Don’t Let Snow Shoveling Give You a Heart Attack

While shoveling isn’t dangerous for many people, certain people are at higher risk. The American Heart Association (AHA) recommends that people should check with a doctor first if they don’t get regular exercise, have a medical condition or are middle-aged or older.

If you must shovel, know the symptoms of a heart attack. If you are concerned that you may be having a heart attack, you should not hesitate to seek medical treatment. Call 911 or head directly to the closest emergency room. Shoveling snow isn’t mere exercise. The physical exertion of shoveling paired with cold temperatures increases the heart’s workload.

Here are some tips for keeping the heart safe when shoveling snow:
- Give yourself a break. Take frequent breaks for avoid overstressing your heart.
- Eat lightly before shoveling.
- Use a small shovel. It is safer to lift smaller amounts.
- When possible, simply push the snow.
- Don’t drink alcohol before or after shoveling.
- Consider using a snow blower instead of a shovel.
- To prevent hyperthermia, dress in layers of warm clothing and wear a hat.
- If you’re out of shape or worried about your heart, hire someone to do snow removal for you.
**Greater Wenatchee Mended Hearts**  
P.O. Box 3231, Wenatchee, WA 98807  
Phone: (509) 393-4768  
Email: jancripemh91@nwi.net  
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Editor—Ann Diede

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**To Join Mended Hearts**  
Family dues are $45/year and  
Individual dues are $30/year.  
For more information, call Chris or  
Chuck Phelps, Membership Chair-  
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membership91@nwi.net

**January Birthdays**  
09 Fran AAMODT  
21 Ann DIEDE  
21 Brian FUSON  
23 Sharen SLEATER

**Central Washington Hospital**  
Cardiac Rehabilitation Community Education Classes  
(Held at Cardiac Rehab  
Every Monday at Noon)  
Jan 7.....Heart Healthy Nutrition  
Jan 14.....Living with Heart Disease  
Jan 21...Cardiology Q & A  
Jan 28....Benefits of Exercise  
Feb 4......Home Exercise Programs  
Call 509-433-3171 for more information.

**Visitor Program Statistics**  
For November 2018  
NOV  TOTAL  YTD  
Patients Visited       30   387  
Family Only Visits       0    0  
Home Visits            1    1  
Phone Visits          3    3  
Total Visits           45   648  
Heart Guides           16  

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**Visitors:**  
Gene ANDERSON  
Bob & Jan CRIPE  
Dominick FERRARO  
Nikki JOHNSON

**Newsletter Publication**  
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Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and others considering membership.