

## February is American Heart Month

- Children's Dental Health Month
- National Burn Awareness Week, February 2-8
- World Cancer Day, February 4
- National "Go Red for Heart Day", February 7
- National Donor Day, February 14
- Valentine's Day, February 14
- Random Acts of Kindness Day, February 17 / Week, February 16-23



*In His Service,*



*H-3*

*Ministry*

*"10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.."*  
*Romans 10:10*



## NATIONAL CHILDREN'S DENTAL HEALTH MONTH: FIVE WAYS TO CELEBRATE

To some, February might mean valentines and chocolate, but for the dental health-conscious, there's another reason February is so special: National Children's Dental Health Month. Sponsored by the American Dental Association (ADA), this month is a time to increase awareness about pediatric dental hygiene. By taking some time to talk to your kids about dental health — and even scheduling a dental checkup — you set a good example and precedent for the rest of the year.



### Schedule an Appointment

One of the best ways you can celebrate the theme for February is to schedule an appointment at your dentist's office. Regular cleanings should happen every 6 months, and the more exposure to the dentist that you give your kids, the more comfortable they'll be when they visit the office. If you schedule an appointment in February, you'll have the ideal amount of time before a back-to-school checkup in August.

### Buy New Toothbrushes

Did you know that you're supposed to replace your toothbrushes every 3 to 4 months? The ADA warns that frayed bristles decrease the effectiveness of a toothbrush. National Children's Dental Health Month is the ideal time to toss out old toothbrushes and grab some new ones. Let your kids pick out toothbrushes with their favorite characters on them and toothpaste that they'll like to use — for example, Colgate® 2 in 1 Toothpaste & Mouthwash — to get them excited about their regular hygiene routine.

### Color a Chart

The ADA offers coloring pages and activities online to help celebrate National Children's Dental Health Month. Choose a chart-based coloring page and have your kids color and customize a reminder to hang in the bathroom as a motivator. After a week of consistent morning and nighttime brushing, offer a reward, such as a fun outing.

### Do a Brushing Checkup

If your kids tend to brush their teeth unattended, take some time this month to go with them to the bathroom to supervise their brushing habits. You might be

surprised to find that one child brushes with only water and the other skips floss altogether. By performing a brushing checkup, you can see what steps your kids are missing and instruct them in the correct way to brush their teeth.

### Show Plaque

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Because plaque is difficult for kids to see, they may not understand why it's so important to brush — and brush well. A demonstration with your child using a plaque-disclosing tablet will reveal plaque on the teeth. Then, look in a mirror together, and point out areas where plaque likes to hide, such as along the gum line and on tooth surfaces. Invite your kids to brush the color away.

With a focus on oral hygiene and health, National Children's Dental Health Month may be even more important than Valentine's Day this February. By learning about proper dental hygiene as a family, you can get your kids more excited to brush every day and night.

### NATIONAL BURN AWARENESS WEEK



**National Burn Awareness Week** is an excellent opportunity for your organization to kick off a year full of burn awareness education.

**National Burn Awareness Week**, observed the first full week in February, is a window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention

message in our communities. The 2020 Burn Awareness Week dates are February 2-8, 2020.

In the United States, approximately 400,000 people receive medical care for treatment of burn injuries every year. In 2018 alone, there were 3,655 deaths from fire and smoke inhalation and another 40,000 people were treated in hospitals for burn related injuries.



The majority of these injuries are preventable. The American Burn Association strives bring awareness to the causes of such devastating and costly injuries and encourages everyone to make simple environmental and behavioral changes that can save lives.

Most burn injuries occur at home but nearly 10% of all burn injuries do occur in the workplace.

Burns are not just caused by getting too close to a fire or accidentally hitting the inside edge of the oven when you are cooking. **The 2020 Burn Awareness Week Campaign is Contact Burns - Hot Surfaces Damage Skin!** Take a look at these surprising statistics related to this year's theme.

- Roughly 70,000 people went to the hospital emergency department because of contact burns in 2018.
- Most burns associated with cooking in 2013-2017 were caused by contact with a hot object or liquid rather than by fire or flame.
- About one-third of contact burn patients are children under the age of five (5).



website at [ameriburn.org](http://ameriburn.org).



