

# Welcome to your “LOVE MY HEART” Journal!

*Use this book to learn about your heart and ways to keep your heart healthy. Talk with your family and friends about the things that you do and learn in this book. Have fun!*

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# YOUR HEART

## A USER'S GUIDE

*by Carole Bullock*

Reggie Lewis, a star basketball player for the Boston Celtics, died of a heart attack when he was only 27 years old. His sudden death shocked the sports world. How could someone so athletic and youthful be vulnerable to heart disease?

Doctors believed Reggie's heart stopped because of an undiagnosed viral infection that had inflamed the heart.

Fortunately, such deaths among young adults are rare. While heart disease is the nation's No. 1 killer, most heart attacks are caused not by a virus, but by atherosclerosis, a disease that takes years to develop.

From the Greek words *athero* (gruel or paste) and *sclerosis* (hardness), atherosclerosis is a buildup of cholesterol, waste products from cells, calcium, and fibrin, a clotting material found in blood.

In children, this fatty buildup, also called plaque, may begin as a fatty streak along the inside wall of the blood vessels. For some, the disease can progress rapidly and begin to cause problems while they are in their 30s. Most people, however, don't begin to feel symptoms until their 50s or 60s. As the plaque builds up, the arteries become clogged like a stopped-up drainpipe. Plaques can rupture, causing a blood clot that can totally block blood flow to the heart. This causes a heart attack.

But the good news is that you can take steps right now, while you're young, to keep your "pipes" clean.

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## **IN THE BEGINNING**

If you look at them closely under the microscope, you can see the tiny cells twisting to a rhythmic beat. These are immature heart cells in the developing baby. Even when they are just a few days old, they are displaying the series of motions that will be needed to pump billions of gallons of blood during a lifetime.

When the heart cells are a few weeks old, they begin to line up and form a tube. Later, the tube folds over on itself, forming four parts, or chambers.

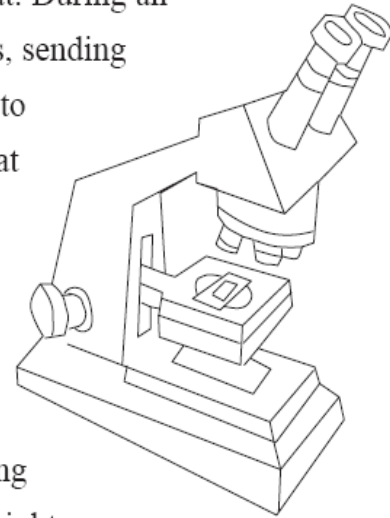
After birth, the heart is still growing. The final developmental step is when the nerves form on the heart. They branch out, connecting with the brain and muscles in the arms and legs and the blood vessels of the circulatory system.

Even while growing, the heart cells continue to beat. During an average lifetime, the heart beats about 2.5 billion times, sending millions of gallons of oxygen- and nutrient-rich blood to keep the body's cells alive. Quite a job for an organ that is about the size of a fist!

## **HOW THE HEART WORKS**

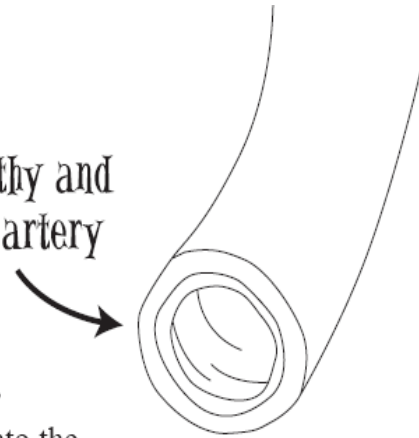
Swish, swish, swish. This is the sound of blood circulating through the body. The rhythmic sound is caused by the heart, which is continuously contracting and relaxing. The heart is made up of two pumps, the right and left, each with its own ventricle and atrium.

When the heart is relaxed, it is actually filling the upper section of the heart, called the atrium. The right atrium receives blood from the body. When the heart is relaxed, the “venous” blood (which appears dark red) flows through to fill the ventricle, the lower chamber of the heart. An electrical signal starts the heartbeat by causing the atrium to contract, which tops off the filling of the ventricle. The heart's natural pacemaker makes sure the heart is beating at just the right speed.



