



Date: May 24, 2015

Healthy Sunday Topic: "Getting to the Heart of the Matter"

It is spring and summer is just around the corner. Now is a wonderful time to keep that promise to yourself to exercise more. Benefits derived from exercise are numerous and well documented in the medical literature.

Benefits derived from exercise are:

1) **Exercise controls weight:** Exercise causes you to burn the calories that you consume eating. The more calories burned the more weight you lose. If you can't dedicate a set time to exercise then try to do simple things like taking the stairs rather than the elevator or parking further from the entrance to the store, mall or workplace.

2) **Exercise decreases the risk of developing common conditions:** Increased physical activity can assist in lowering blood pressure, controlling cholesterol and blood sugar. Independent of weight loss being active boosts the good HDL cholesterol and decreases triglycerides. Blood sugar levels are lower in diabetics who exercise in addition to following their prescribed medication regimen. Think about it, patients who have actually had a heart attack participate in cardiac rehabilitation programs that encourage and teach exercise!

3) **Exercise improves mood:** A brisk walk or vigorous work out boosts brain chemicals (endorphins) that help control mood and relaxation.

4) **Exercise improves energy:** Stop feeling tired all the time. Exercise strengthens your muscles and trains your heart and lungs to deliver oxygen and blood more efficiently to your tissues. As a result, you will feel less fatigued.

George Brothers, Jr., MD, a retired Rheumatologist/ Internist states,
"Exercise and physical activity are a great way to feel better, gain health benefits and have fun. Aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns."



George Brothers, Jr.

STROKE

Stroke is the Number 4 cause of death, and the leading cause of adult disability in the U.S. Each year in this country people suffer 795,000 strokes. Stroke can happen to anyone at any time, regardless of race, sex or age. American Heart Association and CDC list stroke or “Brain Attack” risks the same as Heart Attack risks including lack of exercise, eating unhealthy diet, and smoking. With this in mind, our community should increase physical activity to decrease weight and blood pressure.

Strokes occur because of a sudden failure of the brain to receive the oxygen and nutrients it needs to thrive. Lack of oxygen can be caused by; a blood vessel in the brain being blocked by a clot or plaque or if a blood vessel in the brain ruptures.

If you are in the presence of someone who is exhibiting symptoms of stroke, use the B.U.S.Y. method to do a layperson’s diagnosis.

B = Body. Ask the person to raise both arms. Does one arm drift downward?

U = Uneven. Ask the person to smile. Does one side of the face droop?

S = Speech. Ask the person to repeat a simple sentence, such as, “Most grass is green.” Does the speech sound slurred or strange?

Y = Yes? If you observe any of these signs, it’s time to call **911** immediately. Every second counts in dealing with Stroke.

KNOW THE SIGNS OF A STROKE AND GET:	
B ody	Does one arm drift down? Is there trouble with walking? 
U neven	Does the face sag or appear to be drooping? 
S peech	Is the speech confusing or strange? 
Y es	Yes to any of these? Get Busy and call 911 now. Every minute counts with Stroke. 

REMEMBER YOUR ABC's

Always be aware of the Advantages of exercise and physical activity

Benefit from any fun activity

Check with your doctor for vigorous exercise

FOR MORE INFORMATION, GO TO:



- HealthyPeople.gov
- Blackdoctor.org
- Chealthc.org
- Heart.org

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with Durham Academy of Medicine, Dentistry & Pharmacy, Central Carolina Black Nurses’ Council Inc., NC Mutual Life Insurance Company, The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!