

## February:

- Black History Month
- American Heart Month
- National Children's Dental Health Month
- National Wear Red Day, February 5
- National Black HIV / AIDS Awareness, February 7
- Valentine's Day, February 14
- National Donor Day, February 14

### **\*\*From Dr. Martin Luther King, Jr.\*\***

"FAITH is taking the first step, even when you don't see the whole staircase."

"The time is always right to do what is right."

"Our lives begin to end the day we become silent about things that matter."

"I have decided to stick with LOVE. Hate is too great a burden to bear."

"Life's most persistent and urgent question: What are YOU doing for others?"

"Everyone can be great....Because anybody can serve. You only need a heart full of grace....A soul generated by love."

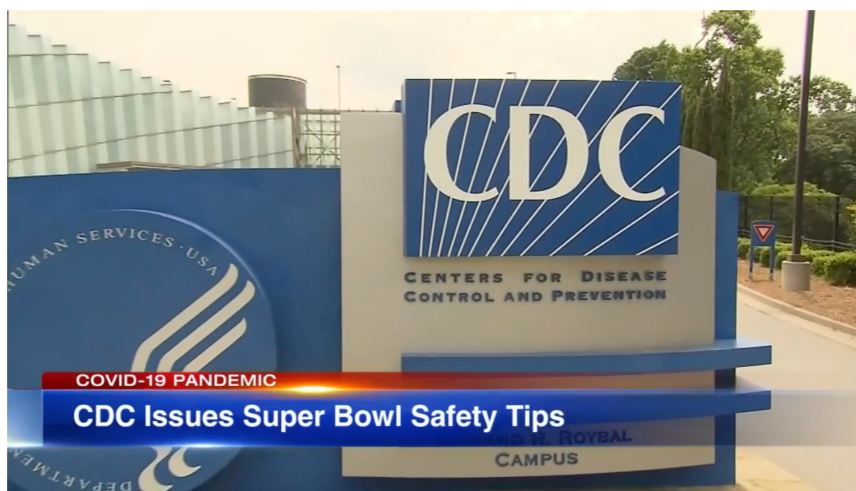
"If I cannot do great things, I can do small things in a great way."

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**H-3 Ministry**



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## CDC RELEASES NEW GUIDANCE TO SAFELY WATCH SUPER BOWL 2021



The CDC wants you to stay safe for the Super Bowl, that's why it's issuing new pandemic-related guidance for the big game.

The CDC said attending large gatherings, including the Super Bowl, increases your risk of getting and spreading COVID-19, CNN reported.

The guidance also said the safest way to watch the Super Bowl is at home with people you live with.

However, if you choose to go to the game or a larger event, like a watch party, there are a few things you can do that might help protect you.

Those include using noisemakers instead of cheering, arriving early to avoid crowds, and using touchless payment methods.

This year's Super Bowl has the Kansas City Chiefs battling the Tampa Bay Buccaneers on Sunday, February 7<sup>th</sup>.

### *Scriptures*

\*Blessed are the pure in heart, for they shall see God. – Matt. 5:8

\*Trust in the LORD with all you heart and lean not on your own understanding. – Prv. 3:5

\*Above all else, guard your heart, for everything you do flows from it. – Prv, 4:23

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# HEART DISEASE: IT CAN HAPPEN AT ANY AGE

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Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

**February is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.**

Heart disease—and the conditions that lead to it—can happen at any age.

High rates of obesity and high blood pressure among younger people (ages 35–64) are putting them at risk for heart disease earlier in life.

Nearly half of all Americans have at least one of the top three risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

Learn about your risk for heart disease and the steps you need to take now to help your heart.

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## YOU COULD BE AT RISK

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Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- **High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- **High cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and/or obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- **Smoking.** More than 35 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.



Learn about your risk for heart disease and the steps you need to take now to help your heart.

On average, U.S. adults have hearts that are 7 years older than they should be.

Other conditions and behaviors that affect your risk for heart disease include:

- **Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children and adolescents ages 2 to 19—have obesity.

- **Diabetes** causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. More than 1 in 10 people in the United States have diabetes.
- **Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 4 adults meet the physical activity guidelines of getting 150 minutes of moderate-intensity activity per week.
- **Unhealthy eating patterns.** Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. Only about 1 in 10 adults get enough fruits and vegetables each day. A diet high in trans fat, saturated fat, and added sugar increases the risk factor for heart disease.

## 4 WAYS TO TAKE CONTROL OF YOUR HEART HEALTH

You're in the driver's seat when it comes to your heart. Learn how to be heart-healthy at any age.

**Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

**Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.



Learn About Quit-Smoking Medicines  
You Can More than Double Your  
Chance of Success! New Ways  
Medicines Can Help.



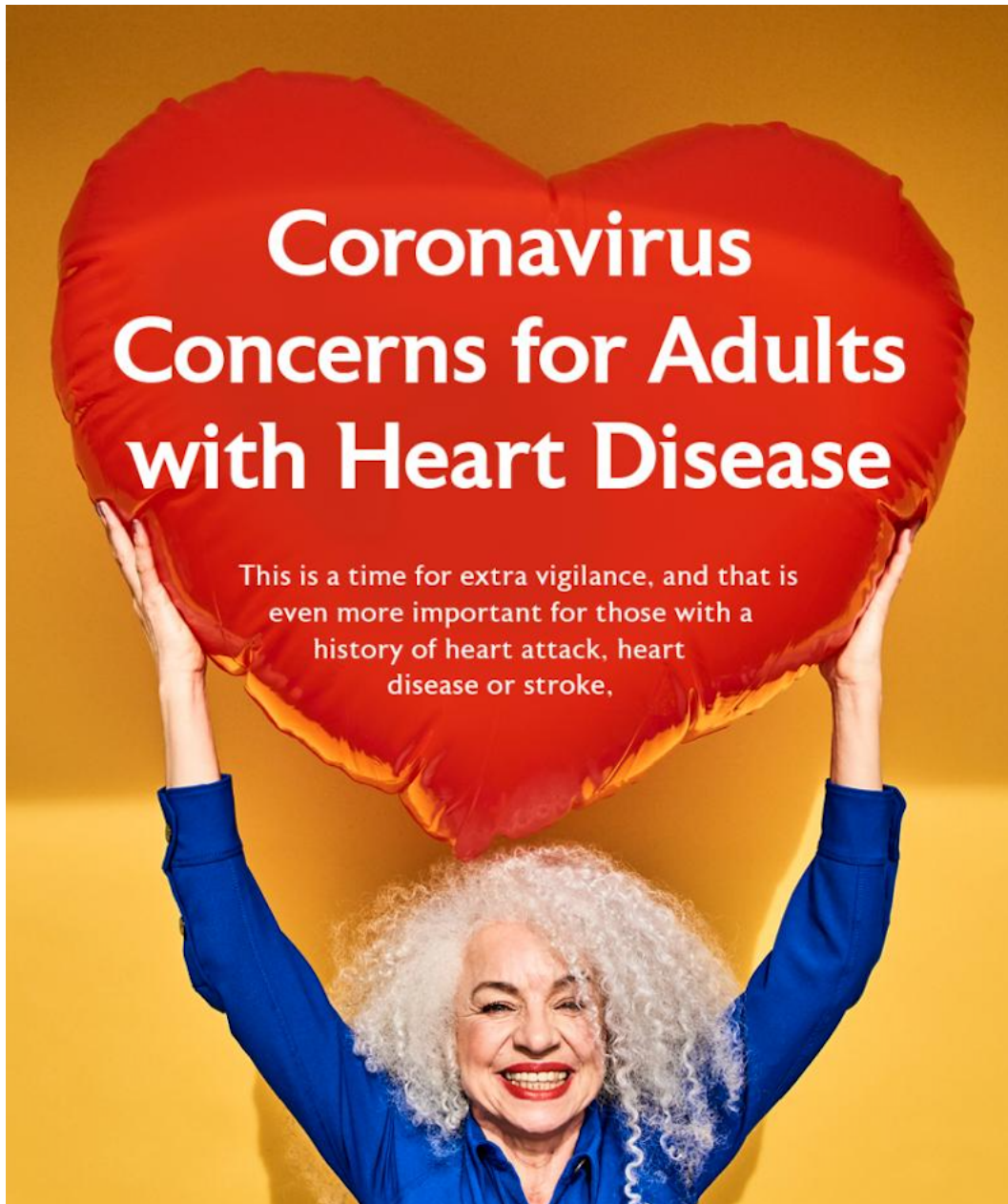
You can take steps to lower your risk for heart disease by changing the factors you can control.

**Make heart-healthy eating changes.** Eat food low in trans fat, saturated fat, added sugar, and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.

**Stay active.** Get moving for at least 150 minutes per week. You can even break up the exercise into 10-minute blocks for a total of 30 minutes in a day. Learn more about how to get enough physical activity.



Get regular physical activity to help you maintain a healthy weight and lower your blood pressure, cholesterol, and blood sugar levels.



