



HERE'S TO YOUR HEALTH

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AHA: 'Smokeless' Tobacco Not a Safe Alternative

According to an article by Lorinda Bullock, the American Heart Association warned in a scientific statement, smokeless tobacco products are not safer alternatives to cigarette smoking, do not help smokers quit, and their long-term use can, in fact, increase the risk of fatal heart attack, fatal stroke and cancer.

According to research provided to the AHA, the following results were found in regards to smokeless tobacco:

1. Tobacco chewers had a significantly increased risk of first myocardial infarction (more than double) compared with those who never used tobacco.
2. Other meta-analysis indicated that smokeless tobacco use was also associated with an increase risk of fatal stroke.

It is important to understand that smokeless tobacco products still contain nicotine of varying concentrations, as well as a number of carcinogens that are just as harmful as cigarettes. The American Heart Association **does** recommend nicotine replacement therapy as a safer option for cigarette smokers wanting to quit. Clinical studies have found no increased risk of heart attack or stroke when using nicotine replacement therapies.

In a written statement released to the AHA, Dr. Piano, professor of biobehavioral science at the University of Illinois at Chicago, explained: "Smokeless tobacco products are harmful and addictive--that does not translate to a better alternative."

Hidden Heart Attack Signs in Women

By Real Age

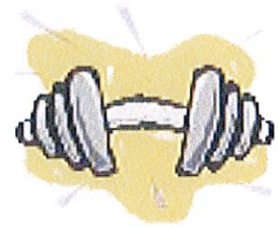
Cardiovascular disease (CVD) is the leading killer of women in America, accounting for over one-third of all deaths. That's more than the combined death rates from breast, ovarian, and cervical cancers. Studies on cardiac events in women reveal that many women may experience prodromal--or early--symptoms of cardiac distress in the days, weeks, or even months leading up to a heart attack. Unfortunately, many of these signs may be dismissed as nothing out of the ordinary--by both women and their doctors.

The most common early warnings include:

1. Unusual Fatigue 71%
2. Sleep disturbances 48%
3. Shortness of breath 42%
4. Indigestion 39%
5. Anxiety 35%
6. Chest discomfort 30%

For more information on this article go to www.realage.com and search Hidden Heart Attack Signs in Women. This information is not only good for our personal use but also for incorporating into our history taking on our female EMS patients when appropriate. Incorporating this knowledge base into our assessments may help us to prevent a patient from having "the big one".

Functional Warm up Exercises



All activities involve their own specific muscle groups that are trained more than others. However, there are a few main all over body activities we can do to provide an overall excellent functional warm up no matter what we are preparing our bodies to do!

Think Old School

- Side to side neck stretching, taking your ear to your shoulder & rotating your head left to right, stay away from rotating your neck in circle
- Shoulder circles forward and back, try to get full range of motion all the way through the circle, reaching high at the top and letting your shoulders relax at the bottom
- Wrist flexion and extension as well as circles both right and left
- Hands on your hips, Hip circles, both right and left
- Knees & feet together, hands on your knees rotate them right for a count of 10 then left for 10
- Ankle circles then up and down into plantar flexion and dorsiflexion
- Standing straight up, knee to chest, left to right equals one repetition do a minimum of 20 reps.
- Straight leg raises, leg straight, knee (straight if you are flexible) or with a very slight bend then lift the leg out in front of you as high as you can in a pain free range of motion.
- Jumping jacks or Side straddle hops (the difference is while doing Side Straddle Hops the arms only come up to shoulder height) shoot for a minimum of 50
- Jump squats these can be done as gently or as explosive as the individual is conditioned. Shoot for 10

****These are just a few warm up exercises that have stood the test of time to be safe and if done with adequate effort will provide a good foundation for what ever exercise or activity you are about to begin.**

If you have specific questions or want someone to come out to your station and provide a more specific warm up for whatever activity your crew chooses to do on duty contact

Jo Ellen Caldwell at the health center - 602 495 5797

In addition to warm up programs, if you or your crew are interested in starting a new cardiovascular conditioning program, don't forget about the IMETT. If 2 or more at your station would like to do the IMETT, it can be done at your station, if it's just 1 person, schedule with Jo Ellen at the health center - 602 796 5425.

Last note: If the game or activity you are participating in requires specific equipment or shoes, use the appropriate equipment and gear, this alone can reduce injuries.

February Is National Heart Month

Celebrate by participating in the American Heart Association Heart Walk
February 26th: Opening Ceremonies begins at 8:30 walk begins at 9:00

For more information go to www.phoenixheartwalk.org

Gym Rules

Mediterranean Diet

It's Good for Your Heart!!

Favorite concepts of this diet:

1. Extra Virgin Olive Oil
2. Salmon
3. Nuts and Peanuts
4. More Herbs and Spices-
less salt
5. Whole Grains
6. Red Wine (a glass)
7. Vegetables
8. Fruit
9. Small amounts of Meat
10. Make exercise a part of
your day

There is a lot to learn about this
Diet, for more information go to
www.mediterraneanmark.org

According to an article by Todd Durkin, M.A., C.S.C.S.
published in Men's Health. There are a few myths that fool
even the smartest exercisers, here are two

1. **The longer my workout, the more benefits I get.** Reality is
that workouts should only take 45-60 minutes and one
should focus on getting more intensity into that amount of
time versus training longer for optimal benefit.
2. **I'll never be flexible-my muscles have been tight all my
life.** Reality is "you make yourself inflexible by never
training for it. This can happen from not exercising, of
course, but also from exercising improperly and causing
muscle imbalances working your chest more than your back
for example".

"Sometimes inflexibility or tightness isn't the problem.

Maybe it's your fascia, cobweb-like substance that is
intertwined around every muscle, tendon, ligament, nerve and
bone in your body, or you might have unstable muscles-in your
core, for example-that restrict your full range of motion and
put a "brake" on certain movements. If you properly condition
your core, you'll move easier and have greater range of motion-
and appear to be more flexible. Train your weakness and you
will improve".

Spinach Sesame Rice Salad

serves 4: This can be eaten as described or add grilled fish or chicken, can also be put into a pita
for a quick sandwich.

Ingredients:

- 1 cup cooked rice
- 1 pound fresh spinach, chopped
- 1 cup chopped mushrooms
- 1/2 cup chopped red onion
- 2T toasted sesame seeds
- 1/2 cup Italian dressing or homemade vinaigrette

Preparation:

Combine all ingredients in a salad bowl and toss well.
Chill for 30 minutes, toss again and serve

Nutrition Analysis: Cal 220, Fat:10g, Sodium 670mg, Carbs:30g
Protein:5g

Recipe by Roy Pingo for Bobs Red Mill