

February is American Heart Month! Are you at risk for Heart Disease?

Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.¹ CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.¹

Understanding the Burden of CVD

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in people under age 65. Men are more than twice as likely as women to die from preventable CVD.²

Having a close relative who has heart disease puts you at higher risk for CVD. Health disparities based on geography also exist. During 2007–2009, death rates due to heart disease were the highest in the South and lowest in the West.

Race and ethnicity also affect your risk. Nearly 44% of African American men and 48% of African American women have some form of CVD. And African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. About 2 in 5 African American adults have high blood pressure, yet fewer than half of them have the condition under control.

Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.²

Take It One Step at a Time

You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes

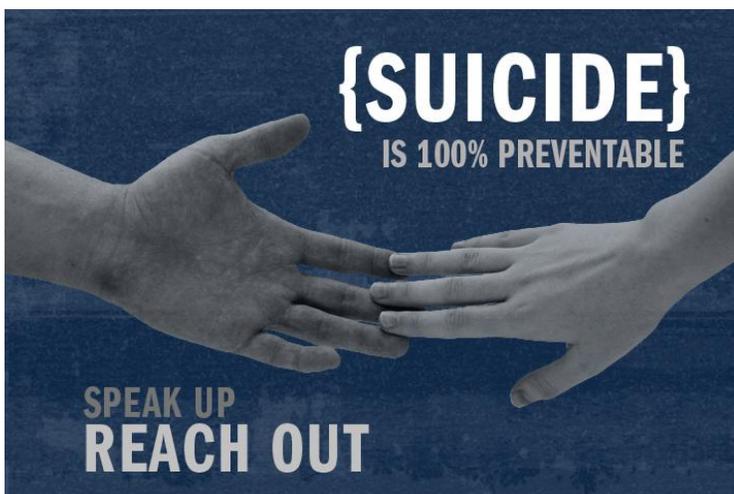


Source: <http://www.cdc.gov/Features/HeartMonth/>

Learn to Recognize the Signs of Suicide

Warning signs that someone may be thinking about or planning to commit suicide include:

- Always talking or thinking about death
 - Clinical depression -- deep sadness, loss of interest, trouble sleeping and eating -- that gets worse
 - Having a "death wish," tempting fate by taking risks that could lead to death, such as driving fast or running red lights
 - Losing interest in things one used to care about
 - Making comments about being hopeless, helpless, or worthless
 - Putting affairs in order, tying up loose ends, changing a will
 - Saying things like "it would be better if I wasn't here" or "I want out"
 - Sudden, unexpected switch from being very sad to being very calm or appearing to be happy
 - Talking about suicide or killing one's self
 - Visiting or calling people to say goodbye
- <http://www.webmd.com/depression/guide/depression-recognizing-signs-of-suicide>



Online Suicide Prevention Resources

Suicide Prevention Lifeline:

<http://www.suicidepreventionlifeline.org>

Real Warriors: <http://www.realwarriors.net>

Defense Centers of Excellence: <http://www.dcoe.mil>

Comprehensive Soldier & Family Fitness:

<http://csf2.army.mil>

DA G-1, Army Suicide Prevention Program:

<http://www.armyg1.army.mil/hr/suicide/default.asp>

National Alliance on Mental Illness:

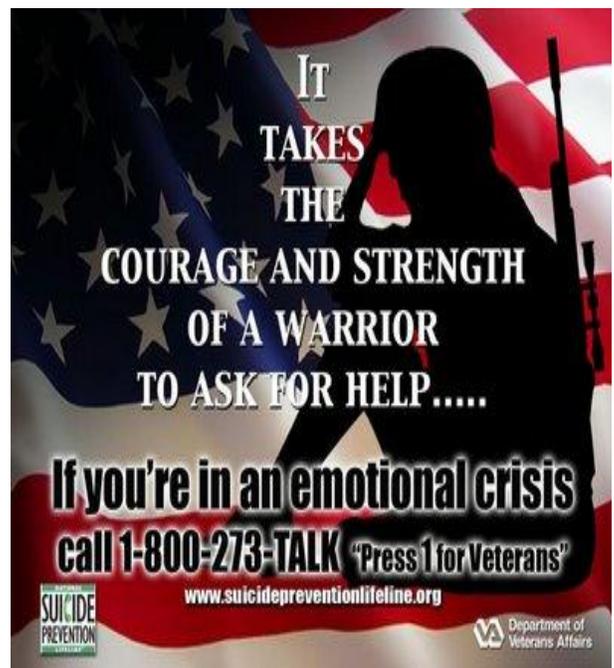
<http://www.nami.org>

American Association of Suicidology:

