



# Alfalfa County Cooperative Extension News

## *Strengthening Oklahoma Families*

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## Oklahoma leads the nation in heart disease

It always is good to be number one in something, such as first in your class, a championship sports team or collecting the most donations for a food drive. While Oklahomans have experienced a number of positive first-place rankings, there's something less positive the state is known for. According to the [Centers for Disease Control and Prevention](#), Oklahoma [ranks first in the number of deaths related to heart disease](#).

With February being National Heart Month, now is a good time to become informed about heart disease and how to prevent it.

What exactly is heart disease? This term refers to several types of heart conditions, said Diana Romano, [Oklahoma State University Extension](#) assistant specialist.

"The most common type of heart disease is coronary artery disease, which can cause a heart attack. Other types may involve your heart valves. In addition, the heart may not pump well and cause heart failure," Romano said. "Heart disease isn't just something that affects older people. In some cases,

people are born with heart disease."

Heart disease can occur when plaque builds up in the arteries, causing them



to narrow and reducing blood flow to the heart. While some factors that lead to heart disease are out of your control, there are several factors people can control, including smoking, eating an unhealthy diet and not getting enough exercise.

Romano said high cholesterol, high blood pressure or diabetes also can increase the risk of heart disease.

"Symptoms of heart disease vary, depending on the type of disease you're dealing with. Many people don't experience any signs until they have a heart attack," she said.

Signs of a heart attack can include:

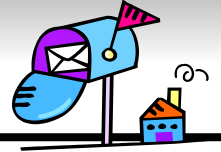
- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck or back.
- Nausea, light-headedness, weakness or cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

There are several medical tests your doctor can perform to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms or a stress test.

"Lifestyle changes can help lower your risk of heart disease. Be physically active and eat foods that are low in saturated fat, *trans* fat, sodium and added sugars," Romano said. "Your doctor can help you learn about the best ways to reduce your risk of heart disease."

OSU Extension offers research-based information about [health, nutrition and wellness on its website](#). To learn more about heart disease, visit the [American Heart Association website](#).

# OHCE News & Notes



## **“Houseplants & Succulents” April Leader Lesson Friday, March 19, 2021**



The educational program “Houseplants and Succulents” will be held Friday, March 19, at 2:00 pm at the Extension Office. The

presenter will be Susan Holliday, Alfalfa County FCS Extension Educator. The public, OHCE members and lesson leaders are

encouraged to attend this event and bring a friend.  
580-596-3131

## **Save the Dates**

### **February**

22-24 Alfalfa County Livestock Show  
25 Blood Drive  
26 OHCE Executive Committee Meeting  
@ 1:00 p.m.

### **March**

12 Lunchtime Learning Shamrock Sign & “Know Your Health Numbers”  
23 Alfalfa County OHCE Spring Association Meeting  
25 Virtual West District OHCE Meeting  
(**Registration Required**)

## **Blood Drive February 25, 2021**

We will be having a Blood Drive February 25th at the Alfalfa County Exhibit Building. From 10-6pm. Each group needs to donate \$20.00 to help pay expenses and provide a worker. Send \$20.00 to Alfalfa County OSU Extension.

### **Work Schedule**

*If your group is not going to send a worker please notify the extension office or the blood drive chairman*

10:00am – 12:00pm -----Domes-Ti-Kates

12:00am – 3:00pm -----Open for Volunteers

3:00pm – 6:00pm -----Farmerettes

Blood Drive Chairman, Farmerettes





## **Virtual West District OHCE Meeting**

### **Thursday March 25, 2021**



Plan to attend the Virtual West District OHCE Meeting March 25, 2021. Workshops will provide a variety of interesting speakers and topics. The host counties are working hard to insure you a great experience for the Virtual West OHCE District Meeting!



## **Remember OHCE Week**

### **May 2-8, 2021**



Be making plans for promoting OHCE Week, including recruiting new members! It can be as simple as inviting a neighbor or a friend from work to your next meeting. Encourage new friends to join our organization by explaining that our organization is educational and community minded, as well as social.

Each group is encouraged to promote OHCE WEEK with your own plans such as store front windows, posters, teas, or community events. Do your best to promote the OHCE Week!

**OHCE Week Reports are due in the Extension Office by May 21st!**



## **Flower Show**

**- Tentative Save the Date -**

**Wednesday, May 5, 2021**



Open to the public (must be a resident or living in the school district of Alfalfa County)

*Entries 7:30am – 9:30am*

*Judging 10:00am – 12:00pm*

*Dismissal of exhibits 3:00pm*

*Educational Programs are open to the public from - 1:00pm – 3:00pm*

More information will be coming.  
Each group is also asked to bring a door prize.

# LUNCHTIME LEARNING

WORKSHOPS  
12:00 - 1:00 P.M.



ALFALFA COUNTY  
EXTENSION

MARCH 12 - SHAMROCK SIGN &  
"KNOW YOUR HEALTH NUMBERS"

APRIL 16 - LETS TACO BOUT TACOS  
& "BENEFITS OF SLEEP"

MAY 14 - BOHO WALL HANGING  
& "LETS GET PHYSICAL"

JUNE 11 - SUMMER SALADS  
& "SNACKING SAVVY"

JULY 9 - WOODEN BEADED GARLAND  
& "YOUR HEALTHY BRAIN"

AUGUST 13 - NUTS ABOUT FUDGE  
& "EATING SMART"

*Workshops cost \$10 & include a light snack. All workshops will be held at the Alfalfa Co. Fairgrounds.*

*Please RSVP one week in advance by calling the Alfalfa County Extension Office @ (580)596-3131.*