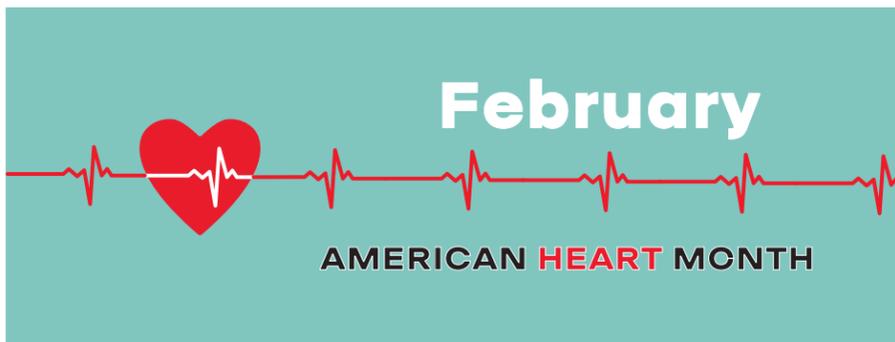


AMERICAN HEART MONTH

Every month of the year is used to focus our attention on various diseases and medical problems. February is no exception, but we are often distracted by Valentine's Day and Super Bowl Sunday and miss thinking about health issues. In 1963 President LBJ urged citizens to confront the problem of heart disease, and February was chosen as a focus point. National Snack Food Month, Hot Breakfast Month, Low Vision Awareness Month are just a few of the topics that also try to get our attention in the month of February. Possibly the most important "awareness" topic for February is American Heart Month.



Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. In 2023 almost 1 in every 4 deaths in the US was caused by heart disease. (1) High blood pressure is a leading cause of heart disease, and nearly half of US adults have high blood pressure. (2)

A recent NYT article (27 Jan 26) reminds us that heart disease often presents differently in women than it does in men. Women and men must both contend with hypertension, elevated cholesterol, diabetes, smoking, inactivity, and excess weight. But women also deal with the loss of protective estrogen at menopause, symptoms that are frequently different from men: not as 'crushing' or severe, and additional and different symptoms from men such as shortness of breath, heaviness in the chest, nausea, upper back pain and unusual fatigue. It is also true that health care professionals have dismissed women's symptoms as not being important, especially if they are not 'classic' or 'textbook' male symptoms.

What can we do to try to prevent death from heart disease?

1. Know your family history
2. Eat a heart-healthy diet (vegetables & fruit, whole grains, lean proteins, more fiber & less sugar and salt)
3. Get your weight into an acceptable range.
4. Be physically active (walking, cycling, swimming, any sport you enjoy).
5. Manage your cholesterol. Talk to your health care professional and make a plan.
6. Check your blood pressure. Most pharmacies offer a free BP check, and there are several home BP monitoring devices. Discuss with your health care professional which of these options is best for you.
7. Quit smoking.
8. If you are wondering if your symptoms, whatever they are, might be signaling a cardiac condition call 911 or go to the nearest medical facility.
9. Wear "RED" in February and support your favorite heart programs, especially those that are advocating for women's heart health.

Heart disease also has economic consequences. An AI overview states that "direct medical spending is estimated at over \$233 billion per year, with costs projected to quadruple by 2050 to nearly \$1.5 trillion due to population aging and increased prevalence of risk factors." This projection is just direct cost and does not include lost productivity.

1. National Center for Health Statistics. Multiple Cause of Death 2018-2023 on CDC WONDER Database.

2. <https://millionhearts.hhs.gov/data-reports/hypertension-prevalence.html>



Pick up a copy of
The Bow Times
at one these 28 locations!

- | | |
|------------------------------|----------------------------------|
| Baker Free Library | Hampton Inn |
| Blue Seal Feeds | Hopkinton Village Store |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irvings Circle K |
| Bow Town Offices | Johnson Golden Harvest |
| Chen Yang Li | Lakehouse Tavern |
| Colonial Village Supermarket | Merrimack Co. Savings Bank |
| Curios on the Common | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce | Pages Corner Store |
| Concord Food Co-Op | Riverside Pizza |
| Crust and Crumb | School Street Café |
| Dunbarton Town Office | South Street Market |
| Everyday Café | Sugar River Bank, Concord Hts. |
| Flanagan's South Ender Deli | Tucker's Restaurant |



SAVY

POOP PICKUP

We Scoop The Poop
So You Don't Have To

How It Works

Determine Frequency
Pick the frequency that fits your lifestyle: twice-weekly, weekly, twice-a-month, monthly, or a one-time cleanup.

Tell Us How Many Dogs
Let us know how many dogs you have and when your yard was last cleaned. We'll send you a fast, fair quote.

No Pressure – No Contracts!

Our Service to You
On your service day, our techs scoop all visible dog waste, double-bag it, and place it neatly in your outdoor trash bin. Our tools are sanitized with pet-safe, kennel-grade disinfectant after each job.

PROFESSIONAL PET WASTE REMOVAL SERVICE
Your Smart Solution to a Crappy Problem™
(603) 545-5934

www.SavvyPoopPickup.com | info@SavvyPoopPickup.com



Spring Cleanup season is almost here!

Remove months of built-up, pet waste before Spring Rush!

Secure Your Spring Cleanup Spot Today!

Google Business Review
5.0 ★★★★★

WHY SPRING CLEANUP MATTERS:

- As the snow melts, accumulated, unsightly pet waste is revealed.
- As temperatures rise, unpleasant odors become more noticeable.
- Your yard is a breeding ground for harmful bacteria & parasites.
- It matters because your kids and pets deserve a clean, safe yard!

Locally Owned and Operated in Bow | Licensed & Insured in New Hampshire
Reliable Service You Can Count On | Affordable Pricing