



**KANSAS CITY CHRONIC DISEASE COALITION MEETING
APRIL 10, 2008
5-7 PM
PIONEER COLLEGE AUDITORIUM**

Food and Fellowship start at 5 pm
PLEASE PHONE 816-920-6840 IF YOU PLAN TO ATTEND

The Coalition thanks **Truman Medical Centers-Hospital Hill** and
Hy-Vee Grocery, 1525 East 23rd St.
for all of their assistance in helping with the April Coalition meeting.

Heather Craig, United Way and 211 – Free Services You'll Need to Know About
Truman's Cardiology Department Staff Presentation - Service Enhancements For Us All
Connie Farakhan, Kansas City Cancer Control Coalition – Importance of Getting Screenings
Michael Harris – Surviving a Stroke with Hope and Courage
Second Baptist Church Praise Dancers

**Next Coalition Meeting
Thursday, June 12, 2008**

You will not want to miss our April meeting. We have a very special guest joining us to share his story. Michael Harris was a former football player who had a stroke two years ago. Now 27 years old, he talks about the fact that strokes can happen even to well-conditioned athletes like himself. Lewis Diuguid wrote about his story in the January 23rd edition of the Kansas City Star. The article talks about the fact that Mr. Harris lost the use of his left side; his speech was slurred; and he had to use a wheelchair, crutches, and a walker. With the support of his family, especially his mother, he is keeping his spirits up through his faith and their support. Mr. Harris now has regained the use of his left side. He is proving himself to be a strong fighter. He and his family will be at our April Coalition Meeting to share in our fellowship and tell his story. His hope and optimism for the future is one you will not want to miss. Please phone the office at 816-920-6840 to make your reservation for the meeting. We look forward to seeing you there.



GOOD NEWS FOR THE KC-CDC COALITION - Thanks to partners and friends of KC-CDC, we are still continuing with our "Pick 6" activities. In order to re-start your partnership or to begin brand new ones, please contact our office at 816-920-6840 between the hours of 8:00 am and 4:00 pm Monday through Thursday and 8:00 am and noon on Fridays. Now is the time to meet with our Pick 6 Coordinator, Ella Tolbert. You'll be glad you did.



From Ella's Desk – Greetings one and all. Well, it is not easy following in the footsteps of our former "Pick 6" Coordinator, Willie Mae Conway, but I am striving along day by day and must say thank you to our many volunteers and partners for helping me get there! Over the past few weeks, we have had visits from four of our previous partners and three other groups looking to join us. We are all eager and anxious to get all the groups started with their "Pick 6."

We have made the going a little easier this year. Groups can choose from thirty-five practices that are known to make a difference in the risk factors for diabetes and heart disease. Remember that every group will need to include the exercise and nutrition pieces among their choices and we are urging everyone to revisit the effective results gained from walking. We have the routes already mapped out for you and they will soon be available through our website if you don't want to drop by for your copies. In addition, we've added a great bonus for you. When you sign up for your "Pick 6," we will present you with the "Search Your Heart" community-based program for heart health and stroke prevention! It has three information packets plus a CD! This is excellent information you will want to have.

In the meantime, I'm ready to get your group scheduled for Myron Frye and/or Marie Boudreaux. You may call the office at 816-920-6840 from Monday through Thursday, between the hours of 8:00 am and 4:00 pm or Friday 8:00 am and noon to make an appointment. Oops, did I hear a ring already???

EVEN MORE WONDERFUL NEWS FOR THE KC-CDC COALITION – At the University of Missouri Extension Council of Jackson County's Annual Meeting, KC-CDC was honored for its ongoing collaboration with Extension. We thank Karen Elliott and her staff for all of the wonderful education they have offered KC-CDC over the years and we look forward to our continued partnership in 2008.



KC-CDC Initiative on Diabetes Prevention and Control

Staff are currently working with the Missouri Department of Health and Senior Services to review their new resource guide on the DHSS website. In addition, staff are completing a diabetes community action plan that builds on the ideas in the resource guide. This community action plan will help our partners map out a strategy to understand the data about diabetes, learn ways to reduce diabetes risk factors, and understand the importance on planning, implementation and evaluation at the local level. The community action plan will be shared with partners within the next few weeks. In the meantime, check out this DHSS website yourself and let us know how useful it was for you and your group: <http://www.dhss.mo.gov/diabetes/Introduction.html>. Give Marianne Ronan a call at 816-920-6840 and share your ideas.

