

TADISO TIMES

ISSUE 188

December 2017

IMPORTANT NEWS.....

Upcoming holidays:

December 25, 2017- Christmas

January 1, 2018- New Year's Day

The hours will be 6am-1:45pm.

From all of Tadiso:

We wish you a safe and happy holiday season.



Take Note:

1. Complete your counseling early in the month. Don't wait until the end of the month or you may be here at 4:15pm on Christmas Eve or New Year's Eve.
2. Do not park in or drive through our neighbors parking lot. It is private property. We do not want to be a nuisance to our neighbors. Please be respectful. Stay out of the neighbors lot!!
3. Stop littering.

Violating these rules equals CASE CONFERENCE!

Get your flu shot ASAP!!

See your PCP or local pharmacy.



Influenza activity is on the rise across the U.S., with 10 states already reporting high levels of flu activity, according to the U.S. Centers for Disease Control and Prevention.

While getting the flu doesn't usually inspire dread among the otherwise healthy, the virus can have serious consequences for the frail. Every year, millions of people will be sickened by the seasonal flu and thousands in the U.S. will die from it.

REMINDERS

- Do not try to skip your services. A new group has been started for those dodging their counseling appointments. The group will begin at 4:15pm.
- During our construction, we do not want you to miss your counseling. In addition, we will not risk receiving a citation from the state. You will be receiving ALL OF YOUR SERVICES.

Suggestions for New Year's Eve:

Host a "drug and alcohol free" party.

Attend a meeting marathon.

Host a movie night.

Volunteer your time at a nursing home, shelter, or drop in center.

There will be a parade beginning at 8pm at the Convention Center.



Another family activity is at the Penn Avenue Place is the place to head for, where the Dollar bank Children's Fireworks display gets the whole event underway from 6.00pm.

New Year's Eve does not have to include drugs and alcohol.



Coronary Artery Disease (CAD)



Coronary artery disease (CAD) is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. You and your health care team may be able to help you reduce your risk for CAD.

Causes of CAD

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis.

Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD.

Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat, or arrhythmia, also can develop.

Diagnosing CAD

To find out your risk for CAD, your health care team may measure your blood pressure, cholesterol, and sugar levels. Being overweight, physical inactivity, unhealthy eating, and smoking tobacco are risk factors for CAD. A family history of heart disease also increases your risk for CAD. If you're at high risk for heart disease or already have symptoms, your doctor can use several tests to diagnose CAD.

Heart Healthy Foods:

Yogurt	Bananas	Yams
Avocado	Popcorn	Tomatoes
Grains	Green Tea	Broccoli
Sardines	Dark Chocolate	Berries
Nuts	Liver	Apples
Salmon	Oatmeal	Raisins



Coronary artery disease is caused by plaque buildup in the wall of the arteries that supply blood to the heart (called coronary arteries). Plaque is made up of cholesterol deposits. Plaque buildup causes the inside of the arteries to narrow over time. This process is called atherosclerosis.

HEART HEALTHY HOLIDAY TIPS

- * Eat in moderation— Watch for your portion size.
- * Get exercise— Exercise keeps your weight, cholesterol, and blood pressure in check.
- * Take time to relax— Take 20 minutes a day to do something enjoyable that does not include drug use.
- * Don't ignore symptoms— Some studies show an increase in cardiac events during the holidays. Don't dismiss unusual chest pains or palpitations.

