

KWORDS *from* KWORCC

Heart Health

Heart disease affects 80 million Americans. Protecting your heart through regular health screenings, proper nutrition, fitness, and lifestyle choices is key to lowering your risk of becoming a statistic.

Heart Attacks

Coronary heart disease (CHD) is the leading cause of death for both men and women in the United States. CHD is caused by a narrowing of the coronary arteries that supply blood to the heart, and often results in a heart attack.

Each year, about 1.1 million Americans suffer a heart attack. About 460,000 of those heart attacks are fatal. About half of those deaths occur within 1 hour of the start of symptoms and before the person reaches the hospital.

Fortunately, everyone can take steps to protect their heart—and their life or that of someone else. The key is seeking medical care as soon as possible.

Who's At Risk?

Heart attacks strike both men and women. However, some persons are more likely than others to have a heart attack because of their “risk factors.” Risk factors are behaviors or conditions that increase the chance of a disease. Some of the risk factors for heart attack are beyond your control, but most can be modified to help you lower your risk of having a first, or repeat, heart attack.

Factors you cannot control

- ♦ Pre-existing coronary heart diseases, including a previous heart attack, a prior angioplasty or bypass surgery or angina
- ♦ Age-In men, the risk increases after age 45; in women, the risk increases after age 55.
- ♦ Family history of early heart disease—a father or brother diagnosed before age 55, or a mother or sister diagnosed before age 65.

Factors you can control

- ♦ Smoking.
- ♦ High blood pressure.
- ♦ High blood cholesterol.
- ♦ Overweight and obesity.
- ♦ Physical inactivity.
- ♦ Diabetes.



Risk factors do not add their effects in a simple way. Rather, they multiply each other's effects. So, *it is very important to prevent or control risk factors that can be modified.* If you have one or more of these factors, see your health care provider to find out how to reduce your risk of having a first or repeat heart attack.

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.

Women may not think they're at risk of having a heart attack—but they are.

It's vital that everyone learn the **warning signs of a heart attack.** These are:

- ♦ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few

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The KWORCC
Annual Meeting of Voting
Delegates starts at 5 PM
on Monday
November 16, 2009
at the Overland Park
Convention Center
in Overland Park, Kansas

700 SW Jackson • Suite 200
 Topeka, Kansas 66603
 Toll Free 1-877-357-1069
www.kworcc.com

CLAIMS REPORTING

For assistance with on-the-job injuries, contact IMA at 1-800-333-8913. Questions on claims should be directed to Susan May. All correspondence, bills or other documentation for your claims can be mailed to Susan's attention at: 8200 E 32nd Street North, Wichita, Kansas 67226.

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minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

- ♦ **Discomfort in other areas of the upper body.** This can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ♦ **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- ♦ **Other symptoms.** May include breaking out in a cold sweat, nausea or lightheadedness.

Learn the signs—but also remember: Even if you're not sure it's a heart attack, you should still have it checked out. Fast action can save lives—maybe your own.

Women and Heart Attack

If you're a woman, you may not believe you're as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men.

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure and congestive heart failure—making it all the more vital that they get proper treatment fast.

Women should learn the heart attack warning signs. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—five minutes at most—to call 9-1-1.

What You Can Do Today:

- ♦ Schedule an appointment with your doctor to get screened for heart disease risk factors including blood pressure, cholesterol, and glucose levels.

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Watch out for deer!

Its that time of year again, take extra precautions when driving at dusk and dawn. Here are a few tips to help keep you safe:

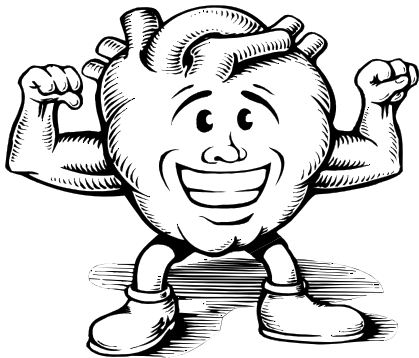
- ♦ Stay alert, always wear your seat belt and drive at a safe, sensible speed for conditions.
- ♦ Watch for the reflection of deer eyes and for deer silhouettes on the shoulder of the road.
- ♦ Do not rely exclusively on devices such as deer whistles, deer fences and reflectors to deter deer.
- ♦ When driving at night, use high-beam headlights when there is no opposing traffic. The high beams will illuminate the eyes of deer on or near a roadway.
- ♦ Brake firmly when you notice a deer in or near your path, *but stay in your lane.* Many serious accidents occur when drivers swerve to avoid a deer and hit other vehicles or lose control of their cars. Potentially, you will risk less injury by hitting the deer.



