



KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

February 2009

February is American Heart Month

Heart disease is number one cause of death

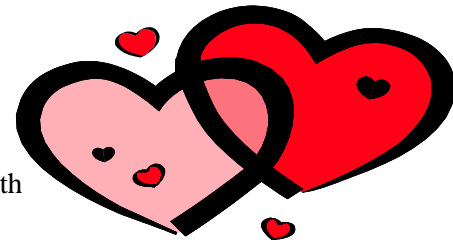
Heat disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attacks are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit CDC's Division for Heart Disease and Stroke Prevention www.cdc.gov/DHDSP/.

Conditions that put your heart at risk

Conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco, and secondhand smoke are also risk factors associated with heart disease. For more information on how to reduce these risk factors for heart disease, visit Heart Disease Prevention www.cdc.gov/HeartDisease/prevention.htm.

factors and other health information associated with heart disease, visit the American Heart Association www.americanheart.org/presenter.jhtml?identifier=1200002.



Know your signs and symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ♥ **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.** May occur with or without chest discomfort.
- ♥ **Other signs:** These may include breaking out in a cold sweat, nausea, or lightheadedness.

The American Heart Association and the National Heart, Lung, and Blood Institute have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

For a full list of diseases and conditions along with risk

(Continued on page 2)

Healthy lifestyle: diet and nutrition, exercise and fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, base your eating pattern on these American Heart Association recommendations:

- ♥ Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- ♥ Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- ♥ Cut back on beverages and foods with added sugars.
- ♥ Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- ♥ If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- ♥ Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

Women and heart disease: quick facts

Although heart disease is sometimes thought of as a

“man’s disease,” it is the leading cause of death for both women and men in the United States, and women account for 52.8% of the total heart disease deaths. In 2004, heart disease was the cause of death in more than 450,000 females.

Heart disease is often perceived as an “older woman’s disease,” and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25-44 years and the 2nd leading cause of death among women aged 45-64 years. Remember that many cases of heart disease can be prevented!

For more information and facts on Women and Heart Disease visit the Women and Heart Disease Fact Sheet www.cdc.gov/DHDSP/library/fs_women_heart.htm.

Men and heart disease: quick facts

In 2004, heart disease was the cause of death in 410,000 American men.

- ♥ The average age for a first heart attack for men is 66 years.
- ♥ Almost half of men who have a heart attack under age 65 die within 8 years.
- ♥ Between 70% and 89% of sudden cardiac events occur in men.

For more information and facts about men and heart disease, visit the Men and Heart Disease Fact Sheet www.cdc.gov/DHDSP/library/fs_men_heart.htm.

— Centers for Disease Control and Prevention

Avoid a dryer fire

Next to your stove or a heater, the clothes dryer poses the biggest fire risk in your home. Nearly 10,000 of last year’s residential fire losses were caused by a clothes dryer or dryer vent, according to the U.S. Consumer Product Safety Commission.,

Never leave your home with the dryer running. To further reduce your risk:

- ❖ Follow manufacturer’s instructions when installing the vent pipe.
- ❖ Keep the dryer vent clean and unclogged. Longer drying times indicate there might be a clog.
- ❖ Remove and clean the lint screen before each use.
- ❖ Keep combustibles away from the clothes dryer.
- ❖ For gas dryers, hire a qualified technician for periodic inspections.

— *in-sync*
published by: Erie Insurance

63rd Annual TEC Loss Control Conference

March 25 - 27, 2009

Omni San Antonio Hotel
at the Colonnade in San Antonio

Scholarship Golf Tournament
March 24

2009 LOSS CONTROL SCHOOLS

Basic Pole Climbing School (<i>Marshall</i>)	January 6 - 9
Transformer School (<i>Fredericksburg</i>)	January 6 - 9
Regulator, Recloser, Capacitor School (<i>Gonzales</i>)	January 20 - 23
Transformer School (<i>Livingston</i>)	February 3 - 6
Regulator, Recloser, Capacitor School (<i>Merkel</i>)	February 17 - 20
Transformer School (<i>Tahoka</i>)	March 3 - 6
Troubleshooting School (<i>Merkel</i>)	March 10 - 13
Underground School (<i>Quitman</i>)	March 16 - 20
Advanced Pole Climbing School (<i>Gonzales</i>)	March 17 - 20
Basic Pole Climbing School (<i>San Augustine</i>)	April 7 - 10
Basic Pole Climbing School (<i>Gonzales</i>)	April 21 - 24
Hotline 1 – 4 School (<i>Henderson</i>)	April 27 - May 1
Metering School (<i>Merkel</i>)	May 5 - 8
Basic Pole Climbing School (<i>Tahoka</i>)	May 5 - 8
Troubleshooting School (<i>Gonzales</i>)	May 12 – 15
Metering School (<i>McGregor</i>)	May 12 – 15
Regulator, Recloser, Capacitor School (<i>Lubbock</i>)	May 19 - 22
Metering School (<i>Livingston</i>)	June 2 - 5
Underground School (<i>Gonzales</i>)	June 15 - 19
Metering School (<i>Bandera</i>)	June 23 - 26
Transformer School (<i>Gonzales</i>)	July 7 – 10
Basic Pole Climbing (<i>Robstown</i>)	July 21 – 24
Regulator, Recloser, Capacitor School (<i>Gilmer</i>)	July 21 - 24
Metering School (<i>Levelland</i>)	August 4 - 7
Hotline 1 – 4 School (<i>Merkel</i>)	August 10 – 14
Troubleshooting School (<i>Levelland</i>)	August 25 - 28
Hotline 1 – 4 School (<i>Gonzales</i>)	August 31 - Sept 4
Hotline 1 – 4 School (<i>Levelland</i>)	September 14 - 18
Underground School (<i>McGregor</i>)	September 21 - 25
Hotline 1 – 4 School (<i>Livingston</i>)	October 5 – 9
Underground School (<i>Levelland</i>)	October 12 - 16
Basic Pole Climbing (<i>Quitman</i>)	October 13 - 16
Underground School (<i>Merkel</i>)	October 19 – 23
Basic Pole Climbing (<i>Hondo</i>)	October 27 - 30

Future Schools – (dates and locations to be determined)

Two Day Transformer School

Two Day Regulator, Recloser, Capacitor Control Panel School