Once filled, the right ventricle contracts and the blood is pumped into the lungs, where it gives up the carbon dioxide and gets oxygen, which turns it bright red.

A healthy and clean artery



But what happens to the oxygenated blood? Blood is sent to the lungs by the right side of the heart, but it comes back from the lungs to the left side, and into the left atrium. When filled, the left atrium contracts, sending the blood into the left ventricle. It in turn contracts and sends blood flowing throughout the vast network of blood vessels, nourishing every living organ and tissue in the body. There also are special heart valves that open and close to keep the blood flowing in one direction.

### **WHEN THINGS GO WRONG**

The most common forms of heart and blood vessel problems are heart attacks and strokes. These are usually caused when the blood supply to the heart or brain is severely reduced. When the heart cells are deprived of oxygen and blood, they begin to die, affecting the ability of the heart to pump.

The blockages can be caused by blood clots that have formed in the narrowed arteries. These break up and block the blood flow.

How do arteries become narrowed? Normal aging can cause blood vessels to narrow and stiffen. But this process can be speeded up when there is too much cholesterol in the bloodstream.

The first symptoms of heart disease may include pain in the chest, called angina. This may be caused by plaque growing and thickening in the arteries that will cause a shortage of blood and oxygen reaching the heart. If the narrowed artery becomes completely blocked by a blood clot, a heart attack can occur. Or, if the blockage prevents blood flow to the brain, it can cause a stroke.

## **WHAT HAPPENS DURING A HEART ATTACK?**

A heart attack refers to what happens when the heart stops receiving the blood and oxygen it needs to keep pumping. Heart attacks are most often caused by a clot forming in a narrow part of an artery. But they also may result from spasms in the arteries or from disease within the heart, such as a viral infection, that causes it to beat with an irregular rhythm that does not pump the blood effectively.

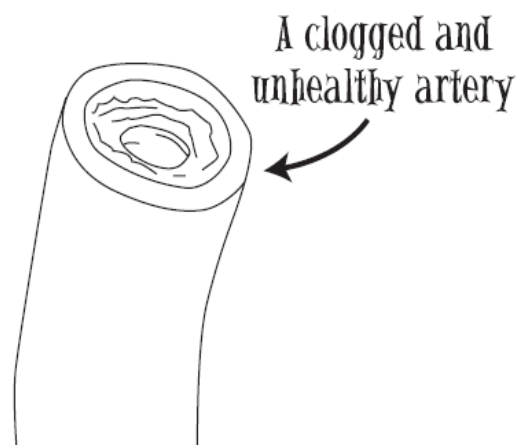
How permanent the damage is from a heart attack will depend on the time elapsed before blood flow returns or normal heartbeat resumes. The longer the heart cells go without blood, the more irreversible the damage to the heart muscle. If the heart is not pumping, then vital organs, including the brain, are not getting blood either. Disability or even death can occur unless a heart attack is treated quickly. Physicians treat heart attacks with clot-busting drugs that dissolve the clot and restore blood flow.

Strokes damage brain cells much the same way a heart attack damages the heart. Strokes can be caused by clots or by a ruptured blood vessel that bleeds into the brain. Either way, the brain does not get the flow of blood it requires to sustain itself and do its job. Because dead brain cells don't replace themselves, strokes can cause permanent injury. They often affect the senses, especially the ability to talk and understand speech. Severe stroke can lead to death.

## **FOUR STEPS TO HEART HEALTH**

Fortunately, there is something you can do to help your heart stay healthy, and you can start today.

