



### February—American Heart Month

#### How can I find out if I have a healthy heart?

The onsite clinic staff can help by asking a few questions about your lifestyle, habits, health history, and family history. Next, we can schedule an appointment at the onsite clinic for a biometric screening. This screening is non-invasive and only takes about 20 minutes or less to complete. During your biometric screening, you will get your cholesterol levels, blood sugar, blood pressure, BMI, and risk of heart disease and diabetes. If your biometric screening results indicate an elevated risk of heart disease, we will help coordinate your care to further evaluate your risks and keep your heart healthy.

#### What is high blood pressure?

High blood pressure, also called hypertension, can put you at risk for heart attack, stroke, and kidney disease. It does not usually cause symptoms, this is why it is so important to have your blood pressure checked. When your doctor or nurse tells you your blood pressure, they will give you two numbers. For instance, your doctor or nurse might say that your blood pressure is "130 over 80." The top number is the pressure inside your arteries when your heart is contracting, also called systolic. The bottom number is the pressure inside your arteries when your heart is relaxed, also called diastolic. Ideally your blood pressure is 119 over 79 or lower.

**Many experts define high, elevated, and normal blood pressure as follows:**

- High – Top number of 130 or above and/or a bottom number of 80 or above
- Elevated – Top number between 120 and 129 and a bottom number of 79 or below
- Normal – Top number of 119 or below and a bottom number of 79 or below

**Stop by the onsite clinic for a blood pressure reading today.**

## **FREE COVID-19 Testing Sites**

Atrium Health Wake Forest Baptist has recently opened free PCR COVID-19 testing sites in Winston-Salem, High Point and Wilkesboro.

***Please do not go to Urgent Care or the Emergency Room for COVID-19 testing. Please use these free testing sites.\****



- All sites are open **Monday through Friday, 9 am to 6 pm** and **Saturday, 10 am to 3 pm** through at least mid-February.
- **Testing is FREE** and available to anyone age 2 or older, with or without symptoms. **No insurance needed. Results will be available 24-36 hours after the test.**
- **Appointments are recommended** but not required. **Please schedule online** or by calling 877-562-4850.
- Testing sites will be open weather permitting. Check local media outlets and Atrium Health Wake Forest Baptist social media channels for any schedule changes due to inclement weather.

\*If this is an emergency please call 911 or go to the nearest Emergency Room

[Make An Appointment](#)

[Find Your Nearest Testing Site](#)

## **25 Ways to Take Part of National Heart Month**

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk factors for developing heart disease. Although death rates for heart disease have decreased by more than 70 percent in the last 50 years, more work needs to be done—and you can help! There are dozens of ways to spread heart



health messages during February and beyond.

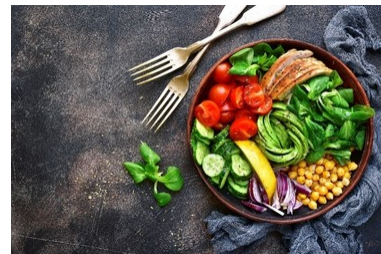
- **Wear red on the first Friday of February for National Wear Red Day** to raise Wear red on the first Friday of February for National Wear Red Day to raise awareness about heart disease and encourage others to do the same. Use NHLBI's social media materials to help spread the word.
- With the Superbowl and March Madness coming, make heart healthy snacks for the Big Game.
- To celebrate, Valentine's day, go on a hike or plan a romantic walk with your loved one.

[Read More](#)

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## 10 Heart-Healthy Ingredient Substitutions

Whether you're recovering from a heart attack or trying to prevent one, a balanced, nutritious diet should be part of your plan. Eating the right foods helps keep your cholesterol and blood pressure in check to support your heart health.



As you refine your heart-healthy eating strategy, it's important to know which foods to limit and which foods to target.

With a few simple swaps, you can help keep your heart strong while enjoying the foods you eat.

### Some examples of easy substitutions include:

- Instead of using mayonnaise use avocado, hummus, greek yogurt, pesto, or sliced-up hard-boiled eggs.
- With cheese try using reduced fat cheese, nutritional yeast, vegan cheese, or parmesan
- Instead of using ground beef use turkey, or mushrooms

[Read More](#)

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## Counseling with Nathan Blake

During this last month, as COVID-19 has surged again, it can be stressful on you and your family. In order to keep a healthy heart physically and emotionally contact Nathan Blake, CFBPPC, LCAS. Nathan's services are

part of the Onsite Clinic and are at no cost to employees and families.

**Contact Nathan at 336-416-3623**



Book An Appointment at the Clinic

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myWakeHealth



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