

## Homeowners Association Update – February

### February is Renton Heart Month

February is Renton Heart Month and an important time for everyone to learn more about their own cardiovascular health and the benefits of prevention, early diagnosis, and treatment of heart disease. Renton Heart Month provides people with the tools and knowledge they need to take the next step toward better health and a longer life.

- 10<sup>th</sup> year of the campaign
- An important campaign to the city/department because heart disease is the leading cause of death in the United States.
- Heart disease affects men and women of every age and race.
- The purpose of Renton Heart Month is to increase public awareness of the importance of fighting cardiovascular disease.
- During the month firefighters will be out in the community at many locations providing free blood pressure and blood sugar screenings.
- Although family history can play a role in heart health, most of the factors that impact the heart directly are affected by habits and lifestyle choices.
- Good news - the chance of developing coronary heart disease can be reduced. Steps to take include:
  - Develop good eating habits
  - Be physically active - a minimum of 30 to 60 minutes of exercise each day
  - Take advantage of preventive screenings
- Talk to your health care professional about other ways you can reduce your risk such as:
  - Avoiding stress
  - Stopping now if you smoke
  - Limiting alcohol & salt intake
- Warning signs of a heart attack:
  - Chest discomfort
  - Discomfort in other areas of the upper body
  - Shortness of breath
  - Breaking out in a cold sweat, nausea or lightheadedness
- Warning signs of a stroke:
  - Numbness or weakness of the face, arm or leg, especially on one side of the body
  - Confusion, trouble speaking or understanding
  - Trouble seeing in one or both eyes
  - Severe headache with no known cause
- Learn how to perform cardiopulmonary resuscitation (CPR) and use an automatic external defibrillator (AED).

### **Significant Incidents:**

- On January 28 at 11:52pm, Renton Fire was dispatched to a 3 story structure fire on 140<sup>th</sup> Ave SE. Upon arrival it was discovered to be a fully involved fire. It was determined that the house was abandoned and the fire was caused by a mattress being ignited on the second floor of the house. Due to the cause of the fire the incident is being treated as an arson fire. There are two other houses immediately nearby that have been previously involved with arson fires and are also abandoned. The fire was contained to the house of origin and extinguished.