



# TEAM BLADEN

February 2017  
Bladen County  
Government Newsletter

## DEPARTMENT HEADS:

Co. Manager: Greg Martin

Animal Control: Kory Hair

Building Inspections:

Matt Chadwick

Clerk of Courts:

Nikki Dennis

Computer Operations:

Robin Hewett

Consolidated

Human Services

Health:

DSS: Vickie Smith

Economic Development:

Chuck Heustess

Elections: Cynthia Shaw

Emergency Services:

Bradley Kinlaw

EMS: David Howell, Jr.

Extension: Sandra Cain

Finance: Lisa Coleman

Human Resources: Shonteia Keaton

Library: Kelsey Edwards

Operations: Robert Mazur

Planning: Greg Elkins

Recreation: Grant Pait

Register of Deeds:

Beverly Parks

Revenue: Renee Davis

Senior Services: Joan Allen

Soil & Water: Dean Morris

Sheriff: James McVicker

Water: Randy Garner

## February is American Heart Month

**Heart disease** is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity, or an unhealthy diet. Risk also increases with age.

The good news is that individuals of all ages can reduce their risk for heart disease by making lifestyle changes and managing medical conditions through appropriate treatment plans. With a record number of young adults living at home or in close contact with older relatives, they have a golden opportunity to encourage parents and other family members to make heart-healthy changes and offer support along the way.

That's why, for American Heart Month 2017, Million Hearts® is calling on younger Americans to spread prevention messages. We believe young adults have the power to engage their parents in crucial conversations about heart disease prevention that can result in heart-healthy behavior changes.

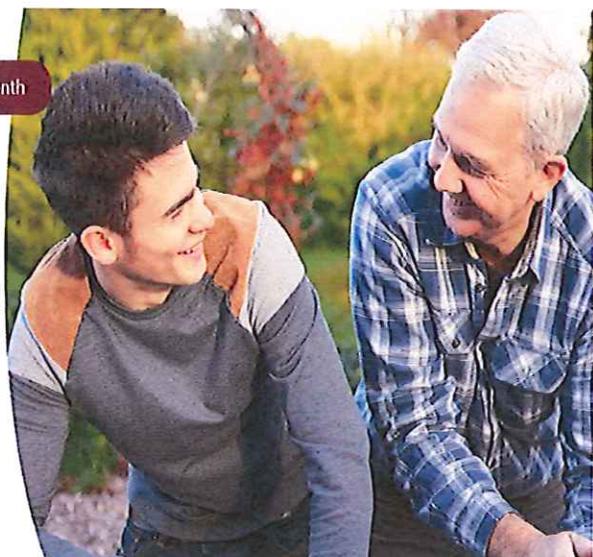
Have a Heart-to-Heart this Heart Month

What's more awkward  
than a **heart-to-heart**  
about heart disease?



"THE TALK" they gave you.

 **Million  
Hearts**® #HeartToHeart



## Go Red for Women

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Raise awareness and fund the fight against heart disease and stroke by creating your own FUNraising webpage today! By doing so you help support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.



[http://honor.americanheart.org/site/TR?fr\\_id=5042&pg=entry](http://honor.americanheart.org/site/TR?fr_id=5042&pg=entry)

**National Wear Red Day**  
**Friday, February 3, 2017**



# SIGNS OF A HEART ATTACK

## Symptoms Every Woman Should Know and Pay Attention to

Women and men may differ in their experience of heart attack symptoms, as women are more likely to have unusual or "atypical" signs of a heart attack. Some of these may come and go before a heart attack occurs.



Nausea or vomiting



Dizziness or lightheadedness



Shortness of breath with or without chest discomfort



Discomfort or pressure in the center of the chest. It often lasts more than a few minutes, or goes away and returns



Pain in one or both arms, upper back, neck, jaw, or stomach



Paleness or clammy skin



Fainting



Inability to sleep



Breaking out in a cold sweat



Unusual fatigue



Heart disease is a woman's #1 health threat, causing

**1 in 3 deaths**  
each year.

If you have any of these symptoms for more than

**five minutes**



and are unsure as to the cause, call 911. Sometimes just one or two of these symptoms can indicate a heart attack, or sometimes they can go away and return.

Treatment works best if given within 1 hour of when heart attack symptoms begin

Within one hour, your risk of dying reduces 50%. Within three hours, your risk of dying reduces 25%.

**Every minute counts.**



## Facts About Heart Disease in Women

Do you know what causes heart disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason. In this section, we'll arm you with the facts and dispel some myths – because the truth can no longer be ignored.

