

Women and Heart Disease

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A heart attack is the number one killer of American women. Women account for approximately 247,000 of the more than 520,000 people who die from a heart attack each year. And more than 90,000 women die each year of stroke. By comparison, about 40,500 women die each year from breast cancer; about 41,600 from lung cancer.

On a larger scale, all heart and blood vessel diseases combined claim the lives of nearly 500,000 women each year, compared with fewer than 220,000 for all forms of cancer.

While it is true that more men have heart attacks than women and men have them earlier in life, women who have heart attacks are twice as likely to die from them within the first few weeks.

The good news is that Americans are making remarkable progress in the fight against heart attack and stroke. The death rates for coronary heart disease and stroke have declined.

A heart attack occurs when the supply of blood to part of the heart muscle itself is severely reduced or stopped. This happens because one or more of the coronary (heart) arteries is blocked. The muscle cells in that area of the heart can suffer permanent damage or die, depending on how long the blood supply is cut off.

There are certain risk factors for heart disease that apply to both men and women - lifestyle habits, family history and personal characteristics. Some of these risk factors, however, present unique considerations for women.

Age: The older you get, the more likely you are to develop heart disease.

Sex: More men develop heart disease and develop it earlier than women, but women narrow the gap starting after menopause.

Race: Black Americans have a greater risk of heart disease than white Americans - in large part due to higher average blood pressure levels.

Family History: If your close relatives have had heart disease, you are more likely to develop it.

There are also other factors that contribute to heart disease, including smoking, high blood pressure, high blood cholesterol, high triglycerides levels, diabetes, obesity, oral contraceptives, alcohol and stress. Discuss these as well as your other risk factors with your personal physician as a part of your regular check-up. For more information, contact the Extension Office at 256-2403.

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TOPS

(Take off Pounds Sensibly)
TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. For more info, call 1-800-932-TOPS or locally 758-4047.

Bookmobile Schedule
Mon., July 31st: Scaffold Cane, Disputanta, Anglin Falls, Clear Creek, Wildie.
Tues., Aug. 1st: Buffalo, Castle Village, Brodhead Adult Daycare, Negro Creek.
Wed., Aug. 2nd: Ottawa and Bee Lick.

Kiwanis Club
The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Marine Corps League
Bluegrass Chapter 1012 of the Marine Corps League meets every fourth Thursday of the month at the Igloo Club at the Bluegrass Army Depot. For more info, call Jack Dimer at 369-7310 or Nathan Seals at 256-0741.

JobStart
Can't find a job? Need new skills? JobStart, a job skills training program, can help. For more info, call Jennifer at 256-9612.

VA Rep Here
VA representative will be at the Rockcastle County Courthouse the first and third Mondays of each month behind County Judge/Executive's office from 9 a.m. to 2 p.m.

TOPS
TOPS (Take off pounds sensibly). See Jane. See Jane gain weight. See Jane join TOPS. See Jane lose weight. Doesn't Jane look great. 1-800-932-TOPS or 256-9448 or 256-3633.

R.A.A.P. Meeting
Rockcastle Adoption Agency for Pets Inc. meet the first Sunday of each month at 2 p.m. Help build an animal shelter in Rockcastle County. Call Terry at 758-9202 or Vickie 256-5183 for directions.

RCHS SBDM
The RCHS SBDM Council will hold its regular monthly meetings on the first Tuesday of each month at 6 p.m. in the RCHS Conference room. A meeting will be held August 1 and all those interested are welcome.

Saddle Club
The Rockcastle County Saddle Club meets the first Monday of each

month at the clubhouse on Hwy. 1326 (old Brodhead Road) at 7 p.m. A potluck dinner is served. The directors meet the last Thursday of each month if called by the Saddle Club president. Questions? Comments? Call 758-4706

Closed
City Hall of Brodhead will be closed July 27th and July 28th.

Back to School Night
Brodhead Elementary will be having a back to school night August 10, 2000 from 4 to 7 p.m. Everyone joining PTA at this time will receive a free gift. Single membership is \$3 and joint membership is \$5. A special transportation orientation meeting will be held at 5 p.m. in the cafeteria for parents that pick up or drop off their children at BES. Due to the construction that will be on going this year it is very important that parents/guardians attend.

Class of 1990
Class of 1990 will hold a meeting on July 31st at 7 p.m. at Burdette Law Office. Anyone wanting to help is invited to attend. We still need some addresses.

RCMS PTG
There will be a meeting of the RCMS Parent-Teacher Group at 5 p.m., Thursday, July 27th at the Rockcastle County Middle School. All officers and parents/guardians of RCMS students are invited to attend. Please be prepared to present and discuss ideas concerning fund raisers and open house activities.

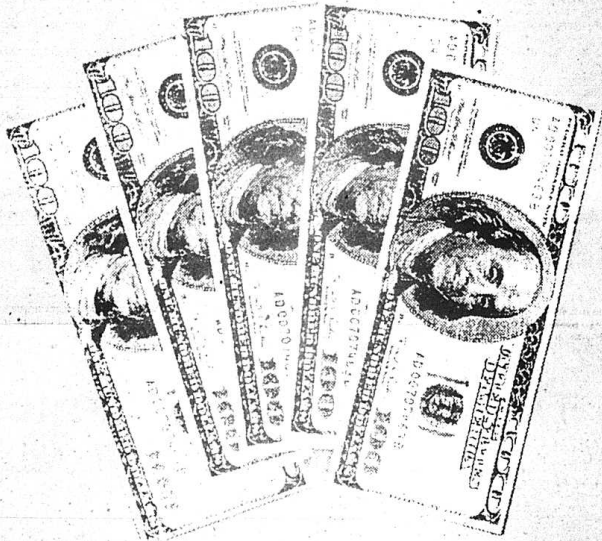
Candidate Notice
Any candidate who wishes to file for the November General election must file at the county clerk's office by August 8, 2000 at 4 p.m. Positions on the ballot will be school board Division 2, Division 4 and Division 5, and also city council for Brodhead, Livingston and Mt. Vernon.

Mt. Vernon Council
The council meeting for August 7, 2000 has been canceled and is rescheduled for August 14, 2000 at 7 p.m.

Yard Sale Fundraiser
Rockcastle County Youth and Teen Center, Friday and Saturday, rain or shine, 10 a.m. to 4 p.m. Lots of different items. \$0 to \$1.00.

Computer Classes
Computer classes for basic computer skills for Windows 95 and Excel, August 8th at the CAP Recreation Center. Call 256-5307, ask for Doris.

FIVE GOOD REASONS TO STAY IN SCHOOL



Did you know that the average high school graduate earns about \$6,000 more a year than the typical dropout? That's almost like getting a \$6,000 check the moment you graduate. And over the course of a lifetime, it's more than \$200,000!

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