How we eat affects our hearts. Eating a diet low in saturated fats and cholesterol often can lower the amount of fatty buildup



inside arteries, but this is just one of the ways. The American Heart Association says there are four major steps that can make a difference in helping to prevent heart disease:

### **1. Stay away from cigarettes and tobacco smoke.**

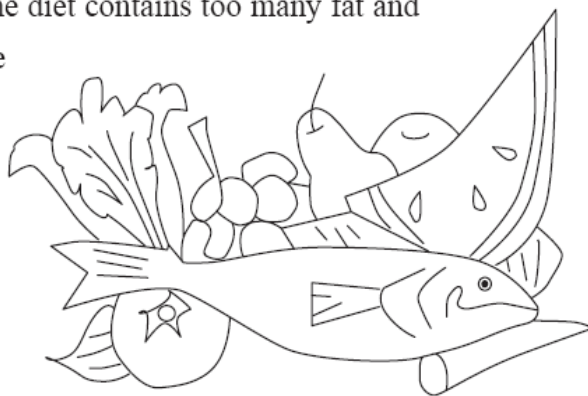
You probably know that tobacco smoke contributes to lung cancer and other diseases, but you may *not* know that it also can damage the blood vessels. Studies show that smokers are more than twice as likely to have a heart attack or stroke as nonsmokers. Even secondhand smoke can increase the risk of heart attack by 30 percent. The message is clear: “If you smoke, quit now. And if you don’t smoke, don’t start.”

### **2. Watch cholesterol intake.**

Cholesterol is a fatty substance, made by the liver, which coats cells to protect them. But it can also be dangerous when too much of it builds up in the bloodstream. This can happen when the diet contains too many fat and cholesterol-rich foods (meat, butter, whole milk, cream, ice cream, cheese, eggs). If too much cholesterol circulates, it will be deposited in arteries, building a wall of plaque inside the blood vessels.

By eating a diet rich in fruits and vegetables (foods from plants do not contain cholesterol) and cutting down on fatty foods, especially foods high in saturated fats, you can help keep your arteries clean of plaque.

Cholesterol levels in the blood are measured by a simple blood test. If levels are too high, a low-saturated-fat, low-cholesterol diet usually is recommended.



### **3. Keep blood pressure in check.**

High blood pressure has earned the name “silent killer” because it causes no symptoms, yet is a major cause of heart and blood vessel diseases, especially heart attacks and strokes.

Blood pressure is the force or pressure exerted by the heart in pumping blood. High blood pressure is a warning that the heart is working harder than normal in pumping blood and extra fluid through your body. But if untreated, it will increase the heart’s workload,

Even children can have high blood pressure. But exercise, choosing low-salt foods (salt can raise blood pressure in some people), and controlling your weight can keep blood pressure in check. Sometimes drugs are needed to control high blood pressure in teenagers, and even in children.

### **4. Stay physically active.**

Studies show that people who have spent their lives being active will be less likely to die from a heart attack. The American Heart Association says just 30 - 60 minutes of moderate exercise most, if not all days of the week can be enough to keep you and your heart fit.

But make sure the exercise you choose is something you will enjoy so it can become a habit. Some people like group sports, such as soccer or baseball. Others prefer solo activities like bicycling, swimming, jogging, or jumping rope.

Remember, the patterns you set early in life—what foods you choose, how active you are—will often stick with you for life.



## You and Your Heart

### Activity 1: Your Heart Works for You

Complete each sentence with the correct word from the word bank.

- 1) Your heart is a \_\_\_\_\_ .
- 2) The upper section of one side of your heart is called an \_\_\_\_\_ .
- 3) The lower section of one side of the heart is called a \_\_\_\_\_ .
- 4) The heart has a natural \_\_\_\_\_ that makes sure the heart is beating at the right speed.
- 5) An electrical signal causes the atria to \_\_\_\_\_ .
- 6) Blood goes from the heart to the \_\_\_\_\_ to get oxygen.
- 7) The heart has \_\_\_\_\_ to keep blood flowing in only one direction.
- 8) Oxygen is sent throughout the body in blood \_\_\_\_\_ .
- 9) You can reduce some important risk factors for heart disease by
  - a. not \_\_\_\_\_ .
  - b. eating foods low in saturated fats and \_\_\_\_\_ .
  - c. getting plenty of \_\_\_\_\_ .