## KNOW YOUR NUMBERS

**KNOWING YOUR NUMBERS IS IMPORTANT!** THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT YOU BE AWARE OF FIVE KEY NUMBERS: **TOTAL CHOLESTEROL, HDL (GOOD) CHOLESTEROL, BLOOD PRESSURE, BLOOD SUGAR AND BODY MASS INDEX (BMI).**

THESE NUMBERS ARE IMPORTANT BECAUSE THEY WILL ALLOW YOU AND YOUR HEATHCARE PROVIDER TO DETERMINE YOUR RISK FOR DEVELOPING CARDIOVASCULAR DISEASE BY ATHEROSCLEROSIS. THIS INCLUDES CONDITIONS SUCH AS ANGINA (CHEST PAIN), HEART ATTACK, STROKE (CAUSED BY BLOOD CLOTS) AND PERIPHERAL ARTERY DISEASE (PAD).

### Take Action!

Manage Blood Pressure

Control Cholesterol

Reduce Blood Sugar

Get Active

Eat Better

Lose Weight

Stop Smoking

# Heart Attack

**Did you know that men and women often experience different symptoms?**

## MEN...

often, but not always, experience the classic warning signs of a heart attack:

**Uncomfortable pressure,** fullness, squeezing or pain in the center of the chest that goes away and comes back.

Pain that spreads to the shoulders, neck or arms.

**Chest discomfort** with lightheadedness, fainting, sweating, nausea or shortness of breath.

**Trigger:** Men most often report **physical exertion** prior to heart attacks.

## WOMEN...

may experience the classic symptoms, but they are often milder. Women may also have other symptoms like:

**Shortness of breath** or difficulty breathing

**Nausea,** vomiting or dizziness

**Back or jaw pain**

**Unexplained anxiety,** weakness or fatigue

**Palpitations,** cold sweats or paleness

**Mild, flu-like symptoms**

**Trigger:** Women most often report **emotional stress** prior to heart attacks.

**Every Second Counts!** If you or someone you know has any of these symptoms, immediately call 911 or get to an LVH Emergency Room as quickly as possible. Our doctors are ready to evaluate any patient complaining of chest pain within 10 minutes of arrival, and to provide the right treatment. We're here for you 24 hours a day, every day.



## Men and Heart Disease

Heart disease is one of the leading health risks facing men today. According to the American Heart Association (AHA), more than one in three adult men has heart disease. Heart disease is an umbrella term that includes heart failure, coronary artery disease, arrhythmias, angina, and other heart-related infections, irregularities, and birth defects.

Although it may seem that something so serious should have warning signs, you may be developing heart disease without knowing it as you go about your daily life. Know the early signs of heart disease — as well as risk factors — so you can get treatment early and prevent more serious health problems.

Many men are at high risk for developing heart disease. The AHA reports that only a quarter of men met federal guidelines for physical activity in 2011. In 2015, an estimated 205 million U.S. men were obese. And about 20 percent of men smoke, which can cause the blood vessels to narrow. Narrowed blood vessels are a precursor to certain types of heart disease.

Other risk factors include:

- a diet high in saturated fat
- alcohol abuse or excessive drinking
- high cholesterol
- diabetes
- high blood pressure (hypertension)

According to the Centers for Disease Control and Prevention (CDC), nearly half of all Americans — both men and women — have three or more risk factors for heart disease.

# 5

## Heart Nourishing Foods

LoveHomeandHealth.com

### Fiber

beans, veggies, fruits & nuts

### Fish Oil

mussels, canned wild salmon,  
& supplements

### Magnesium

greens, cheese & nuts

### Vitamin D

milk and other dairy, eggs, mushrooms,  
mackerel, salmon, sardines

### Vitamin K

brussel sprouts, cabbage, broccoli, cauliflower,  
cayenne, asparagus, okra and leafy greens.

## **BLACK HISTORY MONTH**

**Black History Month**, also known as **African-American History Month** in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora. It is celebrated annually in the United States and Canada in February, and the United Kingdom, in October.

### **Negro History Week (1926)**

The precursor to Black History Month was created in 1926 in the United States, when historian Carter G. Woodson and the Association for the Study and Life of Negro History announced the second week of February to be "Negro History Week." This week was chosen because it coincided with the birthday of Abraham Lincoln on February 12 and of Frederick Douglass on February 14, both of which dates Black communities had celebrated together since the late 19th century.

