



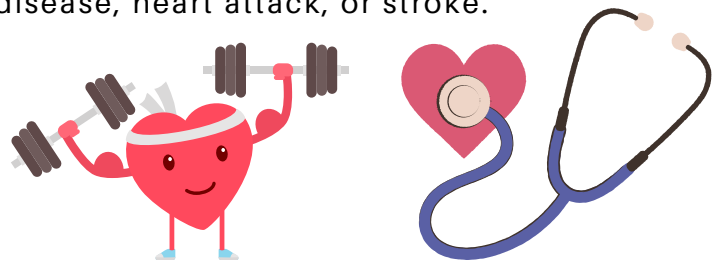
February 2024



February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health. According to the CDC, women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women. Did you know that heart disease is the leading cause of death among Americans? 1 in every 3 deaths in the United States are related to cardiovascular disease.

In most cases, heart disease is preventable when people adopt a healthy lifestyle. A healthy lifestyle includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, and getting plenty of physical activity.

While healthy lifestyle habits are important to heart health, it's also important to visit your primary care doctor yearly. American Heart Month is a great time to be reminded about the importance of annual wellness visits to evaluate your risk for heart disease, heart attack, or stroke.



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American Heart Month

National Self-Check Month

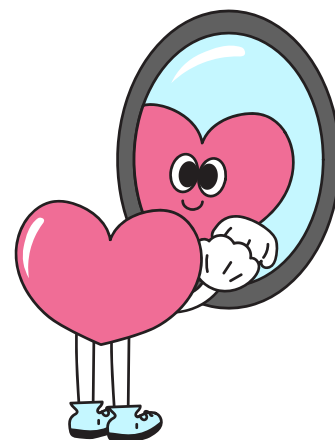
Teen Dating Violence Prevention

World Cancer Day

"Guiding Auglaize County towards a healthier future."

NATIONAL SELF-CHECK MONTH

National Self-Check Month serves as a reminder that we must take responsibility for our own health to help avoid chronic diseases and other preventable conditions. While everyone is encouraged to make and attend routine doctor appointments, there are several self-checks that can be performed at home to monitor health. Males should be performing regular testicle checks to check for any abnormal lumps, bumps, or pain. Similarly, females should perform regular self-breast examinations to check for abnormal lumps, bumps, or texture changes. Checking frequently will allow for the detection of an abnormality. Blood pressure checks are also a great self-check to perform. High blood pressure is a major risk factor for many health conditions like stroke, heart failure, heart attack and kidney disease. One other self-check everyone should be performing is skin checks. Check your skin at least once a month for new growths or moles that have changed or started to itch, bleed, burn or crust over. As always, contact your doctor with any questions or concerns.



TEEN DATING VIOLENCE PREVENTION

Teen Dating Violence is an issue that impacts everyone – not just teens – but their parents, teachers, friends, and communities as well. 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use. Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Parents and caregivers can model and instill values that promote healthy dating relationships as well as observe signs of dating abuse or perpetration, and seek appropriate help for their children. It's also important for parents to be involved with their teens. Talking, supporting, showing up, and setting good examples for teens makes a difference in how they create and handle relationships with others.



WORLD CANCER DAY

Every year, February 4th is recognized as World Cancer Day. This year's campaign is a call to everyone to commit to strengthening actions aimed at improving access to quality care, including screening, early detection, treatment, and palliative care. Cancer is the second most frequent cause of morbidity and mortality in the Americas, after heart disease. Many cancers can be prevented and treated when caught early. Limit your risk for cancer by avoiding tobacco and alcohol, eating well, and being physically active.



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