

Monthly Newsletter

TCSS HEALTH
SERVICES



FEBRUARY 2025



February is American Heart Month

February is American Heart Month.

February is American Heart month and a time when all people—especially women—are encouraged to focus on their cardiovascular health.

Heart Disease Quick Facts:

- Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.¹ In 2022, 1 in every 5 deaths in the United States was caused by heart disease.
- High blood pressure is a leading cause of heart disease. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. And just 1 in 4 people with high blood pressure has it under control.
- Heart disease is costly. The cost of health care services, medications, and lost productivity from heart disease amounted to \$252.2 billion between 2019 and 2020.

American Heart Month 2025 brings renewed focus on CPR. More Americans than ever are confident about providing lifesaving CPR, new survey suggests.

If you are interested in becoming CPR certified please talk to your school nurse.

Friday, February 7, 2025 is National Wear Red Day. We encourage everyone to wear red for women, learn about risk factors and celebrate survivors.

**In this newsletter
you can expect:**

Health Services
Updates

Scheduled
Events

Monthly Health
Focus

Health
Awareness
Information

Ways to observe
and get involved





Cardiac Arrest vs. Heart Attack

Cardiac Arrest vs. Heart Attack

People often use these terms interchangeably, but they are not the same.

What is Cardiac Arrest?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

What Happens

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. Death occurs within minutes if the victim does not receive treatment.

What to Do

Cardiac arrest can be reversible in some victims if it's treated within a few minutes.

- First, call your local emergency number and start CPR right away.
- Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.
- If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.

What is a Heart Attack?

A HEART ATTACK occurs when blood flow to the heart is blocked.

A heart attack is a "CIRCULATION" problem.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

What to Do

Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters!

To learn more
visit:

<https://www.cdc.gov/heart-disease/php/heart-month/index.html>

Resources:
heart.org

Resource:
<https://cpr.heart.org/en/resources/cardiac-arrest-vs-heart-attack>



American Heart Association®



FEBRUARY IS AMERICAN HEART MONTH, BLACK HISTORY MONTH AND WE CELEBRATE NATIONAL WEAR RED DAY AND MORE!

WHILE CELEBRATING BLACK HISTORY MONTH LET'S REMEMBER THAT AFRICAN AMERICANS HAVE SIGNIFICANTLY CONTRIBUTED TO THE FIELD OF HEART HEALTH THROUGH PIONEERING RESEARCH, ADVOCACY FOR ADDRESSING DISPARITIES IN CARDIOVASCULAR DISEASE WITHIN THE BLACK COMMUNITY, AND NOTABLE FIGURES LIKE DR. DANIEL HALE WILLIAMS, WHO PERFORMED ONE OF THE FIRST SUCCESSFUL OPEN-HEART SURGERIES, AND DR. VIVIEN THOMAS, WHO PLAYED A CRUCIAL ROLE IN DEVELOPING PROCEDURES TO TREAT "BLUE BABY SYNDROME" AS A SURGICAL TECHNICIAN; BOTH HIGHLIGHTING THE IMPORTANCE OF DIVERSE REPRESENTATION IN MEDICAL FIELDS TO BETTER UNDERSTAND AND TREAT HEART HEALTH ISSUES SPECIFIC TO DIFFERENT POPULATIONS.