DID YOU KNOW???



April 19 - The Research Foundation will host the 2nd Community Block Party and Health Fair from 10 am to 2 pm on the Research Medical Center campus. The purpose of the event is to motivate and encourage healthy lifestyle changes through a fun and educational event for those residents in the neighborhoods surrounding Research Medical Center, located in the urban core of Kansas City. There will be screenings and health information from local health related organizations and Research Medical Center physicians and staff. Screenings will include: Body Mass Index, Blood Pressure, Blood Glucose, Bone Density, Cholesterol, and Vision. Family activities will include a children’s tent area with healthy activities, a teddy bear clinic, face painting as well as free bicycle helmets and books for the first 300 children. Entertainment will be scheduled every 30 minutes by local artists. A healthy cooking demonstration to teach people how to cook nutritious meals will also be held as well as a healthy lunch. A walk will be facilitated on the campus by an exercise expert to encourage regular exercise as part of a healthy lifestyle. Donated prizes and incentives will be provided to those that participate in the health walk and in the screenings. For more information or to get involved, please call 816-276-4218.

April 20 – The “Power to End Stroke” Gospel Tour and Health Fair will be held at the Metropolitan Missionary Baptist Church, 2310 East Linwood. Please e-mail nhoward@rodgershealth.org or phone 816-889-4643 for more information.

May, 2008 - May is Asthma Awareness Month. Join the national effort to raise awareness about asthma! You can download a new Asthma Awareness Month Event Planning Kit featuring new ideas for outreach and awareness activities, tips for working with the media, success stories, and much more! For more information, please go to <http://www.epa.gov/asthma/awm/#Event%20Planning%20Kit>.

May 17 – National Women’s Health Week 2008 kicks off Mother’s Day, May 11 and continues through May 17. Women are encouraged to make their health a top priority and to take simple steps for a longer healthier and happier life. Here are some suggestions for initiatives: Check-Up Day Pledge, Proclamations, WOMAN Challenge, and Hosting an Event. Now is the time to begin planning. For more information, please go to <http://www.dhss.mo.gov/WomensHealth/> and click on National Women's Health Week.



Dear KC-CDC: With changes in Medicare, I am having difficulty paying for my prescriptions. Is there anyone out there who could help? Needing Help

Dear Needing Help: This is an excellent question. With all the changes in the Medicare system, many seniors are finding themselves in situations where it is difficult to pay for their needed medications. However, there is help for you right here in Kansas City. Simply call United Way 2-1-1 and ask to speak to the Health Care Advocate. The Health Care Advocate can provide referrals to programs that assist with prescription medication bills. Additionally, the Health Care Advocate can assist you with determining your eligibility for other prescription insurance plans. This phone call will really be of assistance to you and they are wonderful to work with.

Dear KC-CDC: I have been told that I have borderline high blood pressure. My pressure is around 135 over 90. What is normal and does it vary from person to person? Border Line

Dear Border Line: We now have a new classification, which is called pre-hypertension and it describes people with blood pressures between 120-139. Previously it was believed that blood pressures under 140/90 was okay. The evidence is now clear that this is not okay and 9 out of 10 people with a reading of 140/90 or 135/90 are at risk of getting hypertension. It is recommended that you adopt a health-promoting lifestyle. For more info go to www.americanheart.org/presenter or ask your health provider for the latest printed material explaining this finding.



EAT RIGHT NUTRITION CORNER Blackened Tilapia

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|---|-------------------------|
| 4 tilapia fillets (about 4 ounces each) | 1 1/2 teaspoons paprika |
| 1 teaspoon dried oregano, crumbled | 1 teaspoon chili powder |
| 1/4 teaspoon salt | 1/4 teaspoon pepper |
| 1/8 teaspoon cayenne | 2 teaspoons olive oil |
| 1 medium lemon, quartered (optional) | |

Rinse the fish and pat dry with paper towels. In a small bowl, stir together the paprika, oregano, chili powder, salt, pepper, and cayenne. Sprinkle over both sides of the fish. Using your fingertips, gently press the mixture into the fish so it will adhere.

