/Running
- Swimming
- Cycling
- Rowing
- Cross Country Skiing



PROGRAM NEWS:



Neighborhood Investment Program Credits:

Ebenezer Medical Outreach Inc. has been awarded Neighborhood Investment Program credits (NIP Credits). Any donation over \$500 can be matched at a dollar for dollar available tax credit donation. They are available on a first come, first serve basis.

To qualify for these credits, please make a donation via Ebenezer Medical Outreach's website or remit a donation via the postal service. EMO's address is 1048 10th Avenue Suite 100 in Huntington, West Virginia, 25701. Donations can also be provided via telephone by calling 304-529-0753.

UNITY GARDEN: The Unity Garden is underway, and Ebenezer Medical Outreach is seeking a core group of volunteers. No experience is needed other than a "can-do" attitude. Please contact EMO by calling 304-529-0753 to become a green thumb community member and help produce a variety of vegetables this summer.



FIT ON 10TH SPOTLIGHT: This month Ebenezer Medical Outreach Inc. and the Huntington YMCA spotlighted Otto Turner for his hard work and dedication. Turner joined the "Fit on 10th" program over three and half months ago. Since then he has only missed one day towards his journey towards a healthier life. If you would like to read more about Turner, you can find his story on Ebenezer's Facebook page and on their website at emohealth.org.

BE SURE TO STAY UP TO DATE ON ALL EMO'S LATEST NEWS BY FOLLOWING THEM ON FACEBOOK, INSTAGRAM, AND TWITTER.

