



Janice Paxton &lt;jpaxton46@gmail.com&gt;

---

## Monthly Health Ministry Hint - News from NEHM

1 message

---

**National Episcopal Health Ministries** <nehm@stpaulsindy.org>

Tue, Jan 11, 2011 at 11:41 AM

Reply-To: nehm@stpaulsindy.org

To: webeditor@province2.org

# National Episcopal Health Ministries Health Ministry Hints January 2011

## Starting a New Year!



### Heart Health

This month's reminder is about the significance of our hearts, not only spiritually, but physically as well. It is important to know the truth about heart disease, and to know that this is not just a concern for men.

- One of every four American women dies of heart disease
- About 6 million American women have coronary heart disease
- Two thirds of American women who have had a heart

attack don't make a full recovery.

- Heart disease can permanently damage your heart and your life

To have a healthy heart, it is critical to know the risk factors for heart disease:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Age (55 or older for women)

Reaching out to your faith community:

- Host a screening for heart health
- Promote American Heart Association information and campaigns, like Red Dress Sunday, the Heart Truth
- In worship, use prayers , hymns and a sermon focusing on the heart \*
- Organize a heart healthy potluck supper or Sunday Hospitality Hour
- Offer a CPR course

Resources:

[www.nhlbi.nih.gov/educational/hearttruth/materials/faith-based-toolkit.htm](http://www.nhlbi.nih.gov/educational/hearttruth/materials/faith-based-toolkit.htm)

[www.americanheart.org](http://www.americanheart.org)

[www.4woman.gov](http://www.4woman.gov)

[www.webmd.com/heart-disease](http://www.webmd.com/heart-disease)

**Ginny Wagenseller - NEHM Province I Regional Representative**

[Forward email](#)



This email was sent to [webeditor@province2.org](mailto:webeditor@province2.org) by [nehm@stpaulsindy.org](mailto:nehm@stpaulsindy.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

National Episcopal Health Ministries | 6050 N. Meridian St. | Indianapolis | IN | 46208