Heat a large nonstick skillet over medium-high heat. Add the oil and swirl to coat the bottom. Cook the fish for 2 minutes. Turn and cook for 2 to 3 minutes or until the fish flakes easily when tested with a fork. Serve with the lemon wedges. Makes 4 servings.

Per Serving: Calories 136; Total Fat 4.5 g; Saturated Fat 1g; Polyunsaturated Fat 1g; Monounsaturated Fat 2 g; Cholesterol 57mg; Sodium 205 mg; Carbohydrates 1 g; Total Sugars 0 g; Dietary Fiber 1 g; Protein 23g.



2700 East 18th, Room 203
Kansas City, MO 64127

Mail To:

Act in Time

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.

Heart Attack Warning Signs

A heart attack is a frightening event, and you probably don't want to think about it. But, if you learn the signs of a heart attack and what steps to take, you can save a life—maybe your own.

What are the signs of a heart attack? Many people think a heart attack is sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different ones.

It's vital that everyone learn the warning signs of a heart attack. Heart attack symptoms vary widely but often include chest pain or pressure, shortness of breath, nausea, or anxiety. Women's symptoms may be different from men's symptoms. The Mayo Clinic says "pay attention to these conditions":

Typical heart attack symptoms

Symptom	Description
Chest discomfort or pain	This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in the center of your chest lasting more than a few minutes. This discomfort may come and go.
Upper body pain	Pain or discomfort may spread beyond your chest to your shoulders, arms, back, neck, teeth or jaw. You may have upper body pain with no chest discomfort.
Stomach pain	Pain may extend downward into your abdominal area and may feel like heartburn.
Shortness of breath	You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort.
Anxiety	You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.
Lightheadedness	You may feel dizzy or feel like you might pass out.
Sweating	You may suddenly break into a sweat with cold, clammy skin.
Nausea and vomiting	You may feel sick to your stomach or vomit.

Heart attack symptoms vary widely. The symptoms you experience may be different from those experienced by a relative or neighbor. For instance, you may have only minor chest pain while someone else has excruciating pain. In addition, women often have different heart attack symptoms than do men.

One thing applies to everyone, though: If you suspect you're having a heart attack, call for emergency medical help immediately. Don't waste time trying to diagnose the symptoms yourself.

Learn these signs. Even though not all of the signs occur in every heart attack or stroke, you should not take a chance. You need to get help fast! Fast action can save lives.

WHAT SHOULD I DO IF I THINK I AM HAVING A HEART ATTACK?

DIAL 9-1-1 FAST

If you suspect that you or someone around you is having a heart attack, it is essential that you get professional help as soon as possible. Heart attack and stroke are life-and-death emergencies—every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 so you can get rapid care right on the spot. If you take someone to a hospital yourself, you may be losing precious time that you can't afford to lose. EMTs and ambulance personnel are trained to give the right care, at the right time, in the right place.

The American Academy of Family Physicians says that while you wait for the ambulance to come, chew one regular tablet of aspirin. But don't take the aspirin if you're allergic to aspirin. They also suggest that if you can, go to a hospital with advanced care facilities for people with heart attacks. In these medical centers, the latest heart attack technology is available 24 hours a day. This technology includes rapid thrombolysis (breaking up clots using medicines called "clot busters"), cardiac catheterization and angioplasty. Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay—get help right away!

**THE IMPORTANT THING IS NOT TO DELAY!
KNOW THE SIGNS AND SYMPTOMS OF A HEART ATTACK AND
CALL 9-1-1 IMMEDIATELY**

YOUR LIFE AND THE LIVES OF THOSE YOU LOVE DEPEND ON YOU!!

**Go to <http://www.americanheart.org/presenter.jhtml?identifier=3053>,
<http://www.nhlbi.nih.gov/actintime/index.htm>,
<http://www.mayoclinic.com/health/heart-attack-symptoms/HB00054> or
<http://familydoctor.org/online/famdocen/home/common/heartdisease/basics/291.html#ArticleParsysMiddleColumn0002>
for more information**