February is American Heart Month

What We Do Matters
*Here are some ways to combat our #1 Killer*

Cardiovascular disease is the leading cause of death for both men and women in the United States. One out of every three deaths is caused by heart disease or stroke.

Here are six ways to lower your risk of cardiovascular disease:

DON’T SMOKE. If you already smoke, quit. No matter how long or much you’ve smoked, your risk of fatal heart disease drops dramatically within just one year of stopping!

Be physically active for at least 30 minutes a day on most days of the week. More is better!

Maintain a healthy weight. A person is considered obese if his or her Body Mass Index is over 30. Calculate your Body Mass Index at [http://nhlbiupport.com/bmi/](http://nhlbiupport.com/bmi/)

- Get regular health screenings:
  - Check blood pressure at least once every two years – keep it under 120/80 if possible
  - Measure cholesterol levels once every five years starting at age 20
  - Screen for diabetes (depends on your risk factors - talk to your doctor to see how often)

Love Your Heart!
*Eat Right – Be Active!*

Read nutrition labels to find and consume foods lower in saturated and trans fats, cholesterol and salt. If you replace one unhealthy food a month, in one year you could make a big difference in your cholesterol and blood pressure levels.

Work toward eating eight or more fruits and vegetables per day. One serving is the size of a deck of cards or a baseball. That sounds like a lot, but it is only two vegetables at both lunch and supper, one fruit at each meal and a snack of a fruit or vegetable once a day.

Resolve to make these lifestyle changes to be more heart-healthy. Your body will thank you for it.
Carbon Monoxide: An Invisible Killer

Carbon Monoxide (CO) cannot be seen or smelled, but it is a potentially deadly gas. CO is produced whenever any fuel such as gas, oil, wood, kerosene or charcoal is burned. If fuel-burning appliances are maintained and used properly, the amount of CO produced is rarely hazardous. In your home, CO poisoning can occur from things like an unvented kerosene or gas space heater, a leaking furnace, a malfunctioning gas water heater, or an improperly vented wood stove.

The symptoms of CO poisoning are hard to distinguish from common ailments like the flu. CO poisoning is an avoidable problem. Maintaining appliances and heating systems is a good place to start. The second thing you can do is add a CO alarm. If you have a CO alarm in your home, replace any old batteries. If the alarm is more than 7 years old, it’s time to buy a new one.

For more information on CO go to:

Be Careful About Taking Acetaminophen

Acetaminophen is not just in Tylenol® and other headache remedies. It’s also in over 600 other medicines, both prescription and over-the-counter. When taken in the right dose, it relieves pain and reduces fever very effectively. However, if you take too much or take two different drugs containing acetaminophen at the same time, you can risk permanent damage to your liver.

To protect yourself,

• Don’t take more than one over-the-counter product containing acetaminophen;

• Don’t take a prescription and an over-the-counter product containing acetaminophen; and

• Don’t exceed the recommended dose of any product containing acetaminophen.

To find the medicines containing acetaminophen, go to:
http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm239874.htm

Have your furnace checked each fall to prevent carbon monoxide poisoning.

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