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## COVID-19 CORONAVIRUS AND HEART DISEASE

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With the spread of the new coronavirus, COVID-19, hitting hard and fast in the United States, many people have found their world turned upside down in many ways. We're practicing social distancing, washing our hands a lot, dining at home more, and finding ways to spend the time at home during "stay in place" guidelines.

The coronavirus pandemic is a time for extra vigilance, and that is even more important for all adults, especially anyone with a history of heart attack, heart disease or stroke, according to Saeed Shaikh, MD, interventional cardiologist at Franciscan Physician Network Indiana Heart Physicians Crawfordsville.

“As during annual flu seasons, we encourage patients to be safe and conscientious about their self care,” he said. “The history of this coronavirus shows us that older adults and those with underlying chronic conditions like heart disease are most at risk for developing life-threatening symptoms.”

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## DOES THE CORONAVIRUS IMPACT THE HEART?

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While the COVID-19 coronavirus attacks lung, not heart, tissue, the heart is affected because it may have to work harder to try to pump oxygenated blood through the body, and researchers are seeing heart damage in about one-fourth of patients hospitalized with COVID-19 infections. For someone already with heart disease or heart failure, this is a serious concern.

Individuals with heart disease also may have less robust immune systems overall, which makes them more susceptible to the coronavirus’s more severe complications. According to the CDC, this is because the COVID-19 coronavirus can damage the respiratory system and make it harder for your heart to work. For people with heart failure and other serious heart conditions this can lead to a worsening of COVID-19 symptoms.

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## HOW SHOULD PERSONS WITH HEART DISEASE PROTECT THEMSELVES FROM THE CORONAVIRUS?

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According to a recent report from the CDC, persons with conditions such as heart disease, lung disease and diabetes were 6 times more likely to be hospitalized and 12 times more likely to die from the COVID-19 coronavirus compared with persons without underlying health conditions.

“This is a time for patients to pay even closer attention to their well-being,” said Dr. Shaikh.

To reduce your risk of contracting the new coronavirus, all persons, especially those with heart disease, should:

- Maintain social distancing and stay at home.
- Avoid hugging and handshaking.
- Make sure you have enough medications on hand so you don’t have to leave home to pick up a prescription.
- Wash your hands frequently. Use hand sanitizer when you can’t.
- Keep surfaces at home clean, including counters and door knobs, and avoid touching surfaces when away from home.



- Find stress-reducing activities that help you mentally, such as low-impact exercise, walking, meditation and centering prayer. Spend more time on your hobbies.
- If you get sick, don't panic. Stay home and call your physician's office. There are other viruses out there, including influenza, all with similar symptoms. If you have symptoms of the coronavirus (high fever, dry cough, difficulty breathing), your doctor may order a screening for the COVID-19 coronavirus.

Additionally, continue to maintain other healthy habits, including a healthy diet, regular exercise and controlling conditions like diabetes and high blood pressure.

## IS IT SAFE TO TAKE HEART MEDICATIONS DURING THE PANDEMIC?

There have been rumors circulating related to safety of certain medications if a person has COVID-19. As a result, some people have stopped medications during the pandemic without their physicians' guidance. Doing this can have severe consequences for your health.

"Taking your medications is very important to keep you out of the hospital and on the right track for your heart health," said Vijay U. Rao, MD, PhD, FACC, FASE, FHFSA, Director of CardioOncology at Franciscan Physician Network Indiana Heart Physicians in Indianapolis. "If you are prescribed blood pressure or heart failure medications known as ACE (ending in -pril), ARB (ending in -sartan) or ARNi (commonly known as Entresto), do not stop taking your medication."

The American Heart Association, American College of Cardiology and the Heart Failure Society of America have jointly released a statement stating evidence does not support stopping these medications in persons who have COVID-19 symptoms.

"Take time to review your medication list and take steps to ensure you do not run out. If you have concerns, speak with your doctor," Dr. Rao said.

The CDC has suggestions for people with serious heart conditions during this time.

- Take your medication exactly as prescribed.
- Make sure that you have at least a two-week supply of your heart disease medications (such as those to treat high cholesterol and high blood pressure).
- People with hypertension should continue to manage and control their blood pressure and take their medication as directed.

***Heart attacks and strokes don't stop during a pandemic. If you think you are having symptoms of heart attack or stroke, call 911.***

### Resources:

<https://abc7.com/super-bowl-2021-cdc-covid-coronavirus/10194274/>

[https://www.cdc.gov/heartdisease/any\\_age.htm](https://www.cdc.gov/heartdisease/any_age.htm)

<https://www.franciscanhealth.org/community/blog/coronavirus-concerns-for-adults-with-heart-disease>