



Prevention Beat

February 3, 2012

February is American *Heart* Month

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which can lead to heart attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

Although heart disease is sometimes thought of as a “man's disease,” it is the leading cause of death for both women and men in the United States. Heart disease is the No. 1 killer of women in the U.S, is more lethal in women than men, and is less aggressively treated in women than men. *Perhaps what is most disturbing is how little women understand about their risk for heart disease and their ability to control it by making lifestyle changes to reduce their risk for cardiovascular disease.* To help raise women's awareness of heart disease National Wear Red Day was created. Friday February 3, 2012 is **National Wear Red Day**. National Wear Red Day is a day when millions of Americans nationwide will wear **red** to show their support for women's heart disease awareness.

The risk of coronary heart disease can be reduced by taking steps to prevent and control those adverse factors that put people at greater risk for heart disease and heart attack. Additionally, knowing the signs and symptoms of heart attack, calling 911 right away, and getting to a hospital are crucial to the most positive outcomes after having a heart attack. People who have had a heart attack can also work to reduce their risk of future events.

Know your signs and symptoms.

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. The following are signs that can mean a heart attack is happening:

- √ 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 may occur with or without chest discomfort.
- √ Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you experience any of the above signs, seek medical attention immediately. Waiting could mean the difference between life and death.

The good news is that both men and women can lower their risk of heart disease by as much as 82 % by leading a healthy lifestyle. Tips for leading a healthy lifestyle include:

- √ Exercise Regularly
- √ Maintain a healthy weight
- √ Eat a sensible diet – watch fat, sodium and sugar intake
- √ Don't Smoke or Quit if you are currently a Smoker
- √ Get regular checkups so that you know and understand your blood pressure, cholesterol and glucose levels

*American **Heart** Month is the perfect time to encourage your employees to be **Heart Smart!** Adult Quick Care's sister company OHS-COMPCARE offers on-site screenings, presentations and health fairs to help your employees become more aware of their health risks and to make necessary lifestyle changes.*

One in every 3 female deaths in the United States is due to cardiovascular disease. Fortunately, this statistic can change, and you're helping to change it by participating in **Wear Red Day.**



For more information about National **Wear Red Day**, the **Go Red for Women** national movement point your browser to: <http://www.goredforwomen.org/wearredday/>. The "**Go Red for Women**" movement encourages everyone to wear red as a simple, yet powerful way to raise awareness of heart disease and stroke.

Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.

*****We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well*****



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Adult Quick Care is now on Facebook (www.facebook.com/aqcUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.



Adult Quick Care is now on Twitter... <https://twitter.com/#!/AdultQuickCare>.

Please feel free to forward this information to any member of management in your company who would benefit from it.

To learn more about services Adult Quick Care or OHS-COMPCARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompicare.com. You can also visit us at www.adultquickcare.com or www.ohscompicare.com.

OHS-COMPCARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

After Hours Available

***Now open Saturday 9am – 1pm**

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about **Adult Quick Care** please call 816-559-6320 or visit www.adultquickcare.com.