

WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **HEART HEALTH MONTH**

In 2019, The Starr Group staff participated in the American Heart Association Milwaukee Heart Walk. They were involved in the organizing and planning stages, too. Thanks to the Executive Committee, the Milwaukee AHA staff, and thousands of volunteers

donors and walkers, the Milwaukee area realized an all-time fundraising record of over \$1,400,000. Because of their efforts, the AHA is able to create awareness for heart disease and stroke and fund research.

In 2017, the leading cause of death in Wisconsin was Heart Disease and Stroke was number 5.¹ Everyone is at risk of developing heart disease and stroke, which is why The Starr Group supports the American Heart Association in their work to create a culture of health within our community.



Did you know?



- **SOCIAL DETERMINANTS.** Research has shown that zip code has just as big of an impact on health as your genetic code. In Milwaukee, there is a life expectancy gap of **12 years** between postal zip codes.²
- **QUALITY OF LIFE.** In 1991, life expectancy in Wisconsin was 75 years. By 2012, life expectancy at birth increased to 80 years, and that the American Heart Association's work is making a difference.
- **POPULATION.** More than **795,000** people in the U.S. experience stroke each year. About 610,000 of these are first or new stroke events.³

- **ACTIVE LIVING & HEALTHY EATING.** Over the past few generations, physical activity has been removed from U.S. schools. Unhealthy foods are sold in larger portions at lower prices making it difficult for families to afford healthy foods and beverages.⁴
- **GOOD NEWS!** 10 percent of people who have a stroke recover completely, with 25 percent recovering with minor impairments.



Get involved!

5 WARNING SIGNS OF A STROKE ¹

- Sudden numbness or weakness in the face, arm or leg (especially on one side of the body).
- Sudden confusion or trouble speaking or understanding speech.
- Sudden vision problems in one or both eyes.
- Sudden difficulty walking or dizziness, loss of balance or problems with coordination.
- Severe headache with no known cause.



SUCCESSFUL STROKE RECOVERY ⁶

Successful stroke recovery depends on a number of factors, including

- How much damage the stroke caused;
- How soon recovery is started;
- How high your motivation is and how hard you work toward recovery;
- Your age at the time the stroke event occurred;
- Whether you have other medical problems that affect recovery.

The medical experts who help you rehabilitate can also affect how your recovery goes. The more skilled they are, the better your recovery may be. Support and encouragement from family and friends can also improve your outlook on the recovery process. Practicing rehabilitation exercises on a regular basis can increase your chances for a successful recovery.



7 Simple Ways to Protect Your



**Get
Active**



**Eat a
Heart
Healthy
Diet**



**Manage
Blood
Pressure**



**Maintain
a Healthy
Weight**



**Control
Cholesterol**



**Reduce
Blood
Sugar**



**Stop
Smoking
in all
Forms**

The risk of stroke and heart disease can be reduced startling with c two of these simple and inexpensive changes.⁶ We know. At The S Group, wellness and reducing risk is what we do!

1. **GET ACTIVE:** The daily habit of a physical activity such as walk with family and friends can lead to participation in charity walk or run. (Note: Join us for the Milwaukee Heart Walk in September)
2. **EAT BETTER:** The best way to fight cardiovascular disease is to eat heart-healthy meals and snacks with lots of veggies and fruit. You feel good and stay healthier longer.
3. **MANAGE BLOOD PRESSURE:** Reducing sodium and caffeine and limiting alcohol consumption can keep blood pressure within healthy ranges, while reducing strain on your heart, arteries, and kidneys. Practice relaxation techniques.
4. **LOSE WEIGHT:** Shedding unnecessary pounds, reduces the burden on heart, lungs, blood vessels and skeleton. Actively losing weight can lower your blood pressure, cholesterol and blood sugar!
5. **CONTROL CHOLESTEROL:** Eating foods rich in omega-3 fatty acids (fish) and increasing soluble fiber while reducing saturated fats and eliminating trans fats can control cholesterol, and give arteries a chance to remain clear of blockages.

6. **REDUCE BLOOD SUGAR:** Controlling intake of carbs, while increasing fiber and water consumption can naturally lower blood sugar levels. High levels of blood sugar can damage heart, kidneys and nerves.
7. **STOP SMOKING:** Tobacco smokers and vapers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.



Learn More!

1. Centers for Disease Control and Prevention; National Center for Health Statistics; Stats for the State of Wisconsin.
<https://www.cdc.gov/nchs/pressroom/states/wisconsin/wisconsin>
2. American Heart Association; <https://www.heart.org/en/affiliates/wisconsin/milwaukee>
3. National Stroke Association; <https://www.healthline.com/health/stroke/recovery>
4. American Heart Association; <https://www.heart.org/en/get-involved/advocate/state-issues>
5. WebMD; <https://www.webmd.com/stroke/news/20160513/5-wa-signs-of-stroke>
6. American Heart Association; <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>



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