

TIMLEY TOPICS

Marion County Family and Consumer Sciences Newsletter

Spring 2016

WHAT IS EHAC?

Early Heart Attack Care (or EHAC) education asks you to learn the signs and symptoms of a heart attack so you can become an active bystander to save a life - even if it's yours. Why?

- Over 800,000 people die in the US every year from a heart attack
- On average, 50% of these patients displayed, but ignored, the warning signs

LEARN THE EARLY SIGNS & SYMPTOMS

Someone may experience any or all of these symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain increase until the victim collapses.

- Feeling of fullness or excessive fatigue
- Chest Pressure, squeezing, aching or burning
- Shortness of breath
- Back pain, nausea or anxiety
- Jaw pain
- Pain that travels down one or both arms

WHAT ARE THE RISK FACTORS?

These are the general risk factors. Discuss your risk for a heart attack with your doctor.

- Chest pain, pressure, burning, aching or tightness - it may come and go
- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes or other illnesses
- For women it can also include birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby

WHAT IS

THE DIFFERENCE?

MEN vs WOMEN

Heart attack symptoms can be different between men and women. Why does it matter?

Women are less likely to seek immediate medical care and are more likely to die.

• Men normally feel pain and numbness in the left arm or side of chest, but in women,

these symptoms may appear on the right side.

• Women may feel completely exhausted, drained, dizzy or nauseous.

• Women may feel upper back pain that travels up into their jaw.

• Women may think their stomach pain is the flu, heartburn or an ulcer.

WHAT ARE ATYPICAL PRESENTATIONS?

In an atypical presentation, the signs and symptoms are different. How? The patient may not complain about pain or pressure in the chest. Be alert for the following:

• A sharp or "knife-like" pain that occurs with coughing or breathing.

• Pain that spreads above the jawbone or into the lower body.

• Difficult or labored breathing.



SURVIVE. DON'T DRIVE. CALL 9-1-1

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Saint Patrick's Day: Did you know?

The very first St. Patrick's Day parade was not in Ireland. It was in New York City on March 17, 1762.

Corned beef and cabbage is a traditional St. Patrick's Day dish. In 2009, roughly 26.1 billion pounds of beef and 2.3 billion pounds of cabbage were produced in the US.



More than 100 St. Patrick's day parades are held across the United States. New York City & Boston are home to the largest celebrations.

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring.



According to the National Flea Market Association our country has over 1100 flea markets that provide opportunities for approximately 2.25 million vendors conducting over \$30 billion in sales annually. Flea Markets are visited by over 150 million customers each

year. Flea Markets contribute to the local, state, and federal economy through real estate, food, sales and use taxes.

Shopping flea markets can be a lot of fun but also a bit overwhelming. Here are a few tips to help make the best of your shopping experience.

Cash really is king. Most vendors prefer cash and even some do not accept credit cards. Bring small bills, you do not want to dicker over \$5 or \$10 dollars then pay with a \$50 bill.

If you see something you like but the price is a bit outside of your budget, leave an offer with your highest bid and phone number. Most companies do not lower their prices on the first day, but the best way to ask is 'Is this your best price?' or 'Can you do any better on this piece?' Also ask if the company will be discounting as the sale progresses.

Bargain gracefully. Typically the last day is the best day for bargains, but if you really want an item don't take a chance on the item still being there.

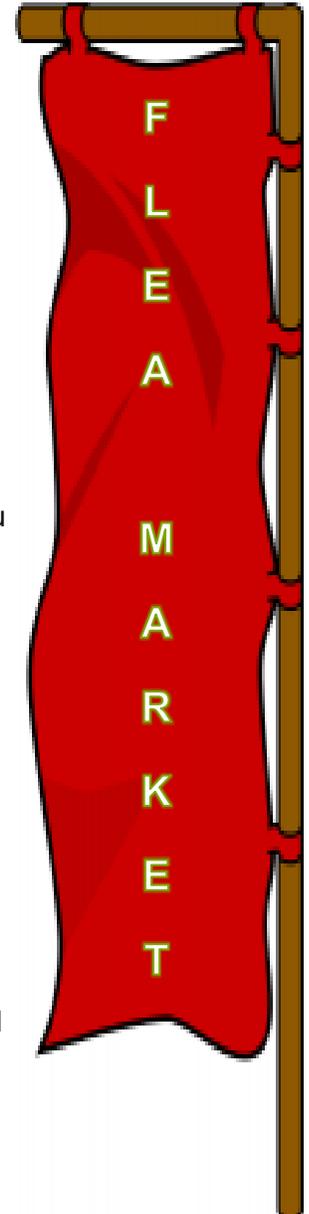
Spontaneous shopping is fun. However, if you are shopping for a specific space or piece, bring your measurements, fabric samples, paint chips, and a vehicle large enough to take your items home.

Come prepared to shop. Wear comfortable clothing and shoes that you don't mind getting a little dirty. Be prepared to dig through bins or boxes to find what you want. You might want to bring a light tote bag or backpack to carry small purchases and bring a bottle of water to help you stay hydrated.

Rethink the purpose of items. Sometimes while flea market shopping, you see things you like, but not for the purpose they were originally intended. Use your imagination.

Buyer beware. Items at flea markets, estate sales and yard sales are sold as-is, and are final sale. Be sure to thoroughly investigate what you are purchasing before buying it.

Get ready to shop. Who knows what treasures you may find. You are invited to join us on an educational tour to the Nashville Flea Market (see flyer). The Nashville Flea Market is considered one of the top 10 flea markets in the country. Approximately 800 to 1200 dealers and vendors from 30 states offer their wares to the buying public every month with an average of 2000 booths.



TENNESSEE

Five Reasons You May Need to Save More

1. ***You may be only one emergency away from financial trouble.***

One out of seven Americans is living from week to week with no emergency savings. Six of ten wouldn't be able to get by four months if they lost their jobs (Gallup, 2014).

2. ***You may need to save more for retirement.*** Only half of Americans say that they are somewhat confident that they have enough retirement savings (ebri.org, 2013). Almost a third will rely primarily on Social Security when they retire, and it typically replaces less than a third of your working income.

3. ***Your credit may be costing too much.*** Almost half of those who use credit cards carry balances from month to month, and pay an average of over 15% APR. (CreditCards.com, 2012) Individual Tennesseans have an average of \$4,669 in credit card debt per borrower (The Washington Post, 2013). Six out of ten college students in Tennessee graduate with student loan debt averaging \$24,585 for each borrower (the institute for college access & success, 2014). Credit is not only costly, it keeps you from investing for the future.

4. ***You may need to replenish your home equity.*** Paying off your home loan prior to retirement is an important financial goal for most households. Historically, working Americans had their largest investments in their homes, but over the last two decades, many eroded that investment by taking out second mortgages and home equity loans. Some saw the market value of their home fall as well. One in nine Tennessee homeowners has negative equity in their home.

5. ***You may need to save for future purchases.*** Whether you need a new washing machine or are planning a luxury cruise, it pays to pay cash. Savvy consumers no longer fall for the "buy now, pay later" line that got so many in trouble before and during the economic crisis. They understand that buying only what you can afford when you can afford to pay cash is the best policy.

Food Preservation Workshop

Learn basic food preservation methods that are *safe* and best preserve nutrients, flavors and colors.

Cost:

\$10.00 includes UT Canning and Freezing publications.

June 14th from 5:30p - 7:30p

Registration Deadline:

June 3, 2016



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