#### Word Bank

pacemaker	smoking	ventricle	muscle
atrium	contract	exercise	lungs
valves	cholesterol	cells	

*Answers: 1) muscle; 2) atrium; 3) ventricle; 4) pacemaker; 5) contract; 6) lungs; 7) valves; 8) cells; 9)a. smoking, b. cholesterol, c. exercise*



## You and Your Heart

### Activity 2: Learn Your Family's Heart Health History

Ask your parents to help you make a record of your relatives who live or who have lived with heart conditions or diabetes. Record this information and share it with women in your family. Then share the steps you learned on previous pages on how to stay heart healthy.

	Heart Disease	High Blood Pressure	Stroke	Diabetes
Mother				
Father				
Grandmother				
Grandmother				

Remember - love your heart! Love your family, too, and encourage the women in your family to lead heart healthy lives by inviting them to sign the Accountability Contract (next page) with you. If you don't have female family members who live close to you, ask an adult neighbor or friend to join you.



## You and Your Heart

### Activity 3: Staying Healthy Together

#### Accountability Contract

Talk with a woman from your family or a close friend about how both of you can improve your exercise habits. Set a goal together and brainstorm ways you can reward yourself as you work towards your goal. Some ideas for a reward are time spent stargazing together, playing a special game together, baking a healthful meal together, or dancing to your favorite song. Stick with your program for one month. Use the contract below to help you.

We are two women. Our names are \_\_\_\_\_ and \_\_\_\_\_.

Together, we have decided to treat our hearts well and make an improvement in our exercise habits. For one month beginning today, \_\_\_\_\_ (date), we will \_\_\_\_\_

\_\_\_\_\_.

We know that having a reward to look forward to will help us stay motivated to reach our goal. A healthier heart is one reward, but here is our other reward:

\_\_\_\_\_.

Here's to our hearts!

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_





# Activity Log

Use this form to record information about the physical activities you do each day for a week.



Week of: \_\_\_\_\_

Day	Activities	Aerobic	Anaerobic	Time
Sun.				
Mon.				
Tues.				
Wed.				
Thurs.				
Fri.				
Sat.				

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## Exercise for My Heart

### Activity 3: How Active Are You?

Based on the Activity Log you created on the previous page, answer the following questions.

- What are some of your favorite activities that you did during the week in your log?
- Think about the physical activities that you do often. What are some of the reasons that you want to do them?
- Have you ever taken up a sport or other activity because a friend suggested it?
- Have you ever decided not to participate in a sport or other activity because it wasn't popular or because a friend didn't want to?
- If your friend doesn't want to play a sport with you, try suggesting a different activity.  
Do you want to play soccer with me?  
*No. I don't like to get sweaty.*  
Would you rather play 4-square?  
*Yeah. That would be awesome!*
- Now you try. Fill in response for what you could say in this situation.

Do you want to ride our bikes today?

*No. I'm tired.*

(response)\_\_\_\_\_

*Yes! Let's go!*



## Exercise for Your Heart

### Activity 4: Achieving A Fitness Goal

Come up with a goal to achieve. You may use one below or create your own. Circle the goal you will work toward. Here are some ideas:

- When you're walking to a friend's house, pick up your speed. Challenge yourself (and your friend, too!) to keep up a quicker pace for 10 minutes.
- Take your dog (if you don't have a dog, ask a neighbor if you can walk their dog) for at least 20 minutes every day for a week.
- Take the stairs instead of an elevator or escalator a minimum of 10 times. It could be in the building where you live, where you visit a friend or relative, or at the mall.
- Ask your parents how you can help out around the house Speed it up to get your heart pumping!
- My Goal:

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Check in at your next troop meeting. Are you on your way to completing your goal? Once you've achieved your goal, set another fitness goal!



