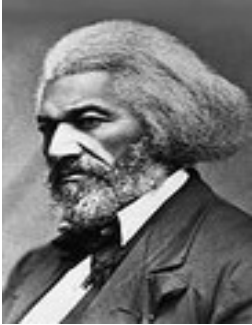


# Happy Valentine's Day



## Frederick Douglas and Heart Disease



Frederick Douglass was a former slave who became one of the great American anti-slavery leaders of the 1800s. Douglass was born into slavery in Maryland but in 1838, at age 20, he escaped to freedom in New

York. A few years later he went to work for abolitionist William Lloyd Garrison, travelling and speaking on behalf of Garrison's paper *The Liberator*. Douglass published his memoir *Narrative of the Life of Frederick Douglass, an American Slave* in 1845. Eloquent, smart and determined, Douglass gained fame as a speaker, began his own anti-slavery publications and became a 'conductor' on the Underground Railroad. In later years he became a personal friend of Abraham Lincoln and helped persuade Lincoln to issue the Emancipation Proclamation. He also was a strong supporter of women's rights. He is often described as the founder of the American civil rights movement.. On February 20, 1895, after attending a meeting for the National Council of Women in Washington, D.C., Frederick Douglass returned home and died of a massive heart attack.

### BLACKS AND HEART DISEASE

- 50% of Blacks between the ages of 40 and 59 years of age have hypertension, while only 30% of Whites in the same age group suffer from the ailment.
- The prevalence rate of congestive heart failure is 2% among Blacks and Whites; however, among those 60 years and older, the rate is 9% among Blacks and 6% among Whites.
- The overall prevalence of stroke is higher among Blacks than Whites.

### WHAT IS A HEART ATTACK?

A heart attack occurs when the supply of blood and oxygen to an area of heart muscle is blocked. Often, this blockage leads to arrhythmias (irregular heartbeat or rhythm) that cause a severe decrease in the pumping function of the heart and may bring about sudden death. If the blockage is not treated within a few hours, the affected heart muscle will die and be replaced by scar tissue. A heart attack is a life-threatening event. Everyone should know the warning signs of a heart attack and how to get emergency help. Many people suffer permanent damage to their hearts or die because they do not get help immediately.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A HEART ATTACK?

**The warning signs and symptoms of a heart attack can include:**

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain. Heart attack pain can sometimes feel like indigestion or heartburn.
- **Discomfort in other areas of the upper body.** Can include pain, discomfort, or numbness in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- **Other symptoms.** May include breaking out in a cold sweat, having nausea and vomiting, or feeling lightheaded or dizzy. Signs and symptoms vary from person to person. In fact, if you have a second heart attack, your symptoms may not be the same as for the first heart attack. Some people

have no symptoms. This is called a "silent" heart attack. The symptoms of angina can be similar to those of a heart attack. If you have angina and notice a change or a worsening of your symptoms, talk with your doctor right away.

**Know the warning signs of a heart attack so you can act fast to get treatment.** Many heart attack victims wait 2 hours or more after their symptoms begin before they seek medical help. This delay can result in death or lasting heart damage. **If you think you may be having a heart attack, or if your angina pain does not go away as usual when you take your angina medicine as directed, call 9-1-1 for help. You can begin to receive life-saving treatment in the ambulance on the way to an emergency room.**

### HOW CAN A HEART ATTACK BE PREVENTED?

Most heart attacks are caused by coronary artery disease (CAD). You can help prevent a heart attack by knowing about your risk factors for CAD and heart attack and taking action to lower your risks.

You can lower your risk of having a heart attack, even if you have already had a heart attack or are told that your chances of having a heart attack are high. To prevent a heart attack, you will most likely need to make lifestyle changes and make Black History month the healthiest month ever!!

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## BLACK HISTORY MILESTONES



**ABOLITION AND THE UNDERGROUND RAILROAD**  
Harriet Tubman helped hundreds escape from slavery



**JACKIE ROBINSON BREAKS COLOR BARRIER**  
Jackie Robinson integrated major league baseball in 1947



**I HAVE A DREAM**—Martin Luther King, Jr. delivered his famous speech during the 1963 March on Washington



**OBAMA BECOMES PRESIDENT**—On January 20, 2009 Barack Obama was sworn in as the 44th President of the United States

### *February 2010 Faith Fitness Class Schedule*

**"Bring a friend or Family member and come ready for a workout!"**

#### **Tuesday February 2, 2010**

6:00pm-6:30pm - The Choir Workout (Choirs Only)  
6:45pm-7:45pm - Low Impact Workout Andrea George  
7:45pm-8:15pm - The Fit Kids Workout Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Thursday February 4, 2010**

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George  
7:45pm-8:15pm - The Fit Kids Workout with Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Saturday February 6, 2010**

8:30am-9:00am- Walking Class/ Walk For Christ (Group Walk/ Narthex)  
9:00am-10:30am-Weights and Interval training with Dimitrius Glen  
Family Fitness Challenge Workout

#### **Tuesday February 9, 2010**

6:00pm-6:30pm - The Choir Workout (Choirs Only)  
6:45pm-7:45pm - Low Impact Workout Andrea George  
7:45pm-8:15pm - The Fit Kids Workout Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Thursday February 11, 2010**

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George  
7:45pm-8:15pm - The Fit Kids Workout with Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Saturday February 13, 2010**

8:30am-9:00am- Walking Class/ Walk For Christ (Group Walk/ Narthex)  
9:00am-10:30am-Camp Wait (weights and interval training) with Ashanta Lewis  
Family Fitness Challenge Workout

#### **Tuesday February 16, 2010**

6:00pm-6:30pm - The Choir Workout (Choirs Only)  
6:45pm-7:45pm - Low Impact Workout Andrea George  
7:45pm-8:15pm - The Fit Kids Workout Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Thursday February 18, 2010**

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George  
7:45pm-8:15pm - The Fit Kids Workout with Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Saturday February 20, 2010**

8:30am-9:00am- Walking Class/ Walk For Christ (Group Walk/ Narthex)  
9:00am-10:30am-Fitness Camp with Demitria Caston

#### **Tuesday February 23, 2010**

6:00pm-6:30pm - The Choir Workout (Choirs Only)  
6:45pm-7:45pm - Low Impact Workout Andrea George  
7:45pm-8:15pm - The Fit Kids Workout Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Thursday February 25, 2010**

6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George  
7:45pm-8:15pm - The Fit Kids Workout with Andrea George  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Saturday February 27, 2010**

8:30am-9:00am- Walking Class/ Walk For Christ (Group Walk/ Narthex)  
9:00am-10:30am-Family Fitness Challenge Workout with Demitria Caston/Dimitrius Glen