The American Burn Association has put together a great toolkit you can use in your company or organization to share the message of burn awareness and prevention. Resources materials include a ideas on how your company can participate in Burn Awareness Week, fact sheets, statistics, posters, and social media posts. Also included are lists of prevention tips that you can share with employees and their families. You can access these materials on The American Burn Association

Awareness campaigns, such as this one, offer a great opportunity to safety management, business owners and team leaders to highlight the importance and commitment the organization has to worker safety. It doesn't take a lot of time, money or resources to participate. At minimum, consider an email from management to the staff, a brief safety meeting or a sign on the central bulletin board.

If your organization does not yet have a safety meeting program in place, National Burn Awareness Week would be a great time to let your employees understand the organization's commitment to safety by starting a regular safety meeting or toolbox talk schedule.

We believe that access to a proven safety meeting program shouldn't cost companies thousands of dollars. Companies shouldn't have to make a decision between safety training and making payroll. With our low monthly subscription, every company (no matter

how many employees!) gets everything we have to offer, without the expensive bill. Use as many safety topics as you need, as often as you want!

Start right now and get a full suite of safety meeting topics, toolbox talks, and safety resources to expand, upgrade, or jump-start your safety meeting program. Visit [weeklysafety.com](http://weeklysafety.com)!

## **WORLD CANCER DAY – FEBRUARY 4, 2020**

Sooner or later, it seems, cancer has an impact on us all. That's why World Cancer Day on February 4 is an important day to raise awareness about prevention, detection, and treatment. Started by the Union for International Cancer Control in 2008, World Cancer Day activities seek to significantly reduce illness and death caused by cancer by 2020.



### Why World Cancer Day is Important

#### *One-Third of the Most Common Cancers Can Be Prevented*

There is a lot that can be done at an individual, community and policy level with the right strategies for cancer prevention. Taking the time to understand what you, your family and community can do to make a difference can have a huge impact on just one person.

#### *Cancer Does Have Warning Signs*

For many cancers, there are warning signs and symptoms and the benefits of early detection are indisputable. As busy as you may be, taking time to get that check-up and speak with your doctor can help create awareness and peace of mind.

#### *Talking About Cancer Can Actually Help Everyone Heal*

While cancer can be a difficult topic to address, particularly in some cultures and settings, dealing with the disease openly can improve outcomes at an individual, community and policy level. Knowing where to go for help and being part of a larger support network can help everyone feel part of the solution.

## THE NATION GOES RED IN FEBRUARY

### National Wear Red Day® – Friday, February 7, 2020

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

CARDIOVASCULAR DISEASE IS THE NO. 1 KILLER OF WOMEN, CAUSING 1 IN 3 DEATHS EACH YEAR.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.

### Go Red For Women®

Go Red for Women® is the American Heart Association's global initiative to end heart disease and stroke in women

***Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined.***

**G: GET YOUR NUMBERS**

Ask your doctor to check your blood pressure and cholesterol.

**O: OWN YOUR LIFESTYLE**

Stop smoking, lose weight, exercise, and eat healthy.  
It's up to you. No one can do it for you.

**R: REALIZE YOUR RISK**

We think it won't happen to us, but heart disease kills one of three women.

**E: EDUCATE YOUR FAMILY**

Make healthy food choices for you and your family.  
Teach your kids the importance of staying active.

**D: DON'T BE SILENT**

Tell every woman you know that heart disease is our No. 1 killer.

## FACTS ABOUT HEART DISEASE IN WOMEN

**D**o you know what causes cardiovascular disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason. In this section, we'll arm you with the facts and dispel some myths – because the truth can no longer be ignored.

## COMMON MYTHS ABOUT HEART DISEASE IN WOMEN



“It’s a man’s disease.” “But I’m too young.” “Breast cancer is the real threat.” If you’ve heard or said any of this before, you’re not alone.

The real fact is, relying on these false assumptions can cost you your life. And for 19-year-old Regan Judd, it nearly did. “I kept thinking of my grandpa. But he was so much older than me that I just couldn’t grasp it.”

Who could blame her? The last thing a young, energetic college athlete has on her mind is contemplating open-heart surgery. But, a combination of family history and a heart murmur since birth meant a diagnosis of heart disease, despite her youth and active lifestyle.