# Nutrition: The Foods You Eat

## MyPyramid For Kids

Eat Right. Exercise Have Fun.  
MyPyramid.gov

Grains	Vegetables	Fruits	Milk	Meat & Beans
<p><b>Make half your grains whole</b></p> <p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p><b>Vary your veggies</b></p> <p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p><b>Focus on fruits</b></p> <p>Fruits are nature's treats — sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p><b>Get your calcium-rich foods</b></p> <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p><b>Go lean with protein</b></p> <p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>
<p>For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to <a href="http://MyPyramid.gov">MyPyramid.gov</a>.</p>				
<p><b>Eat 6 oz. every day;</b> at least half should be whole</p>	<p><b>Eat 2 1/2 cups every day</b></p>	<p><b>Eat 1 1/2 cups every day</b></p>	<p><b>Get 3 cups every day;</b> for kids ages 2 to 8, it's 2 cups</p>	<p><b>Eat 5 oz. every day</b></p>
<p><b>Oils</b> Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.</p>				
<p><b>Find your balance between food and fun</b></p> <ul style="list-style-type: none"> <li>Move more. Aim for at least 60 minutes everyday, or most days.</li> <li>Walk, dance, bike, rollerblade — it all counts. How great is that!</li> </ul>		<p><b>Fats and sugars — know your limits</b></p> <ul style="list-style-type: none"> <li>Get your fat facts and sugar smarts from the Nutrition Facts label.</li> <li>Limit solid fats as well as foods that contain them.</li> <li>Choose food and beverages low in added sugars and other caloric sweeteners.</li> </ul>		

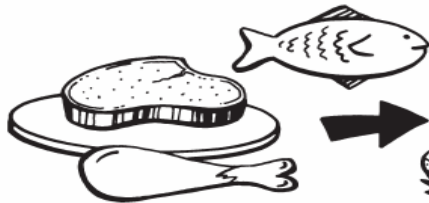


# What's in Foods?

Read the information about nutrients in foods.

## Lean Meat, Poultry, & Fish

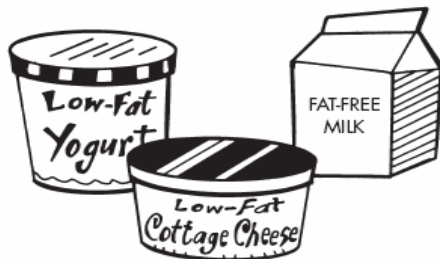
Proteins, B Vitamins, Iron,  
Other Minerals



**To Grow & Stay Healthy**

## Fat-free & Low-fat Milk Products

Proteins, Calcium,  
Phosphorus, Niacin,  
Riboflavin, Vitamins A and D



## Vegetables & Fruits

Carbohydrates, Vitamins—  
especially A and C, Minerals, Fiber  
(also low in fat, calories,  
and sodium; no cholesterol)



**To Provide Energy**

## Breads, Cereals, Pasta, & Starchy Vegetables

Carbohydrates, B Vitamins, Iron, Fiber  
(also low in fat and cholesterol)



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## Nutrition

### Activity 1: What's in the Foods You Eat

Use the previous page to help you answer the questions below.

**NUTRIENT:** A substance in food that nourishes your body. Proteins, vitamins, minerals, carbohydrates, fats and water are all necessary to make your body grow and stay healthy.

- What important nutrients do we get from lean meat, poultry, and fish?
- What important nutrients are found in vegetables and fruits, and why is eating them a wise choice?
- Name some healthful milk products. What important nutrients are found in milk products?
- What nutrients are found in breads, cereals, pasta and other starchy vegetables?
- Why are all of these so nutrients so important to our bodies?



## Nutrition

### Activity 2: Cut the Fat!

Use the “Cut the Fat” chart and the “Face the Fats” link from the Go Red Girl Scouts Resource Page to answer the following questions.

*To access the Go Red Girl Scouts Resource Page: Visit [uwhealth.org/GoRed](http://uwhealth.org/GoRed) and click on the Go Red Patch Program. On the next page, find the patch again, and right next to it, click on the Go Red Girl Scouts Resource Page.*

- What are saturated fats and trans fats? How are they different?
- In what foods do you find saturated fats? Trans fats?
- What happens in your body when you eat foods with these fats in them?
- What are the “good fats”?
- What is a common misperception about fats?
- What are some alternatives to fatty foods?



