

Alliance

Handshake

January 2017

On behalf of everyone at Alliance, I would like to personally thank you for trusting us with your healthcare. It has been an honor to provide your care this past year – something we take very seriously.

Like many of you, we at Alliance have our own set of New Year's resolutions all aimed at providing you with the highest quality of care available. We believe that getting to know you and your family on a personal level is why many of you have been with us for years.

Our hope is to achieve two goals:

- to help each one of you improve your quality of life while increasing your independence;
- to leave a lasting impression concerning the quality of our services and caregivers.

We appreciate your trust and will continue to do our best to give you the kind of care and service that you deserve. As always, your feedback is very important to us so please keep in touch.

Happy New Year!

-William Van Ry, Owner & CEO

...

It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

Word Game

...

Last issues word: **STERILE**

seer	sere	silt	sire
site	sleet	slier	slit
steel	steer	stele	stere
stile	terse	tier	tile
tire	tree	tries	elite
else	ester	reel	relies
relit	reset	resile	rest
rile	rise	rite	isle
islet	istle	leer	lees
lest	lire	list	lister
liter			

The average is 31 words. Did you meet or beat this average?

Can you find 41 words within this issue's word **INFIDELS**?

CAN YOU RECOGNIZE A HEART ATTACK OR STROKE?

What to do When Every Moment Counts

How would you react to a medical emergency? When it comes to a life-threatening condition like heart attack or stroke, every minute counts. Get to know the signs and symptoms of these threats to your health. If you think you or someone else may be having a heart attack or stroke, get medical help immediately. Acting fast in these situations could save your life.

Heart disease and stroke are 2 of the top killers among both women and men in the U.S. Nationwide, someone dies from a heart attack about every 90 seconds, and stroke kills someone about every 4 minutes, according to the U.S. Centers for Disease Control and Prevention. Quick medical help may prevent many of these deaths. Fast action may also limit permanent damage to the body.

Cause of Heart Attack & Stroke

Heart attack and stroke are caused by interruption to the normal flow of blood to the heart (heart attack) or brain (stroke) – 2 organs that are vital to life. Without oxygen-rich blood and nutrients, heart or brain cells begin to malfunction and die. This cell death can set off a series of harmful effect throughout the body.

If your heart is without blood for too long – generally more than 20 seconds – it can be irreversibly damaged. With stroke, the longer you wait, the more brain cells are dying, and the greater the chance for permanent damage and disability.

Symptoms of Heart Attack & Stroke

You might know the most common symptoms of heart attack: lasting, crushing chest pain and difficulty breathing. A heart attack may also cause cold sweats, a racing heart, pain down the left arm, jaw stiffness, or shoulder pain.

Many people don't know that women often have different heart attack symptoms than men. For instance, instead of having chest pain during a heart attack, women may feel extremely exhausted and fatigued or have indigestion and nausea. Many women have a sense of gloom and doom, a sense of just not feeling quite right and not knowing why.

The symptoms of stroke include sudden difficulty seeing, speaking, or walking, and feeling weakness, numbness, dizziness, and confusion. "Some people get a severe headache that's immediate and strong, different from any kind you've ever had," says Dr. Salina Waddy, a stroke expert at the National Institutes of Health (NIH).

Treatment for Heart Attack & Stroke

We now have medicines, procedures, and devices that can help limit heart and brain damage following an attack, as long as medical help arrives quickly. You need to be in the hospital because there is a risk of your heart stopping. At the hospital, doctors can administer clot-dissolving drugs and other emergency procedures.

Emergency treatment for stroke depends on the kind of stroke. The most common type, ischemic stroke, is caused by a clot that clogs

a blood vessel in the brain. The clot-dissolving drug tPA works best when given soon after symptoms begin. NIH research shows that patients that receive tPA within 3 hours of stroke onset were more likely to recover fully.

Some other strokes are caused by hemorrhage – when a blood vessel breaks and bleeds into the brain. The patient can have a larger hemorrhage within the first 3 hours. A hospital medical team can help contain the bleeding, so every moment counts.

Risk Factors

Heart attack or stroke can happen to anyone, but your risk factors – certain conditions or habits - increase your likelihood of having a heart attack or stroke. It is best to lower or eliminate as many as you can because they can “gang up” and worsen each other’s effects.

Certain risk factors - like getting older or having a family history of heart disease – can’t be changed. But you do have control over some important risk factors such as high blood pressure, high cholesterol, smoking, excess weight, diabetes, and physical inactivity. Treating them can dramatically reduce your risk. If you have high blood pressure, diabetes, or high cholesterol, work with your doctor to get these conditions under control.

Know Your Numbers

To tackle risk factors it helps to know

your numbers. Your health care provider can measure your blood cholesterol and blood pressure, and determine if your weight is in the healthy range. The higher your cholesterol level, the greater your risk for heart disease or heart attack. High blood cholesterol itself doesn’t cause symptoms, so you can’t know if you cholesterol is high unless you have it tested. Routine blood tests can show your overall cholesterol level and separate levels of LDL (“bad”) cholesterol, HDL (“good”) cholesterol, and triglycerides. All of these blood measurements are linked to heart health.

High blood pressure is another major risk for heart disease as well as for stroke. Like high cholesterol, high blood pressure usually has no symptoms. Blood pressure is always reported as 2 numbers, and any number above 120/80 raise your risk for heart disease and stroke. Know your number!

Your weight is another important number to know. To find out if you need to lose weight to reduce your risk of heart disease, your doctor will calculate your body mass index (BMI) which is a ratio of your height to weight.

www.nihbisupport.com/bmi/bmicalc.htm

A BMI between 25 and 29.9 means that you’re overweight, while a BMI of 30 or higher means obesity.

Now, take out a tape measure. A waist measurement of more than 35 inches for women and 40 inches for men raises the risk of heart disease.

What to do When Every Moment Counts

Even if you are unsure, don't feel embarrassed or hesitate to call 911 if you see these symptoms.

Heart Attack:

- **Chest pain or discomfort**
- **Pain, stiffness, or numbness in the neck, back, or one or both arms or shoulders**
- **Shortness of breath**
- **Cold sweat, nausea, dizziness**

Stroke:

- **Sudden numbness or weakness of the face, arm, or leg – especially on one side of the body**
- **Sudden severe headache, dizziness, or confusion**
- **Sudden difficulty with vision, balance, or speech**

You should not drive yourself to the hospital. Neither should your spouse

drive you. The emergency crew that comes when you call 911 is trained to treat your symptoms.

You can prepare for a medical emergency to some degree. A hospital may not have access to your medical records when you arrive. Keep important health information handy – include all medications you are taking.

Researchers at the NIH are studying new drugs and procedures to help the heart and brain repair themselves and improve organ function. “But there is absolutely nothing that will save both your time and health as well as prevention,” says Dr. Jeremy Brown, Director of NIH’s Office of Emergency Care Research.

References: <https://newsinhealth.nih.gov>

The logo features the word "Alliance" in a large, bold, black serif font. To the right of "Alliance" is the word "Handshake" in a smaller, white, sans-serif font. The background of the logo is a grid of vertical lines of varying heights, creating a barcode-like effect. In the center of the "Alliance" text, there is a silhouette of two people shaking hands.

Alliance Handshake