It’s time to set the record straight and start thinking of this as a disease that doesn’t spare woman and children. Your health is non-negotiable; we need to separate fact from fiction so that together, we can stop this killer once and for all.

*Myth: Heart disease is for men, and cancer is the real threat for women*

**Fact:** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease is the cause of one out of every three deaths. That’s roughly one death each minute.

*Myth: Heart disease is for old people*

**Fact:** Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

*Myth: Heart disease doesn’t affect women who are fit*

**Fact:** Even if you’re a yoga-loving, marathon-running workout fiend, your risk for heart disease isn’t completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits. You can be thin and have high cholesterol. The American Heart Association recommends you start getting your cholesterol checked at age 20, or earlier, if your family has a history of heart disease. And while you’re at it, be sure to keep an eye on your blood pressure at your next check-up.

*Myth: I don’t have any symptoms*

**Fact:** Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they’re often misunderstood. Media has conditioned us to believe that the telltale sign of a

heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, feeling lightheaded or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

*Myth: Heart disease runs in my family, so there's nothing I can do about it*

**Fact:** Although women with a family history of heart disease are at higher risk, there's plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy.

Because of healthy choices and knowing the signs, more than 670,000 of women have been saved from heart disease, and 300 fewer are dying per day. What's stopping you from taking action?

### **GOOD NUTRITION DEFENSE AGAINST HEART DISEASE**

When you're juggling family, career, an education and other responsibilities, making your own nutritional needs a priority may seem impossible. This was the case for Myrna Aguilar, a single mother who always put her son's needs first, even to the neglect of her own health.

Each year around her birthday, Myrna saw her doctor for a routine physical where everything "seemed fine," until one particular visit. "You may want to start doing things differently," her doctor suggested. With a family history of heart disease looming, these gentle words were all the motivation Myrna needed to make permanent changes.

Heart disease claims the lives of more than 400,000 women each year – about one per minute. That's about the same as the next three most common causes of death combined. The good news is that you have the power to dramatically reduce your risk, and a diet rich in a variety of vegetables and fruits, lean proteins, healthy fats and whole grains is your first defense against the onset of high cholesterol, high blood pressure and heart disease.





As you begin setting nutritional goals for yourself and your family, remember that starting with small but consistent changes can make a big difference in the long run. An adult consuming 2,000 calories daily should aim for:

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish, like salmon): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce servings a day
- Nuts, legumes and seeds: At least 4 servings a week, opting for unsalted varieties whenever possible

**Other dietary measures:**

- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: Aim to consume no more than 450 calories a week
- Processed meats: No more than two servings a week
- Saturated fat: Should comprise no more than 7 percent of your total calorie intake

You may want to keep a food journal of everything you consume, including beverages and snacks. Seeing it written down is an easy way to identify high-sugar, high-fat calorie sources that you should reduce or cut out completely.

Also, if you haven't before, take the time to familiarize yourself with standard food nutrition labels. You may be surprised by hidden sodium, sugars and fats in the foods you considered healthy

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
<b>Calories 70</b>	
<b>Fat 0.5 g</b>	
Saturated Fat 0 g	1 %
+ Trans Fat 0 g	
<b>Cholesterol 0 mg</b>	0 %
<b>Sodium 250 mg</b>	
<b>Carbohydrate 13 g</b>	10 %
Fibre 2 g	4 %
Sugars 6 g	8 %
<b>Protein 2 g</b>	
Vitamin A 1 %	Vitamin C 2 %
Calcium 0 %	Iron 4 %

- Step 1: Look at the serving size.
- Step 2: Look at the sodium/serving. Compare that serving with the amount you might be eating.
- Step 3: Choose foods with less than:
  - ✓ 200 mg sodium/serving or
  - ✓ 8% Daily Value (DV)

# Know Your Numbers

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**Five numbers**, that all women should know to take control of their heart health are:

- 1** Total Cholesterol
- 2** HDL (good) Cholesterol
- 3** Blood Pressure
- 4** Blood Sugar
- 5** Body Mass Index (BMI)

Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life – their hearts depend on it.

