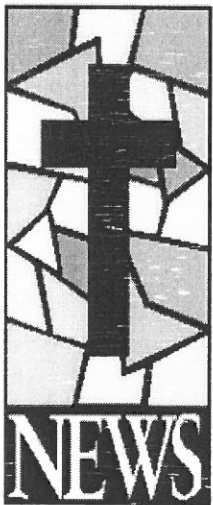


Mary's Parish Nurse News Bulletin

Monthly News Update



Greetings from your Parish Nurse, **Are we overlooking symptoms that may signal heart trouble?**

Chest pain is not always present in people with heart disease. Instead, other symptoms can be the signals that alert you to heart disease.

Any symptom that seems to be provoked by exertion and relieved by rest could be heart-related especially in people with underlying risk factors such as high cholesterol, high blood pressure, diabetes, tobacco use, a sedentary lifestyle, obesity, and a strong family history of heart disease, other symptoms besides chest pain may be the clue to a heart problem.

Here are (5) symptoms that if any of them appear with no obvious reason,

pay attention and report them to your doctor.

1. **Fatigue.** Fatigue can be caused by many illnesses and by medicines. But a constant, new fatigue also can sometimes signal heart failure (a condition in which the heart fails to pump well).
2. **Unexplained aches or pains.** The blockage of the blood supply to the heart muscle that occurs with coronary artery disease leads the heart to “cry out in pain” when it is asked to work harder. However, that pain is not always felt in the chest. Sometimes it is felt in the shoulders, arms, back, jaw or abdomen. Particularly when pain in these locations occurs with exercise and disappears with rest, the pain could well be a sign of heart disease.
3. **Shortness of breath.** Don't be too quick to assume shortness of breath is just a matter of being out of shape. Unexplained shortness of breath that occurs with small amounts of activity could indicate heart trouble.
4. **Swollen feet or ankles.** Leg, ankle, or foot swelling—the

kind that leaves an indentation if you press your finger into it—could be a sign of heart failure. It also could be caused by kidney disease, liver failure, eating too much salty food, inefficient blood flow in your legs (venous insufficiency), or a side effect of some drugs (particularly calcium-channel blockers).

5. **Heart palpitations.** The term “heart palpitations” means a heartbeat that feels irregular or rapid. Most palpitations are harmless. They may be caused by anxiety, caffeine intake, or dehydration. But sometimes palpitations indicate a heart problem. It's important to note how your palpitations feel, how often they occur, and what you're doing when you experience them especially like when you are at rest and your heart suddenly starts beating irregularly or rapidly, bring that to your doctor's attention.

Is it a heart attack?

Heart attacks may be provoked by exercise, but they also can occur when someone is at rest.

Call 911 if one or more of the following symptoms come on suddenly.

Shortness of breath, pressure or pain in the chest or upper abdomen, dizziness, lightheadedness, or fainting, nausea or vomiting, pain or discomfort in one or both arms, the back, the neck, the jaw, or the stomach, or extreme fatigue.

Blood Pressure Checks

I will be checking blood pressures on March 3rd & 4th at St. Ignatius and Holy Redeemer and on March 17th & 18th at St. Mary's. Note the changes.

Visits.

If you would like a visit from Father or myself all you have to do is call the office and leave a message. Father can be reached at his home or through the office.

I will offer to check blood pressures in the home while I am with you. I can offer to trim your nails if a person is unable to get to their clinic or to the Senior Center. I can also set up medications.

My Health Update.

The final report on my biopsy still showed inflammation in the kidney tissue. They started me back on the second anti-rejection medication and so far I have not had any side effects to it. My blood work remain stable and I will see them in mid April. I will keep you posted.

Grief Support Group.

We will again be offering our next Grief Support Sessions in April. At this time we are looking at Thursday evenings from 7-9pm starting after

Easter on April 5th. There will be four sessions as always. I will be putting announcements in all the church bulletins and flyers up on the bulletin boards. I will need you to register by March 28th because I will need to get reading material to those who will be coming prior to our first meeting. These sessions are for anyone who has lost a loved one no matter how long it has been.

Contact Mary Williams at 437-4810 to register.

Community Free Meal

St. Ignatius and Holy Redeemer CCW and Knights of Columbus will be hosting the Free Meal in March. The date is March 20th. I have a sign up board in the entrance of church. We need people to help set up, serve the meal, clean up, donate food items. We are going to have casseroles. We will choose certain recipes and folks can make them at home and bring them that day. Watch for the notices in the bulletin and on the board. We will also need desserts. Our young people can offer to help so that they can get Silver Cord hours. We serve from 5:30pm till 6:30pm.

Move of the Month

Seated hamstring stretch. Sit up straight near the front of a chair with your feet flat on the floor. Extend your right leg straight in front of you with your right heel on the floor and your toes pointing toward the ceiling. Lean forward from your hips, placing your hands on your left thigh for support. Keep your back straight. Hold 10-30 seconds. Return to the starting position. Repeat with your left leg.

Food For Thought
God loves you because of who God is, not because of anything you did or didn't do.

All that truly matters in the end is that you loved.

Get outside every day.
Miracles are waiting everywhere.

There is always a suitable place to pray, to lift up your eyes to God; there is no need to get to a place of prayer, pray wherever you are.

- O. Chambers -

Come and sit and ask Him whatever is on your heart. No question is too small, no riddle too simple. He has all the time in the world. Come and seek the will of God.

- Max Lucado -

Our prayers are heard, not because we are in earnest, not because we suffer, but because Jesus suffered.

- O. Chambers -