



Freedom Home Health Care

Newsletter

February 2019

QUOTE OF THE MONTH

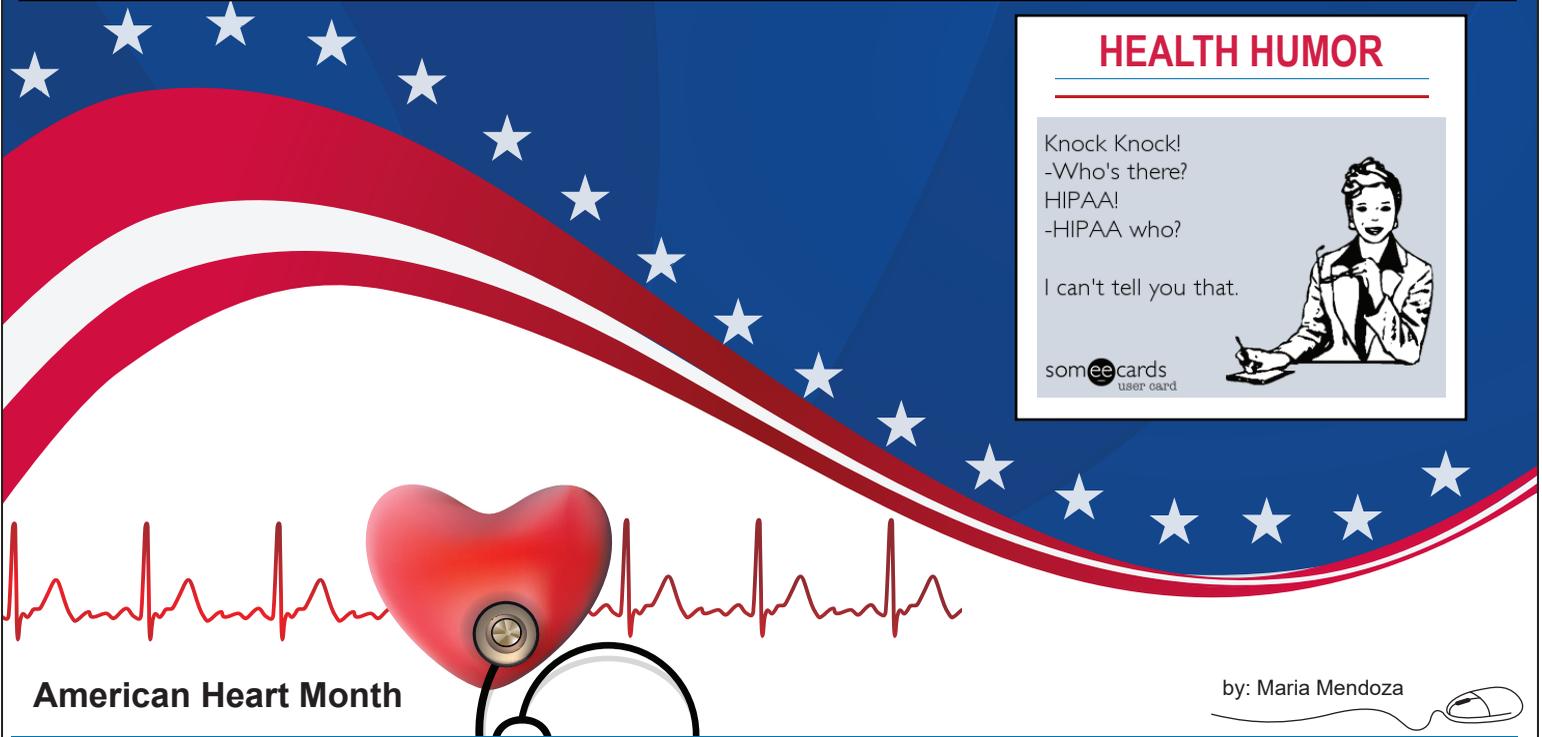
"The Eskimo has fifty-two names for snow because it is important to them; there ought to be as many for love." ~Margaret Atwood

HEALTH HUMOR

Knock Knock!
-Who's there?
HIPAA!
-HIPAA who?

