

♥ Health Minute
The calm during the storm

Your pulse quickens as you hear about another storm headed in our direction. That driver in front of you on 41 is going way too slow. Stress surrounds us every day. High levels of stress hormones raise your heart rate, blood pressure, triglycerides, and cholesterol. To keep your heart healthy, it is important to learn to control and manage stress. Being prepared for emergencies is one way to cope with stressful situations. Below is a list of ideas that can keep your heart healthy through the roughest of storms.

DO	DON'T
<ul style="list-style-type: none">♥ Have at least two weeks' supply of prescription medications on hand♥ Know where safe shelters are♥ Have copies of your medical records to take with you♥ Drink plenty of water♥ Notify a relative and your doctor's office if you evacuate	<ul style="list-style-type: none">♥ Don't try to ride it out – plan to evacuate♥ Don't wait for the worst – seek shelter while conditions are safe♥ Don't assume help will arrive the minute the storm has passed. Getting help to everyone takes time.