Here's how:

## 1. Understand Risk Factors

- There are some you can control like blood pressure, smoking, cholesterol, lack of regular physical activity, and some you can't control like age, gender, and family history.
- That's why it is important to **Know Your Numbers**, learn your **Family History** and discuss all risk factors with your healthcare provider.

## 2. Know Your Numbers

- Five numbers can change your life – *Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).*

## 3. Take Action and Manage Your Numbers

- Schedule a separate visit with your healthcare provider to learn these numbers and commit them to memory.
- Work to improve your numbers, if necessary.



## **FEBRUARY 14, 2019 – VALENTINE’S DAY – NATIONAL ORGAN DONOR DAY – NATIONAL FERRIS WHEEL DAY – NATIONAL CREAM-FILLED CHOCOLATES DAY**

### Valentine’s Day

Valentine’s Day began as St. Valentine’s Day, a liturgical celebration of one or more early Christian saints named Valentinus. February 14th, Valentine’s, Day first became associated with romantic love during the High Middle Ages as the tradition of courtly love was then flourishing. During 18th century England, this day evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending Valentine cards.

#### *How To Observe*

Get something special for your Valentine and use #ValentinesDay to post on social media.

#### *History*

Credit is traditionally given to Pope Gelasius for declaring February 14 as Saint Valentine’s Day around the year 496 to separate the church from the Roman celebration of Lupercalia, an ancient pagan fertility festival which occurred on February 15th.

### National Organ Donor Day

Observed each year on February 14th, National Donor Day (also known as National Organ Donor Day) is a day to increase awareness about organ donation and the lives that can be saved. In the United States, more than 120,000 people are waiting for a life-saving organ donation.

National Donor Day focuses on five different types of donations: Organs – Tissues – Marrow – Platelets – Blood. Many nonprofit health organizations sponsor blood and marrow drives and organ/tissue sign-ups across the nation. Approximately every two seconds, there is someone in the U.S. who needs blood, which translates to the need for over 41,000 daily donations.

#### *How To Observe*

Look into becoming a donor. Visit [donatelifenw.org](http://donatelifenw.org) and [organdonor.gov](http://organdonor.gov) for more information on organ donation.

## **RANDOM ACTS OF KINDNESS DAY**

Celebrated on February 17th each and every year, Random Acts of Kindness Day is a day where everyone has the opportunity to do something nice for a complete stranger, a family member or a coworker. This can be something simple as paying for the person behind you as you wait in line or doing some other act of kindness for your fellow man or woman.

## 10 Random Acts Of Kindness

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1. Smile
2. Hold the door open
3. Give an honest compliment
4. Thank someone who you appreciate
5. Be a good listener
6. Offer your help to someone
7. Ask the person who's serving you how their day is going
8. Treat someone to a coffee or tea
9. Let someone go past you in the grocery queue
10. Send flowers or chocolates to a friend out of the blue

There's a few other cool ones I've spotted on the blogosphere so I've put some of my favorite inspirations below.

### *Other random acts of kindness*

- Give away something you consider valuable
- Clean up someone else's mess
- Complement a stranger

### *Celebrating a birthday through random acts of kindness*

- Hand bottled water to walkers/joggers/bikers from car window
- Walk up to a family eating lunch at a local restaurant & leave a gift card for them for their lunch
- Drop off stuffed animals at the children's hospital

### *Little acts of kindness*

- Take a minute to direct someone who's lost, even though you're rushing
- Give a homeless person your doggie bag (or better yet, buy them a sandwich)
- Put a coin in an expired meter

#### **resources this issue**

<https://newsroom.heart.org/events/february-2020-american-heart-month-and-go-red-for-women>

<https://www.goredforwomen.org/en/know-your-risk/know-your-numbers>

<https://www.goredforwomen.org/en/about-heart-disease-in-women/preventing-cardiovascular-disease/good-nutrition-defense-against-heart-disease>

<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>

<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/common-myths-about-heart-disease>

<https://www.colgate.com/en-us/oral-health/life-stages/infant-kids/national-childrens-dental-health-month-five-ways-to-celebrate-0214>

<https://blog.weeklysafety.com/blog/national-burn-awareness-week>

<https://nationaltoday.com/world-cancer-day/>

<https://nationaldaycalendar.com/february-14-2019-valentines-day-national-organ-donor-day-national-ferris-wheel-day-national-cream-filled->