I can't tell you that.

someecards
user card



American Heart Month

by: Maria Mendoza

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Causes of CAD

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis.

Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD.



Diagnosing CAD

To find out your risk for CAD, your health care team may measure your blood pressure, cholesterol, and sugar levels. Being overweight, physical inactivity, unhealthy eating, and smoking tobacco are risk factors for CAD. A family history of heart disease also increases your risk for CAD. If you're at high risk for heart disease or already have symptoms, your doctor can use several tests to diagnose CAD.

Source: cdc.gov/heartdisease/american_heart_month.htm



ON THIS DAY IN HISTORY

February
3

1821, Elizabeth Blackwell's birthday. She was the first female Physician in the United States, born near Bristol, England. She was awarded her MD by the Medical Institute of Geneva, New York, in 1849.

February
8

1910, The Boy Scouts of America was founded by William Boyce in Washington, DC, modeled after the British Boy Scouts.

February
27

1950, The 22nd Amendment to the US Constitution was ratified, limiting the president to two terms or a maximum of 10 years in office.

CROSSWORD

ACROSS

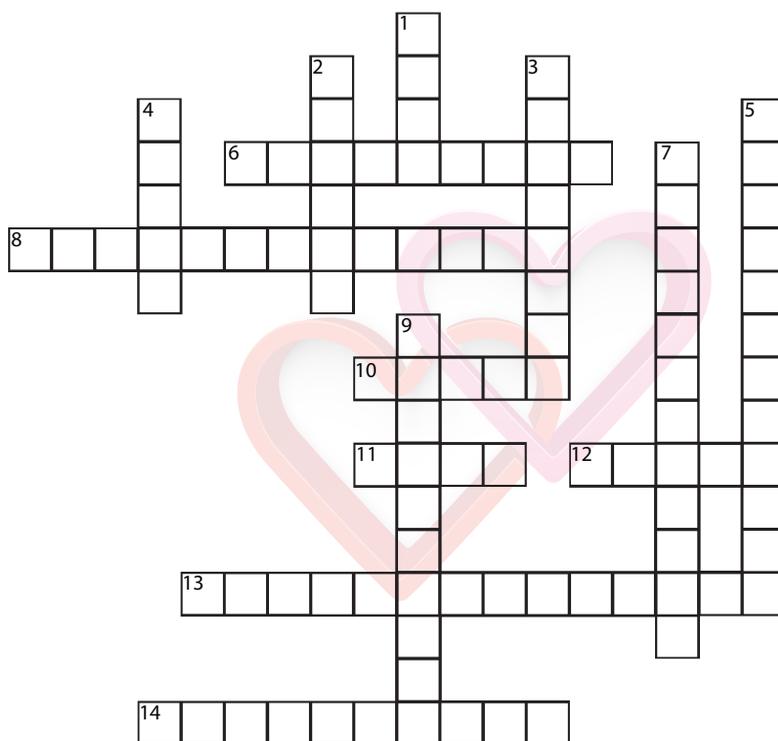
- 6. #1 card giving holiday
- 8. The sweetest day
- 10. Latin word for valentine
- 11. Not quite red
- 12. "Wearing your _____ on your sleeve"
- 13. Invented the first Valentine's Day candy box
- 14. "Life is like a box of _____"

DOWN

- 1. God of love
- 2. Romeo and Juliet lived here
- 3. Happens every 4 years
- 4. A dozen
- 5. February is _____ Month
- 7. He declared February 14th St. Valentine's Day
- 9. This state produces the majority of America's roses

MONTHLY OBSERVANCES

- American Heart Month
- National African American History Month
- National Time Management Month
- Responsible Pet Owners Month



For more information:

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January CROSSWORD ANSWERS:

Across: 3.Noisemaker 5.Cork 8.Father Time 9.Party 11.NYC 12.Times Square 13.Confetti
Down: 1.Calendar 2.Resolution 4.Hourglass 6.Sparklers 7.Baby 10.Rosebowl

Stuck?
Check next month's issue
for the answers!