

Community Health Corner: Well Women

K-STATE
Research and Extension
Family and Consumer Sciences

FACT SHEET #2

2024 Annual Lesson Series




Healthy Heart, Healthy Family!

Though the United States designates February as Heart Health month, awareness and action for a healthier heart are needed all year long!

Heart disease is a leading cause of death in women. The percentage of young women (ages 25 to 34) in Kansas who have CVD (cardiovascular disease) is 2.3% compared to 1.8% in the nation. CVD risk goes up with age among all women no matter their race or ethnicity. Every 100 seconds, a woman in the U.S. suffers a heart attack. Having CVD can also increase the risk of having a stroke, which can be a blocked artery or a leaking, bursting blood vessel in the brain. However, most people can reduce their risk of CVD, heart attack, and stroke with a healthy lifestyle.

A healthy lifestyle includes healthy eating, moving the body more, and coping with stress. Setting

HEART ATTACK Warning Signs



- Chest pain and/or shortness of breath
- Stomach pain, nausea and/or vomiting
- Anxiety and/or sleep problems
- Feeling dizzy, lightheaded and/or extremely tired
- Pain in arms, neck, back or jaw
- Sweating a lot or cold sweats

If you have any of these symptoms, don't wait, **CALL 911.**

achievable goals for yourself, like walking more, filling half your plate with green and leafy veggies, and taking deep, slow breaths throughout the day, can lead to better heart health. Making healthy choices can cut your risk of heart disease in half. It's never too early or too late to start working toward heart health, so include your family in physical activity, stress management, and healthy food on family plates.

Another important step to a healthy heart is knowing your risk factors. For women, heart disease and CVD risk factors include smoking, diabetes, high cholesterol, high blood pressure, or a history of these while pregnant. Taking actions to reduce these risks and making choices to stay healthy is important for you, your family, and your community.



Vaccination

How vaccines reach you

Vaccines have been around for a long time. The first vaccine was developed in 1798 to fight smallpox, and since that time, vaccines have become a trusted way to fight and prevent disease. Today, vaccines help reduce illnesses like the flu, HIV, COVID-19, chickenpox, and shingles across all people.

Vaccines are an essential step toward staying healthy, but few know how vaccines get to you and your family. The process starts with laboratories worldwide tracking viruses, bacteria, and antibodies and using other information to develop safe and effective vaccines.

So, how does the vaccine get from the lab to you? After many tests by experts, the vaccine gets produced in large amounts, packaged, and shipped to access points so it can be distributed for use.

Access points like hospitals, health departments, pharmacies, doctor's offices, and FQHCs (Federally Qualified Health Centers) place vaccine orders to national agencies like the Centers for Disease Control and Prevention (CDC) or state agencies. In Kansas, the Department of Health and Environment (KDHE) manages much of the vaccines for access points. The amount of vaccine each access point

receives depends on how many people live in the area, their ages, health conditions, and other factors. When vaccines arrive in communities, they are tested to ensure they remained effective and safe during their journey to you.

Find a vaccine near you:

Search [vaccines.gov](https://www.vaccines.gov)

Text your ZIP code at 438829

Call 1-800-232-0233



Don't Ignore What Your Body is Saying To You

Your provider won't judge you

Your healthcare provider is bound by confidentiality laws, and they won't share your information without your permission. Still, sharing your body's symptoms and your concerns about them can be awkward. It's your provider's job to help you stay healthy, and that includes all your body parts and functions. Healthcare providers have learned about awkward things as part of their training and are not likely to be surprised by the questions you ask.

One of the ways you can approach an awkward, embarrassing, or difficult conversation is to be direct. Let your provider know that what you are saying is uncomfortable for you. Admitting discomfort can release the stress of "beating around the bush."

Along with addressing your concerns upfront, express what's going on with your body in your own words. Use the language you would normally use to explain it. Be yourself since your body needs you to be its advocate.



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