

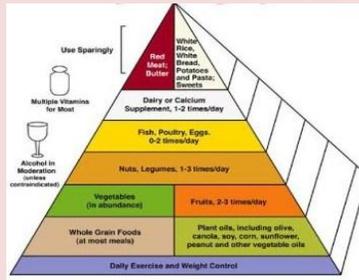


# FEBRUARY 2015



## 8 TRUTHS OF ORGAN, EYE & TISSUE DONATION

- 1 Anyone can register to be an organ, eye and tissue donor, regardless of age, race, or medical history.
- 2 An individual's donation status does not affect medical care. The first priority of medical professionals is to save lives.
- 3 Organ, eye and tissue donation does not become an option until death has been declared.
- 4 All major religions in the United States support donation and view it as a final act of love and generosity.
- 5 There is no cost to the donor or their family for organ, eye or tissue donation.
- 6 An open casket funeral is possible for organ, eye, and tissue donors.
- 7 The donor and family are treated with the utmost care, respect, and dignity throughout the donation process.
- 8 A "living donor" can also save lives by donating a kidney or a part of the liver, intestine, lung, or pancreas.



February is also National Heart Health Month. Take time to improve your health through diet and exercise. Consult your Dr. before making lifestyle changes.

### Symptoms

- Severe pain in the chest moving towards the shoulder
- Extreme unexplained sweating
- Extreme fatigue
- Dryness in the throat along with a choking sensation
- Heaviness in the chest or symptoms similar to acidity

### Monitor your Blood Pressure

Keep your BP close to 100

Normal: S < 120, D < 80  
 Pre-Hypertension: S - 120 to 139, D - 80 to 89  
 High BP: S > 140, D > 90

Control your blood pressure in the "pre-hypertension stage" (S= Systolic, D= Diastolic)

### Heart Health Problems

- Coronary heart disease
- An abnormal heart rhythm (arrhythmia)
- Heart valve disease
- Cardiomyopathy
- Aorta problems

### High risk group

- Poorly-controlled diabetes and blood pressure patients
- High cholesterol
- Smokers
- Obesity and lack of exercise
- Those with a family history

February is Organ and Tissue Donor month; consider giving this gift of life. Your organs can save, or improve the quality of someones life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Happy Groundhog Day!					
8	9	10	11	12	13	14
Boy Scout Day						
15	16	17	18	19	20	21
	Presidents' Day	Random Acts of Kindness Day				
22	23	24	25	26	27	28
Walking the Dog Day				Tell A Fairy Tale Day		
						