<http://www.suicidology.org>

Tragedy Assistance Program for Survivors:

<http://www.taps.org>



IMPORTANT NOTICE REGARDING USE OF URGENT CARE CENTERS

Please call to obtain a control number prior to seeking care at Urgent Care Centers!

Authorization/control numbers for urgent, same day care may be provided to patients on an as needed basis through the Martin Army Community Hospital Care Line (Monday-Friday, 0700-1600) or the Nurse Advice Line (24 hours a day, 7 days a week).

After 1 November 2014, any visit to an Urgent Care Center without an authorization/control number will be cost-shared under the Point of Service Option.

Fiscal Year Deductible: \$300 (individual) \$600 (family) and 50% of remaining costs.



MACH Care Line: (762) 408-2273
Nurse Advice Line: (800) 874-2273

DID YOU KNOW?



screamfree
married couples date night

Learning how to stay calm, in the face of common relationship conflicts, is the key to creating and enjoying a deep, lifelong, passionate connection with Hal Runkel.

Licensed Marriage and Family Therapist and founder of The ScreamFree Institute.

March 12 | 6:30-8pm
Supper Club, Benning Club
Bldg 129, to the left of Little Caesars

Please pre-register by calling 706-545-4013/6957

Free childcare is available on a first come first serve basis, please request childcare with your registration.



BUILD YOUR SAVINGS ARSENAL
FEBRUARY 23-28

FOR MORE INFORMATION, CONTACT
FINANCIAL READINESS
ROSALIE.J.GRANT-NOLT.CIV@MAIL.MIL
militarysaves.org



TAKE THE PLEDGE TODAY!
at militarysaves.org

- ESTABLISH A FINANCIAL PLAN
- SAVE MONEY
- REDUCE DEBT
- ENROLL IN THE THRIFT SAVINGS PLAN

HOME BUYING SEMINAR

Feb 26 | 2-4pm | Bldg 7

The workshop will cover the home buying process including information on when it is the right time to buy, qualifying for a mortgage, and the importance of home inspections and more. A speaker from the VA will cover VA loan basics.

Participants must register. To register, call 706-545-4043. Registration deadline is the Friday prior to the event.



Fort Benning Transition Summit

Empowering the Military Community-Enhancing Veteran Competitiveness

Wednesday, March 11, 2015-Thursdays, March 12, 2015

201 <http://www.cvent.com/events/fort-benning-transition-summit/event-summary-572d4bb59c824fd395fc31d211821017.aspx5>

Heart Healthy Recipe

Cilantro-Lime Chicken with Avocado Salsa

Ingredients

Chicken:

2 tablespoons minced fresh cilantro
2 1/2 tablespoons fresh lime juice
1 1/2 tablespoons olive oil
4 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon salt
Cooking spray

Salsa:

1 cup chopped plum tomato (about 2)
2 tablespoons finely chopped onion
2 teaspoons fresh lime juice
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 avocado, peeled and finely chopped



Preparation

1. To prepare chicken, combine first 4 ingredients in a large bowl; toss and let stand 3 minutes. Remove chicken from marinade; discard marinade. Sprinkle chicken evenly with 1/4 teaspoon salt. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 6 minutes on each side or until done.
2. To prepare salsa, combine tomato and next 4 ingredients (through pepper) in a medium bowl. Add avocado; stir gently to combine. Serve salsa over chicken.

<http://www.myrecipes.com/recipe/cilantro-lime-chicken-with-avocado-salsa>



Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

