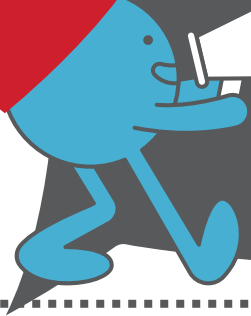


HEART MONTH LIVEWELL NEWS



FEBRUARY 17,
2025

Our mission: To improve the Health, Well-Being and Safety of the people of Finney County by collaborating to build a better community

YOUR WEEKLY UPDATE FROM LIVEWELL FINNEY COUNTY

KNOW YOUR CHOLESTEROL: WHY IT MATTERS FOR YOUR HEART

Keeping your cholesterol levels in check is an important step toward protecting your heart health. High cholesterol can increase your risk of heart disease and stroke, but managing it properly can significantly lower that risk. The American Heart Association recommends that all adults over the age of 20 have their cholesterol levels checked every four to six years, or more often if they have additional risk factors like high blood pressure, diabetes, or a family history of heart disease. Understanding your cholesterol numbers can help you and your healthcare provider create a personalized plan to keep your heart healthy.

A cholesterol test, often called a lipid panel, measures different types of cholesterol in your blood. HDL (high-density lipoprotein) is known as "good" cholesterol because it helps remove excess cholesterol from your arteries, reducing the risk of heart disease. LDL (low-density lipoprotein), or "bad" cholesterol, can build up in your arteries and increase the chance of blockages. Your test results will also include triglycerides, another type of fat in the blood that can contribute to heart problems. Your healthcare provider will assess these numbers along with other factors like age, lifestyle, and medical history to determine your overall heart health.

When it comes to LDL cholesterol, lower levels are generally better for your heart. Research suggests that an LDL level below 100 mg/dL is optimal, while those with a history of heart disease may need to aim even lower. Eating a heart-healthy diet low in saturated and trans fats, staying physically active, and avoiding smoking can help keep your cholesterol levels in a healthy range. If needed, your doctor may also recommend medication to help lower your LDL levels. Regular cholesterol monitoring, combined with healthy lifestyle choices, can go a long way in reducing your risk of heart disease and stroke.



WWW.HEART.ORG FOR MORE INFORMATION

RECOGNIZING STROKE SYMPTOMS: ACT FAST

A stroke can happen suddenly, and quick action can save lives. When a stroke occurs, blood flow to the brain is interrupted, leading to potential brain damage. Recognizing the signs early and getting medical help immediately can make all the difference. The easiest way to remember stroke symptoms is with the FAST acronym:

- **F** – Face drooping: One side of the face may droop or feel numb. Ask the person to smile—does it look uneven?
- **A** – Arm weakness: One arm may feel weak or numb. Have them raise both arms—does one drift downward?
- **S** – Speech difficulty: Speech may be slurred or hard to understand. Ask them to repeat a simple sentence—can they do it clearly?
- **T** – Time to call 911: If any of these symptoms appear, call 911 immediately. Every second counts!

Other possible stroke symptoms include sudden confusion, trouble seeing, dizziness, and severe headache. Acting quickly can minimize long-term effects and even save a life. If you or someone around you experiences stroke symptoms, don't wait—seek emergency care right away.



REMINDER!

Pathways Planning Meeting- February 19
Creating a Culture of Health- February 20
(Register below)
Coalition Meeting- February 25



FACT:

On average, a human heart beats about 100,000 times per day.

Your heart works nonstop, pumping blood throughout your body to keep you alive and healthy!

FOLLOW US ON SOCIAL MEDIA!



Follow Us



KanQuit!
KANSAS TOBACCO QUITLINE
1-800-QUIT-NOW (784-8669)
KSquit.org

LiveWell
Finney County
Health Coalition

620-765-1180
310 E. Walnut Ste 202
Garden City, KS 67846