

Healthy Happenings

February 2022

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FAMILY & COMMUNITY HEALTH

Welcome to the February 2022 issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.



FEBRUARY IS...AMERICAN HEART MONTH

February is American Heart Month and we have a tasty recipe for you below that is certified Heart Healthy by the American Heart Association!



PAWS AT THE PARK - FEBRUARY 5, 2022

2022 will kick off with a burst of fresh air! We are bringing awareness to Responsible Pet Owner's Month! Come say hi to us at the Paws at the Park event for a tasty treat for you and your furry friend! Dog walk, picture contest, pet adoption and microchipping available!

RICH CHOCOLATE CAKE

by *Dinner Tonight Healthy Cooking School*

This rich chocolate cake recipe is made healthier by replacing fat with applesauce and Greek yogurt. It also makes a 9×9 inch pan, which means you don't have a large amount of leftovers tempting you for days! A dusting of powdered sugar replaces traditional cake icing for a lower fat and sugar option, while adding a pretty topping to the cake.

Click below for the Recipe:
[Rich Chocolate Cake](#)



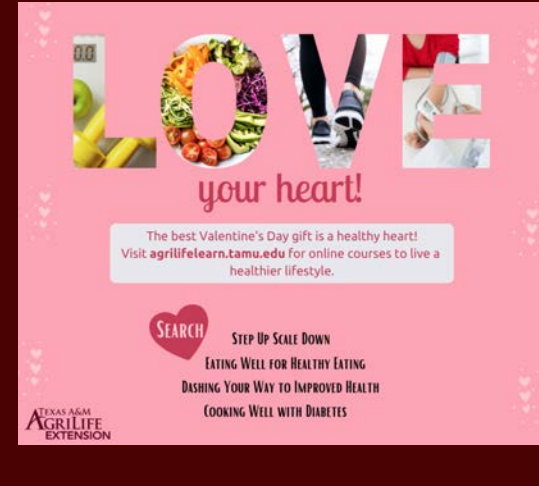
Recognize The Symptoms

The first step toward surviving a heart attack is learning to recognize the symptoms. The most common signs of heart attack in both women and men are:

- **Unusually heavy pressure on the chest, like there's a ton of weight on you.** Most heart attacks involve chest pain or discomfort in the center or left side of the chest. It usually lasts for more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain. It may even feel like heartburn indigestion.
- **Sharp upper body pain in the neck, back, and jaw.** This symptom can include pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of stomach (not below the belly button). Pain in the back, neck, or jaw is a more common heart attack symptom for women than it is for men.
- **Severe shortness of breath.** This symptom can come on suddenly. It may occur while you are at rest or with minimal physical activity. You may struggle to breathe or try taking deep breaths. Shortness of breath may start before or at the same time as chest pain or discomfort, and can even be your only symptom.
- **Cold sweats, and you know it's not menopause.** Unexplained or excessive sweating, or breaking out into a "cold sweat," can be a sign of heart attack.
- **Unusual or unexplained fatigue (tiredness).** Sudden and unusual tiredness or lack of energy is one of the most common symptoms of heart attack in women and one of the easiest to ignore. It can come on suddenly or be present for days. More than half of women having a heart attack experience muscle tiredness or weakness that is not related to exercise.
- **Unfamiliar dizziness or light-headedness.** Unlike in the movies, most heart attacks do not make you pass out right away. Instead, you may suddenly feel dizzy or light-headed.
- **Unexplained nausea (feeling sick to the stomach) or vomiting.** Women are twice as likely as men to experience nausea, vomiting, or indigestion during their heart attack. These feelings are often written off as having a less serious cause. Remember, nausea and vomiting may be signs that something is seriously wrong, especially if you have other symptoms.

If you have any one of these symptoms and it lasts for more than five minutes, call 9-1-1 for emergency medical care. Even if your symptoms go away in less than five minutes, call your doctor right away—it could be a sign that a heart attack is coming soon. Don't waste time trying home remedies or waiting for the feelings to pass on their own. Remember, quick treatment can save your life.

From Womenshealth.gov



The best Valentine's Day gift is a healthy heart!
Visit agrilifelearn.tamu.edu for online courses to live a healthier lifestyle.

SEARCH

- STEP UP SCALE DOWN
- EATING WELL FOR HEALTHY EATING
- DASHING YOUR WAY TO IMPROVED HEALTH
- COOKING WELL WITH DIABETES

TEXAS A&M
AGRI LIFE
EXTENSION

Upcoming Programs & Events

Coming up:

February 2022:

Feb 5: Paws at the Park, Bill Schupp Park, McAllen, Texas

Feb 21: President's Day (Extension Office Closed)

March 2022: National Nutrition Month

Please call or email for specific program needs.

Mental Health First Aid Certification
(Also available for groups on request)

HAPPY
valentine's
DAY



Dr. Andrea A. Valdez
County Extension Agent-Family &
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Texas A&M AgriLife Extension Service-
Hidalgo County

Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. If you have any questions or would like more information on our programs please contact me at 956-383-1026 or andrea.valdez@ag.tamu.edu.