

CV HEALTH

February 2010

CENTRAL VALLEY SCHOOL DISTRICT

February is American Heart Month

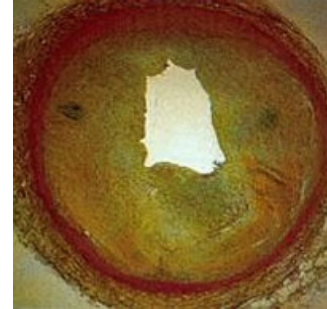
Since 1963, the President of the United States has every year declared February American Heart Month. This attention to heart health stems from the fact that cardiovascular disease is America's No.1 cause of death.

Cardiovascular health encompasses many different conditions, such as high blood pressure and high cholesterol. Some conditions, such as congenital heart defects, are genetic; others are preventable results of the patient's lifestyle.

Diseases that come from lifestyle and nutrition are what we commonly refer to as "heart disease." Most often, this term describes conditions that stem from atherosclerosis. Atherosclerosis

is the buildup of fatty plaques in the arteries. When the arteries get clogged, it becomes difficult to deliver blood to the brain and heart. Sometimes, a blocked, hardened artery can rupture. Blood clots soon form and travel throughout the arteries. Very large clots can block blood flow through the artery, causing a heart attack.

Heart attacks and other forms of heart disease can be avoided by practicing a healthy lifestyle. Avoid food with high amounts of saturated fat, because these contain the lipids that clog your arteries. Smoking can lead the heart attacks by hardening the arteries. And remember to exercise and avoid chronic stress.



This plaque-filled artery has only a small opening through which blood can pass.

Heart attacks and heart disease can be avoided by practicing a heart healthy lifestyles. Use this February to get into new, heart healthy habits.

Snow Safety

With February 2010 about to become the snowiest month on record, snow safety has become a big concern for our area. But the most overlooked area can also be the most deadly: child's play. It's important to keep a few

safety tips in mind when your kids are out playing.

First, beware of snow tunnels and igloos. If they collapse, the children inside can get buried and suffocate before anyone is able to dig them out. Next,

watch where kids sled. Avoid sledding into streets and on icy hills. Stay out of the paths of other sledders, and only sled during daytime. If you follow these tips, snow play can be a great way for kids to get outside in winter.



*Happy
Valentine's
Day*