From the event's initial phase, primary emphasis was placed on encouraging the coordinated teaching of the history of American blacks in the nation's public schools. The first Negro History Week was met with a lukewarm response, gaining the cooperation of the Departments of Education of the states of North Carolina, Delaware, and West Virginia as well as the city school administrations of Baltimore and Washington, D.C.. Despite this far from universal acceptance, the event was regarded by Woodson as "one of the most fortunate steps ever taken by the Association," and plans for a repeat of the event on an annual basis continued apace.

At the time of Negro History Week's launch, Woodson contended that the teaching of black history was essential to ensure the physical and intellectual survival of the race within broader society:

"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated. The American Indian left no continuous record. He did not appreciate the value of tradition; and where is he today? The Hebrew keenly appreciated the value of tradition, as is attested by the Bible itself. In spite of worldwide persecution therefore, he is a great factor in our civilization."

By 1929 *The Journal of Negro History* was able to note that with only two exceptions, officials with the State Departments of Educations of "every state with considerable Negro population" had made the event known to that state's teachers and distributed official literature associated with the event." Churches also played a significant role in the distribution of literature in association with Negro History Week during this initial interval, with the mainstream and black press aiding in the publicity effort.

Negro History Week was met with enthusiastic response; it prompted the creation of black history clubs, an increase in interest among teachers, and interest from progressive whites. Negro History Week grew in popularity throughout the following decades, with mayors across the United States endorsing it as a holiday.

### **Black History Month (1976)**

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University, in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970. In 1976 as part of the United States Bicentennial, the informal expansion of Negro History Week to Black History Month was officially recognized by the U.S. government. President Gerald Ford spoke in regards to this, urging Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

## BLACK HISTORY MONTH

### United Kingdom (1987)

Black History Month was first celebrated in the United Kingdom in 1987. It was organized through the leadership of Ghanaian analyst [Akyaba Addai-Sebo](#), who then served as a coordinator of special projects for the Greater London Council (GLC) and created a collaboration to get it underway. It was first celebrated in London and has become a national institution.<sup>[3]</sup>

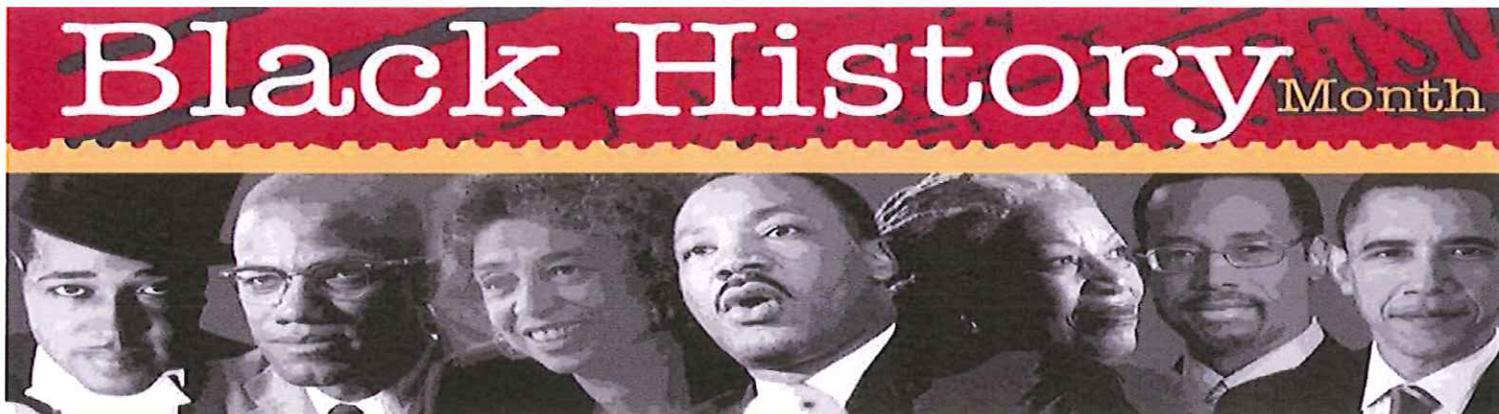
### Canada (1995)

