

## GENERAL MEMBERSHIP MEETING

Wednesday, February 16, 2011 @ 11:30 "Beat the Bug", Milissa Van Eps - ND BCBS

### National Heart Month: Be Heart Smart

Did you know that February is American Heart Month, and not because of Valentine's Day? Every year since its congressional approval in 1963, the President has issued a proclamation to this effect, to help raise public awareness of heart disease. Even though most people associate heart disease with men, it's also the leading cause of death among women.

#### Know What To Do: HEART ATTACK

Learn the warning signs of a heart attack, but also remember: Even if you're not sure it's a heart attack, you should still have it checked out.

Learn The Signs

- ♥ **Chest Discomfort** - Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ♥ **Discomfort in Other Areas of the Upper Body**—Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ♥ **Shortness of Breath**—Often comes along with chest discomfort. But this also can occur before chest discomfort.
- ♥ **Other Signs**—May include breaking out in a cold sweat, nausea, or light-headedness.

#### Who Is At Risk

In men, the risk for heart attack increases after age 45. In women, heart attacks are more likely to occur after menopause (usually, after about age 50). Besides age, factors that increase the risk for a heart attack include:

- ♥ Previous heart attack (angina)
- ♥ Family history of early heart disease
  - >> father or brother diagnosed before age 55
  - >> mother or sister diagnosed before age 65
- ♥ Cigarette smoking
- ♥ Diabetes
- ♥ High blood cholesterol
- ♥ High blood pressure
- ♥ Overweight
- ♥ Physical inactivity

If you have one or more of these factors, see your health care provider to find out how to reduce your risk of having a heart attack.

#### Call 9-1-1: Minutes Matter!

Anyone with heart attack warning signs needs to get medical treatment right away. Don't wait more than a few minutes - 5 minutes at most to call 9-1-1. By calling 9-1-1 and taking an ambulance you will get to the hospital in the fastest way possible. There also are other benefits to calling 9-1-1:

- ♥ Emergency personnel can begin treatment immediately—even before you arrive at the hospital.
- ♥ Your heart may stop beating during a heart attack. Emergency personnel have the equipment and training needed to start it beating again.
- ♥ Heart attack patients who arrive by ambulance tend to receive faster treatment on their arrival at the hospital.

**Take Note:** If you are having heart attack symptoms and for some reason cannot call 9-1-1, have someone else drive you at once to the hospital. Never drive yourself, unless there is absolutely no other choice.

Wellness Council of America / [www.welcoa.org](http://www.welcoa.org)

#### Valentine's Day Fun Fact

In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

#### BOARD MEETING

Board members meet the first Thursday of the month – 6:00-8:00 pm at the Valdak Corp. 1149 36<sup>th</sup> Ave. S (Valley Dairy)

**NEXT MEETING** ☞ **March 3<sup>rd</sup>**

#### 2011 BOARD MEMBERS

- Eric Pearson** (President)  
*UND Campus Safety & Security*
- Christin McWaters** (Vice-President)  
*UND Campus Safety & Security*
- Joe Strang** (Treasurer)  
*Valley Dairy Car Wash*
- Cindy Holweger** (Secretary)  
*Development Homes*
- Todd Brady**  
*Marvin Windows and Doors*
- Davis Hoverson**  
*Workforce Safety & Insurance*
- Rachel Kmecik**  
*Grafton Equipment Company*
- Tim Krile**  
*Safety Kleen Systems*
- Rick Else**  
*Workforce Safety & Insurance*
- Lyle Ross**  
*Vigen Construction, Inc.*

#### COMMITTEES

##### Communication Committee

(Linda Wiley)

- ♦ Visit us at [www.nosha.net](http://www.nosha.net) for the latest updates and announcements!

##### Education Committee

(Lyle Ross)

- Upcoming GM Meeting Presentations
  - ♦ March 16<sup>th</sup> – "OSHA Update" Mike Maslowski, Bismarck, ND
  - ♦ Anyone interested in serving on the education committee or would like to present at a GM meeting please contact NOSHA [info@nosha.net](mailto:info@nosha.net)

##### Membership Committee

(Davis Hoverson, Rachel Kmecik)

**60+ MEMBERS STRONG...and GROWING!**

- ♦ Welcome "**Lakes and Plains Construction, Inc.**", Adams, ND - Our newest member

**THANK YOU! RYDELL GM AUTO CENTER and MARVIN WINDOWS FOR SUPPLYING DOOR PRIZES FOR OUR JANUARY GM MEETING!**

**NOSHA** is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.