- ◆ Have a meeting with your department to educate everyone on what to do if you think you or someone else is suffering from a heart attack. Knowing what to look for and how to react can decrease the risk of serious disabilities or death.
- ◆ Encourage department members to schedule regular annual physicals, if your department does not already require them. They should speak with their doctors about family history, any concerns they have, and what steps they can take to lower their risk of heart disease.
- ◆ Ask a heart attack or stroke survivor from your community to come in to speak at your safety meeting about the importance of heart-health.
- ◆ Involve the whole family so that a healthy lifestyle goes beyond the workplace. Teach your children about the importance of starting a healthy lifestyle early in life, and set an example for your children or family. Use today to initiate the talk, prepare a healthy family meal together or participate in a family sporting activity.
- ◆ Incorporating small changes into every day can lead to big results. Take the stairs instead of the elevator; park in the spot at the back of the lot at the grocery store; replace fries with a salad; drink water at one meal instead of soda; take five minutes a day to think about things that you are grateful for; let someone in front of you in traffic. All of these easy activities help create a well-rounded lifestyle that will help keep you mentally and physically healthy.
- ◆ Increase your physical activity as well as that of your department by organizing a department sports team (such as softball) or a regular department physical activity (such as a running club).

Heart-Healthy Tips:

- ◆ If you smoke, take steps to quit.
- ◆ Schedule annual physicals with your doctor.
- ◆ Eat a heart-healthy diet, high in grains, fruits and vegetables.
- ◆ Participate in regular physical activity, such as running, biking, tennis, etc.
- ◆ Learn what a healthy weight is for your body, and take steps to reach and maintain that weight.



Emergency Equipment and Supplies for Your Car

Winter driving is almost here, it is time to check your car emergency kit and make sure it is well stocked.

An emergency situation on the road can arise at any time and you must be prepared. In addition to making sure you have the tune-up, a full tank of gas and fresh anti-freeze, you should carry the following items in your trunk and replenish after use:

- Snow shovel
- Scraper with a brush on one end
- Tow chain or strap
- Tire chains
- Flashlight (with extra batteries)
- Abrasive material (cat litter, sand, salt, or traction mats)
- Jumper cables
- Warning device (flares or reflective triangles)
- Brightly colored cloth to signal for help
- Empty coffee or similar type can containing candles
- Sleeping bags or blankets, ski caps, and mittens
- Compass
- Properly inflated spare tire, wheel wrench and tripod-type jack
- Shovel
- Extra cell phone batteries and cell phone charger
- Tool kit
- First aid kit
- Exterior windshield cleaner
- Wooden stick matches in a waterproof container
- Scissors and string/cord
- Non-perishable, high-energy foods like unsalted canned nuts, dried fruits, chocolate and hard candy

Risk Management Strategies for Kansas Employers

October 16, 2009
8:30 a.m. - 4:00 p.m.

Sponsored by the Kansas Chapter of PRIMA
(Public Risk Management Association)
The Cargill Learning Center
at the Sedgwick County Zoo
5555 Zoo Boulevard * Wichita, KS
Registration Deadline - October 1, 2009
<http://www.kansasprima.org/rmstrat.pdf>



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KWORCC's vendor booth
at the KAC Annual
Conference!*

Safety Video Library

Recomended fall/winter safety videos:

Chain Saw and Common Sense	G8
Driving Environment	G11
Flagging Safety	G119
Low Visibility Driving	G94
Safe Winter Driving	G95
Slips, Trips and Falls (DVD)	G114
Snow Plow	G25
Snow Removel Techniques	G125

Email Nicole at nicole@kworcc.com or give her a call at 877-357-1069 to order these or any of the many other helpful safety videos in our library today.

2009 Board Meeting Dates

- ✓ January 15th
- ✓ February 19th
- ✓ March 27th
- ✓ April 16th
- ✓ May 14th
- ✓ June 18th
- ✓ July 16th
- ✓ August 13th
- ✓ September 17th
- October 23rd
- November 16th – Annual Meeting
- December 10th