



DYNAMIC AGING

Heart to Heart

February is American Heart Month. As part of our ongoing series devoted to dynamic aging, keeping our hearts healthy through prevention of risk factors, as well as proactively responding to symptoms of a heart attack, are "just a heartbeat away."

In a Heartbeat is a statewide coalition of medical providers, Emergency Medical Services, Maine Center for Disease Control, community outreach and health advocacy organizations, working to ensure that Mainers who've had recent heart attacks receive timely, quality care. As local community citizens, we can ALL play a role. By recognizing the signs of heart attack in ourselves or someone else, and by calling 911 immediately after symptoms begin, significant heart muscle can be saved.

Know the Signs of a Heart Attack

Some heart attacks are sudden and intense, while other heart attacks start slowly, with mild pain or discomfort. Below are signs of a possible heart attack:

- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Pain or discomfort in the upper body (one or both arms, the back, neck, jaw, or stomach)**
- **Shortness of breath**
- **Breaking out in a cold sweat**
- **Nausea**
- **Lightheadedness**
- **Women are somewhat more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain.**

Call 911 immediately: Time lost is heart muscle lost.

- Anyone who sees or has any of the listed symptoms should immediately call 911.
- Studies show that on average, only about half of heart attack victims call 911.
- Many of those who don't call, either die or lose some of their physical capacity.

Your community in action

During the month of February, watch for the new Bridgton Hospital interview program, Healthy ME, on Lake Region Television. The four part series includes inter views with prominent local physicians who emphasize the importance of prevention or management of chronic disease, including heart disease. The

program airs each Friday, Saturday, and Sunday night at 7 p.m. on Channel 5. For more information, contact Pam Smith at 647-6055,

On March 1, at 9 - 10:30 am, join the Lake Region Elder Network at the Naples Municipal Conference Room, to learn more about Emergency Preparedness. This will be facilitated by Faye Daley, Bridgton Health Officer, and Bill Morrisseau, Emergency Preparedness Manager in Bridgton. Light breakfast served. For more information, call 693-4545.

Move it or lose it! "All physical activity adds up to a healthier heart," says the American Heart Association. Check out www.americanheart.org for more information. Regular physical activity can improve cholesterol levels, lower blood pressure, and maintain weight - all are important factors in preventing heart disease. Choose one or more of the many physical activity options in the Lake Region community:

- Bridgton Town Hall Senior Exercise Class Mondays, Wednesdays, Fridays, 9 - 10 am. No charge. Contact Frances Nemo at 647-4134.
- "Hep the Step" Women's Hop at the Casco Village Church Wednesdays, 10 - 11:30 am. No charge. Call Bev White at 627-4179.
- "Step into Fitness" Walking Program at Lake Region High School on Mondays and Fridays, 5 - 7 pm. Free. Contact Bea MacDonald at 647-3212.
- Senior Day swimming at Colonial Mast in Naples is only \$4 every Thursday from 9 am to 6 pm. For more information, call 693-6652.
- "Fitness Over 40" classes are held Mondays, Wednesdays, and Fridays, 7 - 8:15 am through Harrison Recreation. \$3 - \$4 per session. Call Paula Holt at 583-2241.
- Fitness Fun with Pauline Webb is held Mondays, Wednesdays, and Fridays at the Naples Town Gym from 8:45 to 9:45. \$20 per month for Naples residents. Other fees available. Call Pauline at 647-6364 or Harvey Price, Naples Recreation Director at 693-6364.
- "Creative Connections," taught by Lyn Lake, mixes creative movements of dance, exercise strategies, and other activities. \$35 for 8 sessions in the Harrison Community Room. Contact Paula Holt at 583-2241 for class availability.
- Lake Region Fitness on Route 302 in Bridgton offers seniors a discounted price of \$30 per month for use of the gym. Call 595-0302.
- Bushido Karate Dojo and Fitness Center in Casco Village offers seniors a discount of \$35 per month. Call 627-7170 for more information.

If you would like to learn more, or to arrange a presentation on *In A Heartbeat* or *Women's Heart Health* in your local club or organization, contact Dona Forke, Healthy Options Together Community Partnership Director, at 693-4545.