February is Heart Health Month:

Do you know the signs?

A heart attack is also known as acute myocardial infarction (AMI). It is what happens when blood can't get to part of the heart muscle. That part of the heart muscle is damaged and starts to die. If enough of the heart is affected, it will severely limit its ability to send blood to the rest of the body. It may cause death. It is vital to get help as soon as possible for a heart attack.

If you have symptoms that you can’t explain, call 911 right away. Don't drive yourself to the emergency room.

The following are warning signs of a possible heart attack:

- 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 with or without chest discomfort
- Other signs may include breaking out in a cold sweat, nausea, or lightheadedness.

Note for women. Like men, women commonly have chest pain or discomfort as a heart attack symptom. But women are somewhat more likely than men to have other common symptoms, such as shortness of breath, nausea and vomiting, back pain, or jaw pain.
Flu Season is Here: Protect Yourself

Preventing Common Respiratory Infections:
Respiratory infections such as colds and the flu (influenza) are common in winter. These infections are often caused by viruses. They may share some symptoms. But not all respiratory infections are the same. Some make you sicker than others. You can take steps to prevent common respiratory infections and if you get sick, you can take care of yourself to keep the infection from getting worse.

Cold vs. Flu

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<thead>
<tr>
<th>Cold</th>
<th>Flu</th>
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<tr>
<td>Runny nose, coughing, sneezing and sore throat. These symptoms tend to be milder than the flu.</td>
<td>Symptoms include fever, headache, extreme tiredness (fatigue), cough, sore throat, runny nose, and muscle aches.</td>
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<td>Symptoms tend to come on slowly. They last for a few days to about a week.</td>
<td>Symptoms tend to come on quickly. Some, such as fatigue and cough, can last a few weeks.</td>
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<td>With a cold, you can still do most of the things you normally do</td>
<td>With the flu, you may feel worn out and not able to do normal activities. It’s most likely not the flu if an adult has vomiting or diarrhea for a day or two. This so-called “stomach flu” is probably a GI (gastrointestinal) infection.</td>
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How to keep yourself safe:
- Get a flu shot
- Get the 2 pneumonia vaccines
- Keep germs from spreading:
  - Wash your hands
  - Don’t touch your eyes, nose and mouth
  - Stay away from sick people
  - Don’t smoke
Heart Healthy Recipe:
Hearty Bean Salad

Serving size: 1/2 cup
Yield: 12 servings

Ingredients:
- 1 can (15.5 ounces) reduced sodium garbanzo beans, rinsed and drained
- 1 can (15.5 ounces) reduced sodium black beans, rinsed and drained
- 1 can (15.5 ounces) reduced sodium pinto beans, rinsed and drained
- 1 can (15.5 ounces) dark red kidney beans, rinsed and drained
- 3 chopped celery ribs
- ¼ cup minced shallot
- 2 tablespoons chopped fresh parsley
- 2 tablespoons olive oil
- 4 tablespoons white wine vinegar
- 1 tablespoon honey
- ¼ teaspoon black pepper

Preparation:
1. Make the dressing by whisking together the oil, vinegar, honey and pepper in a small bowl.
2. Add the beans, celery, shallot, and parsley to a large mixing bowl and stir together.
3. Add the dressing to the bean mixture and toss until well coated.

Estimated per serving: 131 Calories, 20.8 g carbohydrate, 2.5 g fat, 5.9 g protein, 7.1 g fiber, 201 mg sodium

Tips: Don’t have a shallot? Used a red onion instead

Find more recipes on the Healthy Living Kitchen link below:
https://www.youtube.com/playlist?list=PL3AQ_JVoBEywA0DxUr5WalEVr6iGcnjYf
Connecting with your Team:
Ways to Interact

VA Video Connect

VA Video Connect connects Veterans with their health care team from anywhere, using encryption to ensure a secure and private session. It makes VA health care more convenient and reduces travel times for Veterans, especially those in very rural areas with limited access to VA health care facilities, and it allows quick and easy health care access from any mobile or web-based device.

Veterans and their health care providers jointly decide whether to use VA Video Connect for a medical visit. Please speak with your VA care team if you are interested in potentially receiving care through VA Video Connect. Ahead of a VA Video Connect appointment, you will receive an email or calendar invite with a link to launch the session.

VA Video Connect works on nearly any device that has an internet connection and a web camera. For example, it works on Windows-based PCs and laptops, Windows mobile devices, iOS mobile devices, Android mobile devices, etc.

How to prepare for your VA Video Connect visit:

- **On an Apple mobile device (e.g., iPhone, iPad):** Download the free VA Video Connect iOS app from the Apple App Store. The session will launch automatically in the app after the session link is selected from the email invitation.
- **All other devices:** No application download is required. The session will launch automatically in your web browser after the session link is selected from the email invitation.

Connected Care Technology Fair
February 13th 3:30pm – 5:30pm
Located at the Manchester VA in the Solarium (basement)
What is Intimate Partner Violence?
Intimate partner violence (IPV) is a serious, preventable public health problem that affects millions of Americans. The term "intimate partner violence" describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.

Who is at risk for experiencing intimate partner violence?
Everyone. However, there are certain groups who are at higher risk of violence than others, such as females between the ages of 18-35 and female veterans (Veterans Health Administration, 2013).

1/3 Of women Veterans Experience Intimate Partner Violence in their lifetime.

What can I do to help myself, a friend or family member who is experiencing Intimate Partner Violence?
Call the National Domestic Violence Hotline: 1.800.799.SAFE (7233)

VAMC Manchester IPV Coordinator:
Lori Iraheta-Yem, LCSW
624 – 4366 ext. 1219
# Manchester VA Medical Center Whole Health Program Schedule

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<th>Monday</th>
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<td>10-11:15 Yoga &amp; Sound Meditation</td>
<td>1-2 Functional Fitness (Consult Required from Primary Care)</td>
<td>3-4 Mindfulness Group*</td>
<td>9:30-11:30 Healthy Teaching Kitchen**</td>
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For more information please call the Whole Health Program at 603-624-4366 ext. 2680

Visit www.manchester.va.gov to find our schedule on-line

Please contact Annie.Duquette@va.gov with any questions

All education from www.veteranshealthlibrary.va.gov