

# FITTING ALL THE PIECES

Central Michigan District Health Department  
HIV/AIDS Case Management Program

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## KNOW THE WARNING SIGNS

Did you know that heart disease is the leading cause of death in the United States and that death from stroke isn't far behind at number three? The American Heart Association estimates that 700,000 Americans had heart attacks in 2004 and almost half died as a result and every three minutes someone dies of a stroke, according to the American Stroke Association.

While the number of Americans who die each year by these killers is large, knowing the warning signs and getting treatment quickly can save your life. Drugs given within three hours of the beginning of stroke symptoms can save lives and reduce long-term disability. Early intervention at the onset of heart attack signs will also increase survival.

Usually when we picture heart attacks, we think of the classic "movie heart attack" where symptoms are intense and unmistakable. While this type of heart attack does sometimes happen, most start slowly with mild symptoms leaving people unsure what is wrong with them. The most common warning sign of heart attacks is chest discomfort. This discomfort usually is felt in the center of the chest and will last more than just a few minutes or may come and go and will feel like squeezing, fullness, pain, or pressure. Discomfort may also be felt in other areas of the upper body such as arms, back, neck, jaw, or stomach. When experiencing a heart attack, you may also feel short of breath, nauseous, lightheaded, or sweaty.

Stroke signs, on the other hand, are quite different. These signs include sudden numbness or weakness in your face, arms, or legs usually on one side of the body. You may also experience sudden confusion, trouble speaking, or understanding. Strokes may also cause sudden vision problems and sudden severe headaches. You could also have sudden trouble walking, loss of balance or coordination, or feel dizzy.

So, remember to seek out early intervention when any symptoms of heart attack or stroke are present. It may save your life!

## Catrina's Corner

We ain't gettin any younger! Quick! Someone find the Fountain of Youth...no takers...okay then...as much as I hate to think about it, we all (yes, me included) are slowly but surely getting a bit older each day. So, it's pretty important to think about not only all the great ways to take care of the wonderful bodies we were given, but also how to recognize when something's just not quite right.

Now, you are probably the best judge of your own body, but I think we all tend to brush little things off as typical aches and pains, just indigestion, or even a really bad headache. Realistically, this is your body's way of telling you that something isn't right. Now, it could be the dozen cookies you ate or the one too many drinks you had the night before or maybe it's something more. Please read the short article in this newsletter to get a sense of what may be something more than just the five pounds of Chinese food you ate.

Also, please note that the date for this month's support group has had another change. I look forward to seeing you all there on Feb. 11th and enjoying some fantastic food together.



## Clinic Dates

February 27, 2009

8:30 am - 4:30 pm

March 19, 2009

8:30 am - 4:30 pm

April 24, 2009

8:30am - 4:30pm

Clinic is located on the 2nd floor of the courthouse in Harrison. Look for the Family Planning clinic sign

Our office will be closed on February 16th in observance of Presidents' Day.



## Commitment To Change

Ready.

Willing..

And Able...

## Making Health A Priority

# KATI'S TIPS - Finding Comfort in Comfort Foods

A comfort food is the dish you reach for when you are looking for something safe and familiar. These types of meals are desired during times of stress, illness, or fatigue and are believed to elevate your mood once consumed. Unfortunately, many of these foods are commonly associated with high levels of unhealthy fats and empty calories which contribute to unhealthy weight gain and little else.

During the winter months, negative feelings associated with stress, illness, and fatigue can seem even more severe. This means you might find yourself reaching for comfort foods more frequently than before. If this is the case, you may not be consuming the appropriate amount of nutrients that your body needs to remain healthy or to fight off infection. This means that even though

some comfort foods may make you feel better for a short period of time after consumption, in the long run they will make you feel worse.

Nevertheless, with a little bit of creativity and planning, you may find a way to incorporate your favorite comfort food into a nutrition plan that meets your needs. One way of doing this is by altering your comfort food recipe so that it contains as many nutrients as possible. This includes not only calories, but vitamins and minerals, protein and complex carbohydrates too. Integrating fat into your comfort choice is also important, but make sure it is the right type of fat! Avoid saturated and trans-fats as much as possible and look for those labeled as monounsaturated and polyunsaturated. The quantities of these food components can be found on any food label, so

take a look the next time you stop at the grocery store.

If you do not want to create your own comfort food recipe, you may be interested in trying something new! Recipes can be found online, at grocery stores, in magazines, in cookbooks, and on the back panels and labels of various food products. You can also get new recipes from

me at each month's clinic and in this newsletter. This month you will find a recipe for one of my favorite comfort foods, Home-style Chicken Pot Pie. It is rich in many of the nutrients listed above and, if you do not like vegetables, a great meal that "sneaks" them in for you. Go ahead, try it! I am sure you will enjoy it as much as my family and I do.



## Support Group

**February 11, 2009** Cooking with Kati

\* date and location change

**March 16, 2009** Wills, Power of Attorney, etc.

**April 20, 2009** Dr. Gulick/Carol Salisbury

\* location change

**May 20, 2009** Cooking with Kati

\* date and location change

**June 15, 2009** To Be Announced

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

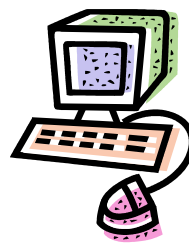
## Websites

[www.thebody.com](http://www.thebody.com)

[www.cmdhd.org](http://www.cmdhd.org)

[www.americanheart.org](http://www.americanheart.org)

[www.strokeassociation.org](http://www.strokeassociation.org)



## Questions? Comments? Concerns?

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