

Grand Chapter of Washington



Order of the Eastern Star

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HEART HEALTHY FEBRUARY

"Heart Month 2025 is a month-long initiative focused on heart health and cardiovascular disease prevention." The first Friday in February (Feb 7) is Heart Awareness Day, so wear your RED!

Heart Disease is the leading cause of death in the U.S. and largely preventable.

"Left uncontrolled, it can lead to heart attacks, strokes, chronic kidney disease, heart failure and dementia."

Love yourself and your family. Get those screenings for blood pressure, blood sugar, cholesterol, and body mass index (BMI).

OES annually donates to the American Heart Association. This year we are asking you to "Know Your Numbers."

Have a member bring a Blood Pressure machine and oxygen meter to a meeting. Follow standard procedures for taking your BP. (See attached article for procedures and blood pressure stages) First relax, have both feet flat on the floor, do not talk and secure the cuff at heart level. The resulting two numbers are your systolic and diastolic numbers. (See your doctor when elevated numbers are indicated.) Add these two numbers together for your personal donation amount. Ideally, the total will be \$2.00 (or below). Add your oxygen number and your total should be below \$3.00. A donation form is

available for personal or chapter donations on the OES Website.

Washington Eastern Star loves its members and wants you in our future!

Have A healthy & Happy New Year.

Lovingly submitted,

Kathi Dewey, Heart Project Chair

Lindy Sue Bretsen

Alexa Donley

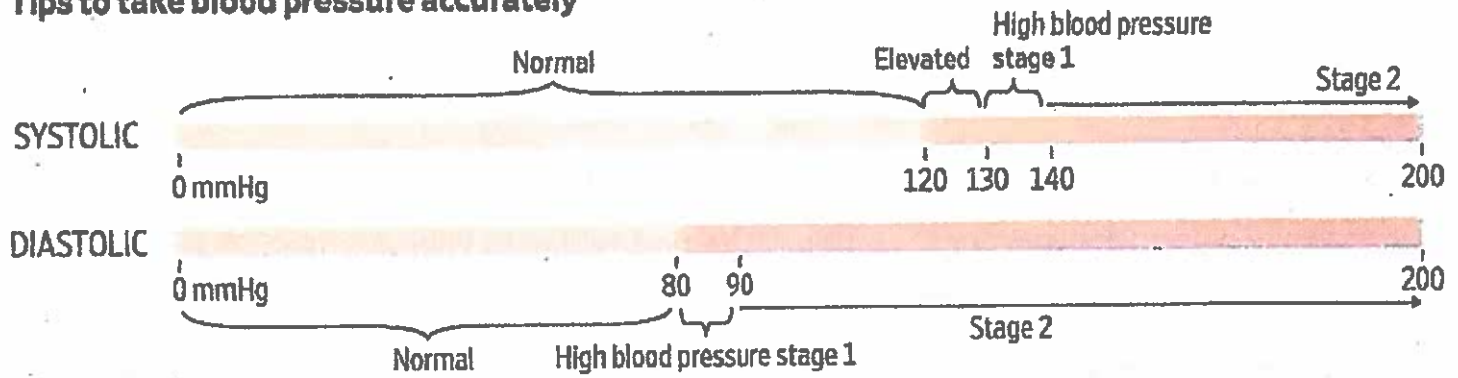


Approved:

Eileen K. Winstead

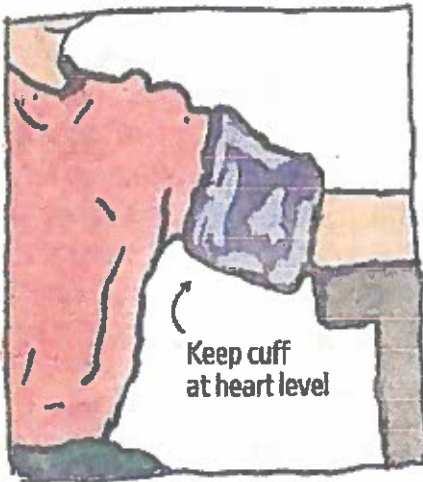
Worthy Grand Matron

Tips to take blood pressure accurately



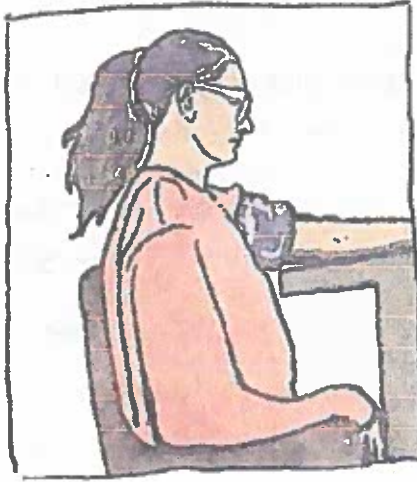
Use correct-sized cuff

Using cuff too small: +5-20 mmHg



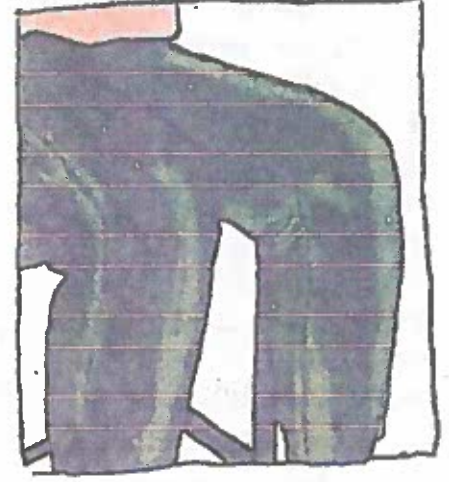
Sit upright, support back

Not doing so: +5 mmHg



Keep legs uncrossed

Not doing so: +3-15 mmHg



Keep feet flat on the floor

Not doing so: +5 mmHg



Don't talk

Talking: +4-19 mmHg



Don't drink caffeine*

Caffeine: +3-15 mmHg



*Within 30 minutes of measurement

Note: mmHg = millimeters of mercury, a measure of arterial pressure. Increase in mmHg applies to systolic and diastolic BP.

Source: American Heart Association and American College of Cardiology

ELIZAVETA GALKINA/WSJ

Doctors, Patients Often Take Blood Pressure Inaccurately