

New Beginnings Monthly Flyer

Published by
Towson University and
The Heart Institute at
St. Joseph Medical Center

Towson University Wellness Center

February 2010

Silent Symptoms

Adapted from Family Circle February 2010

Crushing chest pain is just one indicator of a heart attack. For women especially, they should be aware of the *other* symptoms that may indicate a heart event. After all, females don't always present with "classic" symptoms in the face of a heart attack. For example, a woman may think she is suffering from a hot flash or indigestion, when in reality the problem is much more severe. Mary Ann Bauman, MD., an internist with Integrus Health in Oklahoma City and spokes person for the American Heart Association lists the following top ten red flags that usually signal a heart attack or stroke.

- **H** - indicates possible heart attack
- **S** - indicates possible stroke

1. Severe headache - S

This isn't your everyday tension headache or migraine-its usually the most intense head pain you have ever felt.

2. Slurred speech - S

Speaking may become difficult and some facial muscles might become lax-you could find yourself Drooling.

3. Chest pain or pressure - H

A sharp pain or heaviness may radiate toward your jaw or left shoulder. It could be continuous or come and go every few minutes.

4. Nausea or vomiting - S or H

You may just feel queasy, or throw up, and your skin could turn a grayish color.

5. Loss of balance - S or H

Dizziness of lack of coordination might occur, causing you to walk incorrectly, stumble or fall over.

6. Trouble seeing - S

Vision can be blurry in one or both eyes, eyelids may appear droopy or pupils may look asymmetrical.

7. Jaw, neck, back, shoulder or arm discomfort - H

Dull, nagging aches typically affect the left side.

8. Shortness of breath - S or H

You feel like you can't get enough air.

9. Cold sweat or chills - S or H

These fever-like sensations can strike all over the body.

10. Numbness - S

One limb may become weak-or in severe cases, you might lose feeling on one entire side of your body.

Remember that these symptoms are signaling a potentially life-threatening condition. They should be taken very seriously and 911 should be called immediately if you notice any of these warning signs. Do not drive yourself to the ER unless you have no other option. Your symptoms may quickly worsen, plus an ambulance will get you to the hospital faster and EMTs can begin treating you on the way!

Go Red for Women!

February is Heart Month and that means Go Red For Women! The Go Red for Women movement celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke. As we work toward that goal, we're working hard to change the perception that heart disease is a "man's disease." By teaching more and more women how to talk to their doctors about heart disease, we can save thousands of lives every year. The good news is that heart disease is often preventable! Join the millions that have already committed to the cause. Start by wearing red this Friday, February 5, 2010. Join the campaign at www.goredforwomen.org and receive monthly newsletters full of heart-healthy tips and invitations to American Heart Association sponsored events in your area. Lastly, make a donation to the American Heart Association for the funding of research into the causes, diagnosis and treatment of heart disease.

Towson University Wellness Center · 8000 York Road, Towson, MD 21252 · 410-704-4555

Dr. Ryan Fuson
FREE Posture Exams



Monday, Feb 8
10 AM - 12 PM

Heart Month Speakers

Ellen Wallace, RN, CDE
"Diabetes & Heart
Disease"



Wednesday, Feb 17
1:00 PM

Kathy Gould, RD
Topic: TBD



Wednesday, Feb 24
12:00 PM

Determining Your Appropriate Daily Caloric Need

Adapted from American Fitness Magazine January/February 2010

Everyone wants to be healthy and maintain a healthy weight; however, people forget that in order to achieve weight loss or maintain weight, they need to pay attention not only to the types of foods eaten but also to the number of calories consumed each day. All the talk today is about low fat or low carb diets. In order to promote these diets, the media showcases the select few who have been successful on these plans. Stories of success, naturally make those struggling with weight first in line to try the latest fad diet

Although low fat and low carb diets have proven to stimulate weight loss, weight is often regained. Part of the problem is that dieters forget it all comes down to calories. Even if a person is consuming only healthy foods, he/she can still gain weight! It does not matter where the calories come from. Too many calories create extra weight.

Remember that a calorie is the body's source of energy needed for sustaining functions such as breathing and physical activity. One gram of fat provides the body with 9 calories while protein and carbohydrate each provide 4 calories per gram.

The amount of calories a person should consume daily varies from person to person. Some factors taken into consideration are body composition, daily activity level, and fitness goals. Sixty to seventy percent of the body's daily caloric intake is used to maintain normal body functions such as breathing, keeping the heart pumping, and sustaining brain function. This is called the resting metabolic rate (RMR). Formulas have been developed to estimate RMR. The following formula is the most accurate for measuring individualized RMR, although it may overestimate RMR for overweight or highly muscular individuals.

Mifflin-St. Jeor, 1990

Men: $9.99 \times \text{Wt.} + 6.25 \times \text{Ht.} - (4.92 \times \text{Age}) + 5 = \text{RMR}$

Women: $9.99 \times \text{Wt.} + 6.25 \times \text{Ht.} - (4.92 \times \text{Age}) - 161 = \text{RMR}$

**Weight is measured in kilograms. Height is measured in centimeters.*

RMR only makes up 60 – 70 percent of an individual's daily caloric need. The other percent comes from a person's activity level and the thermic effect of food. A person's activity level is divided into sedentary, moderate, and active. The activity factor is a percent of the RMR. Sedentary is 20 percent, Moderate is 40 percent, Active is 90 percent.

Formula:

Calories per day x (Activity Factor) = Additional calories

RMR x Additional calories = Calories per day

The last factor is the thermic effect of food, which means the amount of calories required to digest, absorb, transport, and store food. This accounts for the remaining 10 percent.

Formula:

(RMR + AF) x 0.1 = Total Caloric Need

When seeking weight loss or maintenance, you must remember to keep in mind the number of calories. If following a low fat or low carb diet, be aware of the amount of calories being consumed as well as the type of food. Use the formulas provided above, and see how simple it is to figure out an estimate of your individual daily caloric needs.