



Naugatuck Valley Health District Newsletter

February 2017

Serving Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, & Shelton

NVHD

98 Bank Street
Seymour, CT
203-881-3255

Flu Clinic:

Flu shots are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare, Medicare Part B

Immunization Clinic:

Vaccines for adults and children are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Blood Pressure

Program: Screening and education.
Thursday, walk-in clinic
10:00-12:00 pm.

Lead Program for

Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels.

Women, Infants, and Children (WIC):

Supplemental food and nutrition program.
Monday-Friday 8:30-4pm
by appointment,
203-888-1271.

February is American Heart Month!

Coronary artery disease (CAD) is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. You and your health care team may be able to help you reduce your risk for CAD.

Causes of CAD

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis. Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD. Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the



way that it should. An irregular heartbeat, or arrhythmia, also can develop.

Diagnosing CAD

To find out your risk for CAD, your health care team may measure your blood pressure, cholesterol, and sugar levels. Being overweight, physical inactivity, unhealthy eating, and smoking tobacco are risk factors for CAD. A family history of heart disease also increases your risk for CAD. If you're at high risk for heart disease or already have symptoms, your doctor can use several tests to diagnose CAD.

Reducing Your Risk for CAD

If you have CAD, your health care team may suggest the following steps to help lower your risk for heart attack or worsening heart disease:

- Lifestyle changes, such as eating a healthier (lower sodium, lower fat) diet, increasing physical activity, and quitting smoking.
- Medications to treat the risk factors for CAD, such as high cholesterol, high blood pressure, an irregular heartbeat and low blood flow.
- Surgical procedures to help restore blood flow to the heart.

Source: www.cd.c.gov

Simple Steps to Reduce Fall Risks

Improve balance and strength with exercise programs like a **Matter of Balance**.

Reduce tripping hazards—keep cords, shoes, papers, plants, and boxes out of walkways.

Add grab bars in and beside the tub/shower and next to the toilet.

Use a nonslip mat in the tub/shower.

Install railings on both sides of stairways.

Always wear shoes with nonskid soles. Avoid going barefoot or wearing slippers.

Have eyes checked by an eye doctor at least once a year.

Source: www.cdc.gov



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Naugatuck Valley Health District presents: *A Matter of Balance*. *A Matter of Balance* is a **FREE** 8-week program designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Date: Thursdays, March 2- April 20

Time: 10:00 am—12:00 pm

Location: Seymour Community Center

You will learn to:

- Exercise to increase strength and balance
- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

Registration is required. To register, go to

www.seymourcommunityservices.com or call 203-888-0406 ext. 2

Only 12 spots available!

For questions about the program call Ali @ Naugatuck Valley Health District, 203-881-3255.

Refreshments provided at every class AND a gift card provided to participants that attend all 8 weeks!

