

## 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.

- 11<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 8<sup>th</sup>, Renton Fire responded to a 2 alarm fully involved house fire located on the 300 block of Factory Ave N. The fire spread to two nearby buildings. The original fire and fire that spread to the nearby buildings was contained and extinguished. The cause of the fire is still under investigation.
- On January 9<sup>th</sup>, Renton Fire responded to a multiple vehicle fires located on the 3400 block of East Valley Rd. The fire started as a single vehicle fire but spread to other vehicles at the scene. The fire was contained and extinguished. There were no injuries.