

FEBRUARY IS BLACK HISTORY MONTH

“Famous/Inspiring Quotes”

- “Life’s most persistent and urgent question is, ‘What are you doing for others?’”
- “The time is always right to do what is right.”
- “Love is the only force capable of transforming an enemy into friend.”
- “Faith is taking the first step even when you don’t see the whole staircase.”
- “Our lives begin to end the day we become silent about the things that matter.”
- “Injustice anywhere is a threat to justice everywhere.”
- “We must learn to live together as brothers or perish together as fools.”

*Dr. Martin Luther King, Jr.
Civil Rights Leader / Activist &
Advocate for Peace*

In His Service,



H-3 Ministry

Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. The one who does not love does not know God, for God is love. By this the love of God was manifested in us, that God has sent His only begotten Son into the world so that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. 1 John 4:7-11

Warning Signs of a Heart Attack

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body — and call 911 if you feel:

- **Chest 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.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

Symptoms Vary Between Men and Women

As with men, women's most common heart attack symptom is **chest pain or discomfort**. But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain**.



© American Heart Association

Act Fast

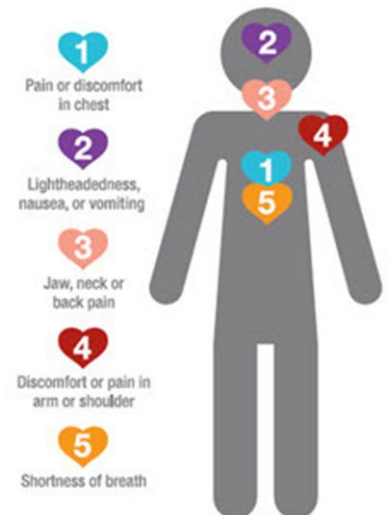
Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait - call 911 or your emergency response number.

Call 911

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Learn about the [warning signs of heart attack in women](#).

Common Heart Attack Warning Signs



HEALTH CONSEQUENCES OF EATING DISORDERS

Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. They are not just a "fad" or a "phase." People do not just "catch" an eating disorder for a period of time. They are real, complex, and devastating conditions that can have serious consequences for health, productivity, and relationships.

People struggling with an eating disorder need to seek professional help. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.

Medical Issues That Arise From Anorexia

Individuals with anorexia nervosa severely restrict their food intake or engage in extreme exercise regimens in an effort to prevent weight gain or cause weight loss. According to the American Psychiatric Association, medical professionals diagnose anorexia when a patient weighs at least 15 percent less than the normal weight for the patient's height and age. Aside from drastic weight loss, eating too little causes major nutritional deficits, denying the body many macronutrients and micronutrients it needs to function properly.

Due to severe calorie restrictions, the body does not receive adequate energy through food, and its processes slow down in order to conserve energy. According to New York Presbyterian Hospital, approximately 95 percent of patients that doctors admit to hospitals for anorexia have low heart rates. Low blood pressure and irregular heart rhythms also occur, and the risk of heart failure increases as the disease progresses. Due to changes in the endocrine system, women with anorexia often stop menstruating, and the body has a difficult time regulating its temperature.

Medical issues stemming from anorexia are not limited to the cardiovascular and endocrine systems. Bone density often decreases due to a lack of calcium and vitamin D, causing premature osteoporosis and increasing the risk of bone fractures. New York Presbyterian Hospital also highlights hematological issues, including anemia, which occurs in one-third of patients, and a low white blood cell count, which affects 50 percent of patients. Because white blood cells play a key role in immunity, a low white blood cell count increases the risk of opportunistic infections. The kidneys also suffer damage due to prolonged dehydration, and kidney failure is a possibility.

Ultimately, people suffering from anorexia risk starvation or suicide. The National Eating Disorder Association states that the mortality rate for anorexia is higher than that of any other mental illness.

Bulimia Also Causes Medical Issues

Unlike patients with anorexia, individuals with bulimia do eat, sometimes consuming thousands of calories in a single bingeing session. In an effort to maintain control and prevent weight gain, they then purge the food by vomiting or abusing laxatives, emetics or diuretics. This binge-and-purge cycle may happen several times per week or, in severe cases, several times per day. While individuals with bulimia are less likely to be underweight and are sometimes overweight, bulimia does cause major medical issues when left untreated. Many of the medical issues that stem from bulimia occur due to frequent vomiting. When individuals with bulimia vomit, over time, the stomach acid erodes the enamel of the teeth, leading to decay. Some individuals experience ulcers or gastroesophageal reflux disease. The esophagus becomes raw and inflamed, and forceful vomiting has the potential to rupture the esophagus. In rare cases, over-stretching the stomach causes gastric rupture, a condition in which the contents of the stomach spill into the abdominal cavity, constituting a medical emergency.



Some medical complications related to bulimia arise from the abuse of medications. Diuretic or “water pill” abuse damages the kidneys by contributing to dehydration. Laxative abuse causes gastrointestinal issues, such as irregularity and constipation. According to an article in the Primary Care Companion to the Journal of Clinical Psychiatry, 1 to 2 percent of individuals with bulimia abuse syrup of ipecac, an over-the-counter medication that people use to induce vomiting. According to the article, this drug has toxic effects on the heart, weakening the muscle and potentially damaging the left ventricle.