## Nutrition

### Activity 3: Help Your Family Cut the Fat!

Now that you have learned about fats, look at the “Cut the Fat” page with your family.

# Cut the FAT!



*Probably the most effective change you can make in your diet is to cut the fat. Most fast foods have a lot of fat. Look at the fat content in these popular fast foods, and then try the healthier, lower-fat alternatives.*

FOOD	FAT (g)	ALTERNATIVE	FAT (g)
Cheeseburger	13	Hamburger	9
Beef burrito	21	Bean burrito	14
Chicken McNuggets* (6 pcs.)	15	Chicken fajitas	8
Hot dog with cheese	21	Plain hot dog	16
Chef salad	9	Chunky chicken salad	4
Vanilla shake (regular)	8	Non-fat milk	0
Egg McMuffin*	11	Apple bran muffin (fat-free)	0
Roast beef sub	32	Turkey sub	19
Potato salad	12	Cole slaw	6
Fried chicken (3 pcs.)	35	Grilled chicken sandwich	10
French fries, medium	17	Tortilla chips	6
Ranch dressing (2 Tbsp.)	12	Light Italian dressing (2 Tbsp.)	0.5
Fried apple pie	15	Vanilla frozen yogurt (1/2 cup)	1.5
Glazed chocolate donut	19	Bagel	1
Baked potato with chili and cheese	25	Baked potato, plain	0

Sources: *The Balancing Act Nutrition and Weight Guide*, G. Kostas, Dallas, Texas, 1993; and Nutrition Facts panels on product packaging. Egg McMuffin and Chicken McNuggets are registered trademarks of McDonald's Corporation.

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***Activity 3: Help Your Family Cut the Fat!, continued.***

- Look at the “Cut the Fats” chart. Are any of the foods listed in the left column something that you eat frequently? List those foods here.

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**As a family, try to find one thing from the right column that you would be willing to substitute for something from the left column. Remember – your hearts will thank you!**

When you’ve found something, fill out this pledge:

We, the \_\_\_\_\_ family, have decided to treat our hearts well. We are committed to healthful decisions, and we have decided to take action. Instead of eating \_\_\_\_\_, we will now try \_\_\_\_\_.

Here’s to our health!

Signed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_





## Nutrition

### Activity 4: Rate that Snack



# Rate That Snack!

(Snack Questionnaire)

Fill in the chart for each snack you eat over three days.



Snack	Where You Ate It	Why You Ate It	Nutrients In It	Other Comments	Snacktime Rating ♥

- ♥ Snacktime Ratings:**
- ♥♥♥ contains nutrients; doesn't contain much fat or sugar
  - ♥♥ contains nutrients; also contains fats and/or sugar
  - ♥ doesn't contain many nutrients; contains fats and/or sugar

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#### Activity 4: Rate that Snack, *Continued*.

- What is your favorite snack? Is it a healthful choice?
- Why did you choose this snack? (circle the answer)
  - It tastes good
  - It filled me up
  - It gave me energy
  - My parents gave it to me
  - Other: \_\_\_\_\_
- What advice would you follow to choose a healthful snack?
- Do you and your friends ever help yourselves to snacks at your house?
- Do you ever eat snacks at a friend's house?
- Have you ever found yourself and a friend eating a snack that you would not have chosen if you had been on your own?

**\*\*For the remaining portion of this activity, talk with a woman from your family or a close family friend. Together, come up with ideas for how to respond in each of these situations:**

- You usually eat fruit and low-fat yogurt for an after-school snack. You invite a friend over and she wants you to sneak chocolate chip cookies out of your kitchen. What do you do?
- You go to a movie with a group of friends and get a snack before you go into the movie. Your friends tease you when you buy tortilla chips or pretzels instead of candy and soda. What do you do?
- You are at a sleep-over. You have already had buttery popcorn, cookies, and pizza. Now your friends are having a hot fudge sundae. What do you do?



