**Happy American Heart Month!**

Did you know? Heart disease is the leading cause of death in both men and women. This Valentine’s Day—and for the entire month of February—help increase awareness of a heart-healthy lifestyle!

**CDC Recommendations for Maintaining Heart Health**
- Maintain a healthy weight
- Exercise regularly
- Monitor your blood pressure
- Don’t smoke
- Limit alcohol use
- Have your cholesterol checked
- Manage your diabetes

**5 Top Super Foods for Heart Health**
1. Strawberries: full of antioxidants, strawberries help decrease inflammation and lower LDLs
2. Tomatoes: great source of antioxidants and potassium
3. Red Bell Peppers: contains capsaicin, flavonoids, and vitamin C, which helps prevent blood clot formation
4. Red Apples: great source of fiber, antioxidants and vitamin C
5. Red Cabbage: can help lower cholesterol and is another great source of Vitamin C

**Symptoms of Heart Attack**
- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath
- Nausea and vomiting

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**Student Spotlight**

Luther Students make a difference every day!

"I assigned [a student] an elderly, retired surgeon who had surgery to remove a brain tumor. He was having great difficulties with his recovery, both physical and emotional. He was very withdrawn. When I came into to administer medications with our very own Katherine Langston, he would hardly take the pills and his wife was clearly overwhelmed. She stood in the corner of the room, wiping silent tears from her face. I offered her a hand and some tissues and tried to help. She shared that they also had a daughter who was soon to be treated with a stem cell transplant for lymphoma. She was alone and very much overwhelmed. The patient was, also, to the point that he wouldn’t let Katherine do her assessment. Needless to say, I spent more time than anticipated "giving meds" in that room. It was a very brief interaction, but what was most rewarding was to see how Katherine rose to the challenge of helping the wife and providing the physical and emotional care for the patient needed. By the end of the shift, the wife was more relaxed and smiling and Katherine even managed a brief smile from the patient. That small gesture from him was the success in all of our work that day!"

- Professor Rowe-Neal

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References


**Watch website and email for next meeting information**

Further references available upon request.

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**NURSING IN THE NEWS**

Check out some of these interesting media articles!

**CVS Caremark phasing out tobacco sales**

CVS Caremark Pharmacy announced Wednesday that it will phase out tobacco sales over the next year, saying that profits from the sales are not worth the larger cost in public health.

*More at: http://blog.heart.org/cvs-phasing-out-tobacco-sales/**

**Fat, calories, sugar: Nutrition labels getting a makeover**

Food labels haven’t changed much since the FDA first began requiring producers to provide them. Until now!


**Food bug toxin may trigger multiple sclerosis**

New research presented at a scientific meeting suggests that a toxin produced by a common food bug may trigger multiple sclerosis.

*More at: http://www.medicalnewstoday.com/articles/271859.php*

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**SUDOKU**

Exercise your critical thinking skills!

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**Valentine’s for Nurses**

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**NCLEX Question!**

The community health nurse receives four telephone messages. After speaking to each client, which client will the nurse visit first?

A. A 21-year-old recovering from multiple injuries sustained in a motor vehicle accident experiencing neck and shoulder stiffness.

B. A 49-year-old complaining of epigastric discomfort and nausea 3 days after an open cholecystectomy.

C. A 54-year-old with a history of hypertension complaining of headache and blurred vision.

D. A 72-year-old with Parkinson disease who is suddenly unable to get out of bed.

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**A Look Ahead**

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Check out LSNA online:

www.luther.edu/lsna

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