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A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - PREMIER ASSISTED LIVING COMMUNITIES - SEPTEMBER 2021

LIVE, LOVE

&

Sparkle



Knowledge is Powerful

by Karrie Klusken, Registered Nurse



Cardiovascular Disease

Peterson-KFF's Health Systems Tracker rates heart disease as the #1 cause of death in the United States. "most importantly it is responsible for considerable morbidity and a large burden of disability, particularly in the community", says BMJ Journals.

When talking about cardiovascular diseases, or CVD, there is good news, bad news, and then there is the silver lining! The good news is that scientists are working on ways to intervene with the heart's aging process through medicines and gene therapies! The bad news is that these therapies don't exist yet and may not for a while if ever. However, there is a silver lining... there are

scientifically proven ways to combat cardiovascular disease! The first step is understanding what it is and what risk factors you have.

Cardiovascular Disease is a general term used for conditions affecting the heart or blood vessels. There are many types of CVD, but in this article, I will discuss the top 4: Coronary Heart Disease, Strokes & Transient ischemic attack (TIAs), Peripheral arterial disease, and aortic disease.

1. "Coronary heart disease is the most common CVD and occurs when the flow of oxygen-rich blood to the heart muscle is blocked or reduced. This puts an increased ...

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CORNERSTONE RESIDENCE OF BAGLEY



Phyllis was feeling lucky with three BINGOs!!!

strain on the heart, and can lead to: angina – chest pain caused by restricted blood flow to the heart muscle; heart attacks – where the blood flow to the heart muscle is suddenly blocked; and heart failure – where the heart is unable to pump blood around the body properly.

2. A stroke is where the blood supply to part of the brain is cut off, which can cause brain damage and possibly death. A transient ischemic attack (also called a TIA or "mini-stroke") is similar, but the blood flow to the brain is only temporarily disrupted.

3. Peripheral arterial disease occurs when there's a blockage in the

arteries to the limbs, usually the legs. This can cause dull or cramping leg pain, which is worse when walking and gets better with rest, hair loss on the legs and feet, numbness or weakness in the legs, and persistent ulcers (open sores) on the feet and legs.

4. Aortic diseases are a group of conditions affecting the aorta. This is the largest blood vessel in the body, which carries blood from the heart to the rest of the body. One of most common aortic diseases is an aortic aneurysm, where the aorta becomes weakened and bulges outwards. This doesn't usually have any symptoms, but there's a chance it could burst and

cause life-threatening bleeding", according to the CDC

Now that we have covered what the top four CVDs are here is a list of risk factors: high blood pressure, smoking, high cholesterol, diabetes, inactivity, Being overweight or obese, family history, ethnic background, as well as age, gender, diet, and alcohol use. The more factors you have the more likely you will develop a CVD.

While we can't help our gender, race, family history or age we can eat healthy, exercise, not smoke or drink in excess, and manage any high blood pressure, and diabetes we may have.

Cornerstone is forever grateful for our amazing employees!

To show our appreciation we planned a couple fun giveaways in August.



The competition was fierce for the Beach Bag Give-Away! Everyone wanted the tote filled with beach goodies, even those who guessed how many sea shells & were way off... Karrie, its time to give the tote back to its rightful owner! See top right.



Stainless water bottles for each employee.



The rightful owner of the beach tote from CRB, Cerise Hartmann.



Myah Lossing was the winner from CRK. Three others won a tote as well.

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