

It's February and that means Heart Month.

Of course, February is typically more lovingly viewed as the time for Valentine's Day. Yet this month-long awareness highlights the importance to focus on loving your heart as well. As the deaths related to COVID from last year continue to climb, it is hard not to recognize that year after year, heart disease annually takes more than 600,000 American lives and effects all ages groups, genders, and ethnicities.

As you can see in the next image there are some interesting details surrounding heart disease:

5 INTERESTING FACTS ABOUT HEART HEALTH

1. Heart attacks can be silent

One in five heart attacks occurs without the person even knowing they had one.

2. Heart attacks affect women differently

Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.

3. Young women are at higher risk than men

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

4. Another reason to hate Mondays

Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.

5. Diet soda raises heart attack risk

If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

<https://nationaltoday.com/american-heart-month/>

We hope you will join us Friday, February 5 by wearing red on National Wear Red Day to and raise awareness for the prevention of heart disease. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

The most important steps you can take include taking an active role in to reduce your risk by eating a healthy diet, being physically active, manage your cholesterol and blood pressure. Talk to your provider if you have questions or family history or the website for available providers and [Cardiac services](#).

COVID Vaccinations Update

Our team is diligently vaccinating those groups of interested individuals as quickly as the vaccine arrives. Following the PPHD and DHHS mandates, DHHS has just launched a new [Vaccination Registration site](#) and we encourage Nebraskans to register, so once the vaccine is available in larger quantities we can expedite the process.

What's next?

The Health Center Foundation has just posted the 2021 applications for the Summer Internship, Thayer Family Scholarships, and the Robert Goodwin Scholarship. Please use the link to the [HCF home page](#) and learn more about these great programs. Applications are due March 15, 2021.

Also, we will be welcoming several new providers beginning in March 2021. More information will follow regarding these new services.

Snowstorms, early closures, cancellations...this is still winter and we are still in NE and anything can happen so don't forget to follow us on Facebook or check in for more information about any of our programs on SidneyRMC.com

That's it for now...remember to continue to follow the safety precautions so we can crush COVID and please stay safe!

Sincerely,



Jason Petik
Chief Executive Officer
Sidney Regional Medical Center