Both vomiting and laxative abuse lead to electrolyte imbalances which affect the heart rate and the function of other major organs, including the kidneys. Like individuals with anorexia, people with untreated bulimia are at risk of heart failure, kidney failure and death.

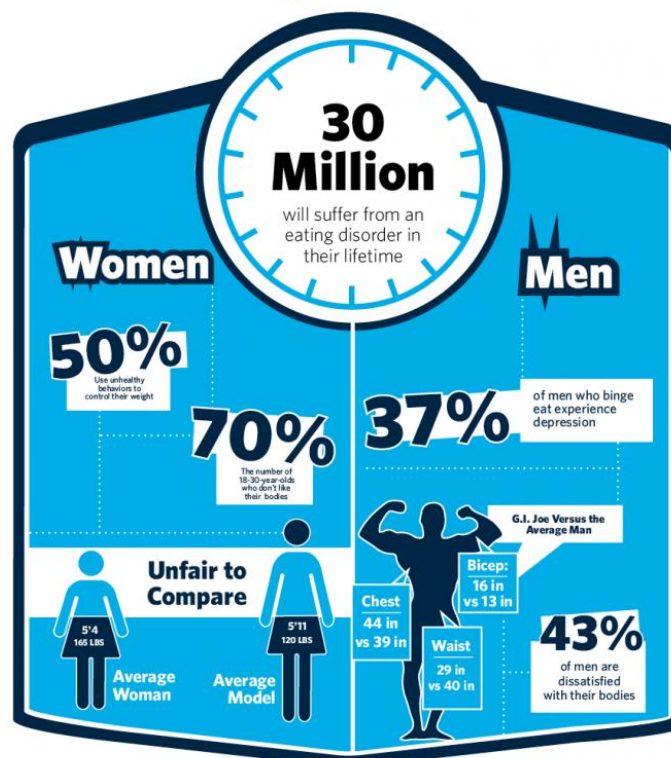
Complications That Arise From Binge Eating Disorder

Like individuals with bulimia, those with binge eating disorder consume large amounts of food in a single sitting, but they do not vomit or otherwise purge the food. Because individuals with this disorder consume large amounts of fat and carbohydrates, they are often morbidly obese. The medical issues that arise due to binge eating disorder are similar to those of clinical obesity. According to the National Eating Disorder Association, individuals with binge eating disorder have an increased risk of cardiovascular problems, including high blood pressure, high cholesterol and heart disease. They are also at a higher risk of developing type 2 diabetes and gallbladder disease.

Each of the aforementioned eating disorders often coexists with other psychiatric disorders, including depression, anxiety and obsessive-compulsive disorder. Medical issues stemming from these mental health disorders range from mild, such as sleeping problems, to severe, such as suicidal behaviors. The key to preventing serious medical complications related to eating disorders is prompt, appropriate treatment in an eating disorder treatment center, hospital or other qualified facility.

Love Your Body

National Eating Disorder Statistics



The Importance of Oral Hygiene

When most people think of “good oral hygiene,” they think of white, perfect teeth, but did you know oral hygiene goes beyond a pretty smile? New research is linking oral health with your body’s overall health. Various diseases and deficiencies are accompanied by oral symptoms. Regular dental visits not only help maintain overall oral health but can also tell your dentist a lot about your overall health.

The Link Between Oral Hygiene and Overall Health

Recent research on oral and general health have shown a link between the two. With more than 90% of systemic diseases having oral symptoms. These symptoms can include swollen gums, sores, ulcers, dry mouth and more! The following diseases are an example of a systemic disease which has symptoms expressed in the mouth:

- Diabetes
- Leukemia
- Oral cancer
- Pancreatic cancer
- Heart disease
- Kidney disease



Research has also shown that poor dental hygiene and gum disease can directly increase your risk of heart disease, heart attack, and even stroke. Women with poor dental health have also shown higher rates of preterm and low-birth-weight children.

Symptoms of Poor Oral Hygiene

Bad breath isn't the only symptom of poor dental care; there are many ways your body may tell you that you need to spend more time brushing and flossing. Here are a few of the symptoms to look for if you think you need to improve your overall oral hygiene:

- swollen, painful, red gums
- gums bleed when eating, brushing and/or flossing
- there are signs of pus around teeth and/or gums
- gums are receding
- frequent bad breath or bad taste in the mouth
- loose teeth or migrating teeth

How to Improve Oral Hygiene

Just because you have suffered from poor oral hygiene in the past does not mean you have to continue on that path. There are various ways you can improve your oral hygiene. Be sure to brush your teeth at least twice a day, flossing at least once a day also. Mouthwash can be a useful oral hygiene tool as long as it is not over-used and does not contain alcohol and other chemicals that can cause dry mouth. Along with at home care, we recommend routine dental visits, diagnostics, and cleanings.

Make poor oral health a thing of the past, with Main Street Dentistry's dental services. With new research, oral health is more important than ever. Ensure a healthy future for yourself and take good care of your mouth!

resources this issue

Resources: http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp#.WnIPXKinGUn
<https://www.nationaleatingdisorders.org/health-consequences-eating-disorders>
<https://www.bulimia.com/topics/medical-issues/>
<http://www.mainstreetdentistry.com/the-importance-of-oral-hygiene/>

