

# Dakota Child & Family Clinic



**Heart disease is the #1 health issue for women- ahead even of breast cancer**

**Did you know that you can have a heart attack without having chest pain?**

Symptoms of a heart attack, especially in women, can be different and can include unusual fatigue, upper back pain and shortness of breath.

Are you at increased risk of heart disease? Risk factors include diabetes, high blood pressure, smoking, high cholesterol, family history and even emotional factors such as high stress levels and depression.

The good news is that there is a lot you can do to improve your heart health!

Exercise can help with several risk factors including diabetes, high blood pressure, stress, depression and it also helps with energy and sleep. Think about an activity you enjoyed as a kid; can you do something similar now?

See your nurse practitioner to discuss symptoms you may have and/or to find out how to reduce your risk of heart disease. Be good to your heart!

Michelle Christian



Details for our 2014 Spa Event coming soon!

## *How to reduce stress...*

Start with a small step.

What is one thing you can do TODAY to help your stress level?

- Say no to something
- Schedule a break
- Visit with a friend
- Take a walk

## Meet our Student

Mai Xiong, RN

I am currently a first year student at St. Kate's University in the Pediatric Nurse Practitioner program. My nursing experience consists of 8 years of bed side nursing ranging from newborns to geriatric, and 4 years in the Emergency Department at St. Paul Children's Hospital. I am currently working part time in the Inpatient Care Unit at the Shriner's Hospital for Children in Minneapolis.

I am looking forward to working in a clinic that is designated for the underserved population. I hope to make a contribution toward decreasing health disparities and increase compliance through education and prevention programs.



### Best Wishes!

Chesee is leaving the clinic to finish schooling for her RN. We are so proud of her and we wish her the best! You can stop by and say good-bye to Chesee before the end of February. She is going to continue to volunteer at the clinic.

## KIDS CORNER

February is heart health month.

Your heart is a hard working organ that pumps all your blood around your body all day, every day of your life!

Exercise and good eating help keep your heart healthy.

When you exercise you move your arms, legs and body to make them stronger which helps your heart beat more efficiently. Playing video games, working on the computer or watching TV or movies are activities that do not keep your heart strong. Moving your arms and legs can be as simple as marching in place for 10 minutes, walking up and down the stairs 20 times, dancing or running outside. Swimming is another great way to get your heart pumping.

Eating healthy foods also helps your heart. Healthy foods are packed with vitamins and nutrients that make your heart and the rest of your body grow and work better. Some "heart healthy" foods are fruits with a lot of color like purple grapes, cherries, berries, apples and oranges; and vegetables like carrots, green peppers, dark lettuce, peas, green beans and squash. Eating 5-7 servings of good fruits and vegetables a day will make your body work better and your heart grow stronger.

It's ok to have a snack that is more of a treat than a healthy food. In that case I like to follow Cookie Monster's advice:

**ME WANT COOKIE, but only once or twice a week!**

Gretchen Moen

## Announcements

Please bring your photo ID and your insurance card (if insured) to your next visit. Please plan to arrive 10 minutes early to your appointment so that we can update our records.

Your medical records (including your lab results) are available to you on-line, from anywhere.

To access your records, you need an active email account and a password that the clinic will set up for you. Each member of the family will have a separate password. If you are interested, please sign up at your next clinic visit.

Health records for children ages 12-17 cannot be shared due to adolescent rights laws.

Please email us at [office@eaganchildandfamily.com](mailto:office@eaganchildandfamily.com) if you would like to be removed from the newsletter mailing list.

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