

Walk to a Better Health



Heart disease remains the leading cause of death in America today. Risk factors for heart disease include high blood pressure, genetics, sedentary lifestyle, and tobacco abuse. Some things, like genetics, you cannot change. However, other factors, like a sedentary lifestyle, are within your power to change.

Walking thirty minutes a day can help reduce your risk of obesity and heart disease. A moderate amount of

daily exercise helps maintain your body weight which in turn will improve your blood pressure and lipid profile. Daily exercise will also decrease your risk of diabetes, osteoporosis, and some types of cancer.



The American Heart Association has created a *Summer Walk-*

ing Guide to help motivate Americans nationwide to start living healthier lifestyles.

To start your walking program, visit www.mystartonline.org. On the website, tools are available for you to track your caloric intake and the distance and time for each of your walks.

As always, talk to your physician before starting any exercise program.

Contact Us

Cardiology of Virginia
804-560-8782
www.cardiovirginia.com

Stay Safe in the Summer Heat

With the arrival of the summer months, remember to stay safe from the heat. There are several things that you can do to help protect yourself from the heat.

- Limit outdoor

activities during the day when the sun is most intense.

- Drink non-alcoholic, non-caffeinated beverages to stay hydrated.
- Wear loose-fitting,

light-colored clothes. When outdoors, wear a hat and sunglasses. Bring a bottle of water with you.

Stay safe in the summer heat!

CPR & AED Awareness Week: June 1-7, 2009

Over 200,000 Americans die annually from sudden cardiac arrest. According to the American Heart Association (AHA) more Americans die from sudden cardiac arrest than those who succumb to breast or prostate cancer, and automobile accidents combined. Although cardiopulmonary resuscitation (CPR) efforts could significantly improve a person's chance of surviving a cardiac arrest, less than one-third of adults who suffer from cardiac arrest receive CPR by bystanders.

On March 31, 2008, the AHA released new guidelines for cardiopul-

monary resuscitation and clarification of "Hands-Only CPR." These guidelines, published in the March 2008 issue of *Circulation*, are meant for those unwilling or unable to provide rescue breaths.

According to the **Hands-Only CPR** guidelines, when a person witnesses an adult suddenly collapse, that person should:

1. **Call 911**
2. **Push hard and fast in the center of the person's chest.**

Chest compressions should continue until an automated external device is ready for use or emergency rescue personnel arrives.

Hands-Only CPR is recommended for anyone to perform whenever he or she witnesses an adult suddenly collapse. For those trained in conventional CPR, the AHA recommends using either conventional CPR with rescue breathing or hands-only CPR.



Automated External Devices

Automated external devices (AED) are portable devices (comprised of a small computer and electrodes) that can be used to help restore a heart's normal electrical activity for a person in sudden cardiac arrest.

During cardiac arrest, the heart has uncoordinated, chaotic electrical activity which significantly compromises blood flow. In the event of cardiac arrest and finding a person without a pulse, an AED should be applied by a trained bystander. The AED then analyzes the

person's heart rhythm to determine whether electrical shocks are needed to help restore normal heart rhythm and blood flow.

Over the last few years, there has been increased awareness of AEDs. They can now be found in many public places, such as airports, train stations, and shopping malls.

For more information and to find a CPR and AED training class near you, please visit the American Heart Association's website at www.americanheart.org

The American Heart Association is a national voluntary heart agency dedicated to help reduce disability and death from cardiovascular diseases and stroke.