## Nutrition

### Activity 5: Track Your Nutrition

Keep track of what you eat for one day using the Nutrition Tracker on the following page. Then answer the following questions:

- How many fruits and vegetables did you have? Did you reach the recommended amount?
- Fats? Did you stay under the recommended maximum?
- Sweets? Did you stay under the recommended maximum?
- Using what you have learned about heart health, how healthy would your heart be if you continued to eat this way?
- Rate each food, and strive to improve these choices for the rest of the week.

My goal for this week:

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*When you are done, fill out another Nutrition Tracker on a different day. Ask your mom or another adult in your life to fill one out, too!*

# Nutrition Tracker

date \_\_\_\_\_

Did you eat from all Five Food Groups today? Did you eat the number of servings you need from each food group? Use this form to answer these questions and compare your diet to the MyPyramid.

- 1 List everything you eat and drink during the day.
- 2 Add up each column.
- 3 Compare your totals for the day to the servings you need from each food group.
- 4 Share your Nutrition Tracker with your parents. Even better, have them use the Nutrition Tracker, too.



FOODS (include the amount you ate)		grain group	vegetable group	fruit group	milk group	meat group	"others" category
morning							
lunch time							
dinner time							
after dinner							
<b>TOTAL SERVINGS:</b>							
Servings you need if you are 7 to 10 years old:		5	4	3	3	2	
Servings you need if you are 11 to 13 years old:		6	5	3	3	2	

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date \_\_\_\_\_

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lunch time							
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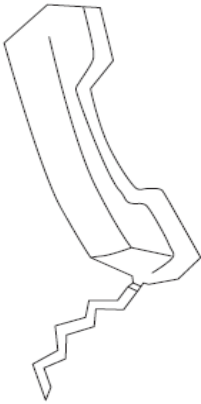
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morning							
lunch time							
dinner time							
after dinner							
<b>TOTAL SERVINGS:</b>							
Servings you need if you are 7 to 10 years old:		5	4	3	3	2	
Servings you need if you are 11 to 13 years old:		6	5	3	3	2	



## Emergency Situations

### Activity 1: Test Your Emergency I.Q.

# IT'S AN EMERGENCY!



#### **DIAL 9-1-1**

For the following emergencies, contact your local (emergency medical services) EMS by dialing 9-1-1. In some communities, the fire or police department should be called. Post the telephone numbers of both near each telephone in your house.

#### **PERFORM CPR IF NEEDED**

If you or someone present has been trained in cardiopulmonary resuscitation (CPR), this procedure may be used to keep a person alive until help arrives. CPR is a part of Basic Life Support (BLS): recognizing and correcting failure of the heart or lungs.

#### **Heart Attack Warning Signs**

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. Here are some of the signs that can mean a heart attack is happening.

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



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If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than 5 minutes before calling for help.

**Call 9-1-1...Get to a hospital right away.**

### **Stroke Warning Signs**

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Not all these warning signs occur in every stroke. If some start to occur, don't wait.

Get help immediately. **Stroke is a medical emergency — call 9-1-1.**

### **Cardiac Arrest Strikes Immediately and Without Warning**

If it occurs, call 9-1-1 and begin CPR immediately. Here are the signs of cardiac arrest:

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

### **USE THE HEIMLICH MANEUVER**

Learn the Heimlich Maneuver to help relieve a person who is choking. The Heimlich Maneuver consists of sharp thrusts under the choking person's diaphragm to dislodge an item blocking the air passage.

### **Choking Symptoms:**

- An ineffective cough and high-pitched inhaling noises
- Inability to speak or cry
- Clutching the neck between thumb and fingers
- Extreme difficulty in breathing
- Possible blueness of lips, nails, or skin



# Emergency I.Q.

Can you keep a cool head in an emergency? Test your Emergency I.Q. by filling in the dialogue in each story strip below. Remember to use the information you have learned about medical emergencies.



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## CONGRATULATIONS!

You have completed your *Love Your Heart Journal*.  
As a final step toward a healthier heart, sign the Heart Health Pledge below.

### *Heart Health Pledge*

Now that I have learned more about my heart and the importance of treating my heart with healthy habits, I pledge to share this information with

\_\_\_\_\_

Together, we will take steps to keep our hearts healthy!

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_