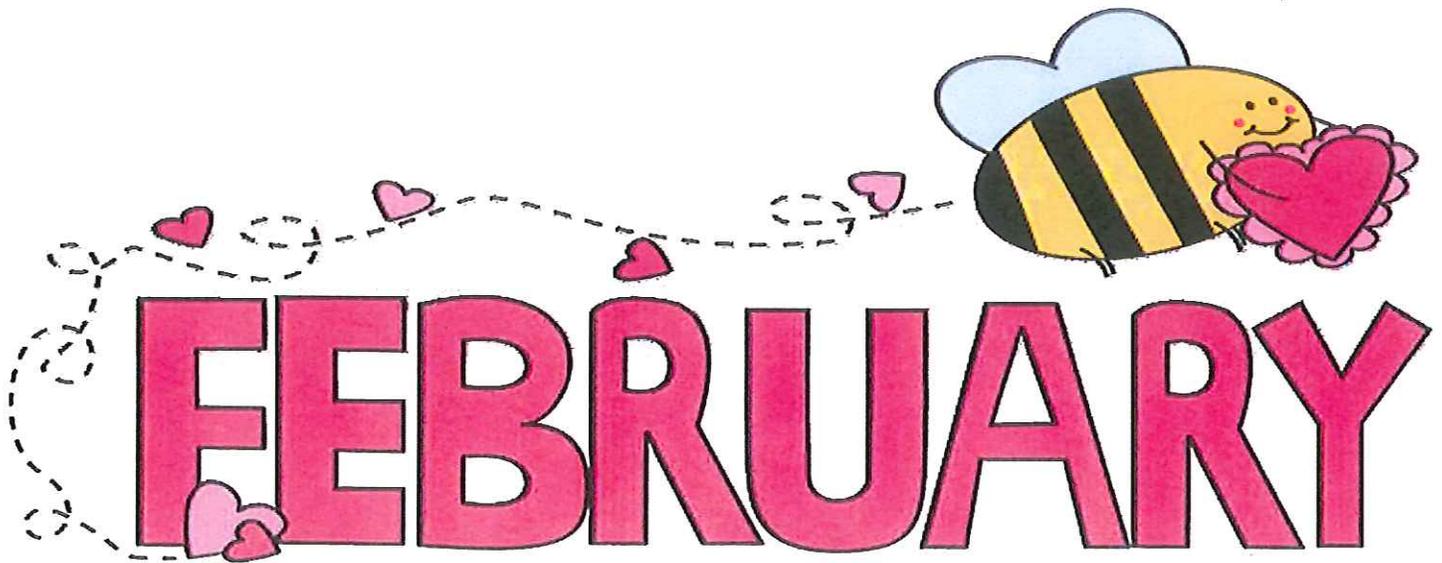
In 1995, after a motion by politician Jean Augustine, representing the riding of Etobicoke—Lakeshore in Ontario, Canada's House of Commons officially recognized February as Black History Month and honored Black Canadians. In 2008, Senator Donald Oliver moved to have the Senate officially recognize Black History Month, which was unanimously approved.

### Criticism

Black History Month often sparks an annual debate about the continued usefulness and fairness of a designated month dedicated to the history of one race. Criticism include questions over whether it is appropriate to confine the celebration of black history to one month, as opposed to integration of black history into the mainstream education the rest of the year. Another criticism is that contrary to the original inspiration for Black History Month, which was a desire to redress the manner in which British schools failed to represent black historical figures as anything other than slaves or colonial subjects, Black History Month reduces complex historical figures to overly simplified objects of hero worship. Another criticism, usually leveled by whites, is that the celebration is racist.

Black celebrities such as black actor and director Morgan Freeman and black actress Stacey Dash have criticized Black History Month, with Freeman saying, "I don't want a black history month. Black history is American history." Freeman has argued that there was no White History Month, because white people did not want their history relegated to just one month.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2 <u>2 pm - Stepping Up Initiative Webinar, Courthouse, Elizabethtown</u>	3	4
5	6 <u>8am - Prayer Service</u> <u>5:30pm - Board of County Commissioners Special Meeting, Lower Level of the Courthouse</u> <u>6:30pm Board of County Commissioners Meeting</u>	7	8	9 <u>7:00 pm - Bladen County Fire Association, Clarkton Fire Department</u>	10	11
12	13	14	15	16	17 <u>11am-2pm - Elizabethtown-White Lake Chamber of Commerce Business Expo, Cape Fear Vineyard, Elizabethtown</u>	18
19	20 <u>6:30pm Board of County Commissioners Meeting</u>	21	22	23	24	25 <u>NACo Legislative Conference, Washington, DC</u> <u>6:00pm - Bladen County Hospital Foundation Masquerade Ball, Lu Mill Vineyard</u>
26 <u>NACo Legislative Conference, Washington, DC</u>	27 <u>NACo Legislative Conference, Washington, DC</u>	28 <u>NACo Legislative Conference, Washington, DC</u>				