

Bulletin for Health and Wellbeing

January 2018

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Recognizing a Heart Attack: Signs and Symptoms

Recognizing the symptoms of a heart attack or cardiac arrest can make all the difference for you and for those close to you. Pay attention to how you feel and what those around you mention about how they're feeling and look for the signs listed below.

The more conventional signs of heart attack include:

- Squeezing chest pain
- Nausea
- Problems breathing
- Cold sweats
- Light-headedness or dizziness
- Jaw pain or other upper body discomfort



Women are more likely than men to experience the less conventional symptoms of heart attack, including:

- Chest discomfort that comes and goes
- Fatigue
- Gastric upset or acid reflux
- Flu-like symptoms
- Sleep problems
- Anxiety
- Blurred vision



Sources: CWHHC, *Women and Heart Disease 101*, <https://cwhhc.ottawaheart.ca/women-and-heart-disease-101/symptoms>.

Heart and Stroke, *Heart: Emergency Signs*, <https://www.heartandstroke.ca/heart/emergency-signs>.

Health Canada, *What are the Symptoms of Heart Attacks in Women?* <https://www.canada.ca/en/public-health/services/chronic-diseases/cardiovascular-disease/what-symptoms-heart-attacks-women.html>

Women are more likely than men to **not recognize** the symptoms of a heart attack, **dismiss them** as symptoms of something else, or be **misdiagnosed** by doctors.

This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.

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Keep Your New Year's Resolution This Year

New Year's typically comes with the question: "What resolutions are you making this year?"

If you are embarrassed to tell others your resolution, or if you have given up on making them because you never follow through, please know that you're not alone. According to NBC, only 8% of people achieve their New Year's Resolutions. If you would like to join this small, elite group, these simple tips may help!

First, be realistic in what you want to achieve by choosing one goal or two interrelated goals, such as budgeting and saving money.

Second, write down what you hope to accomplish and how you think you can go about it. Writing things down and planning your goals turn them ideas to an achievable plan.

Third, organize your plan into baby steps with rewards for accomplishing each milestone. Have you gone a week without eating sweets? Buy yourself something new, take a bath, get a manicure! Treating yourself gives you something to work toward.

Fourth, advertise and/or get a buddy. If you don't want to tell anyone about your resolution because you might fail, then you just might! Being accountable to others means you have someone else encouraging you. Having a friend make the same plan as you is even better because then you are both invested in each other's wellbeing.

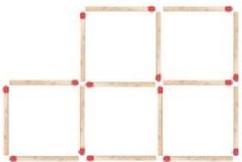
Finally, don't give up because you backslide. It's okay to make mistakes, but it's important not to let them rule you or destroy your resolve. This is another way having a buddy is an advantage! Here's to a new year in 2018!

Sources: Kristi Dyer, *Tips for Keeping Your New Year's Resolutions*, http://dhhs.ne.gov/publichealth/Documents/Tips_NewYear.pdf

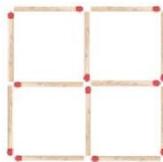
Activity Corner

Matchstick Brain Teasers!

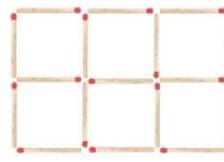
Leave just three squares by removing three matchsticks.



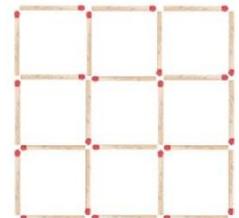
Leave just two squares by removing two matchsticks.



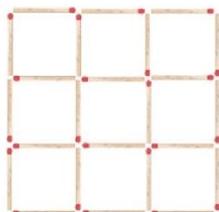
Leave just three squares by removing five matchsticks.



Leave just six squares by removing eight matchsticks.



Leave just two squares by removing eight matchsticks.



Leave just three squares by removing six matchsticks.

