

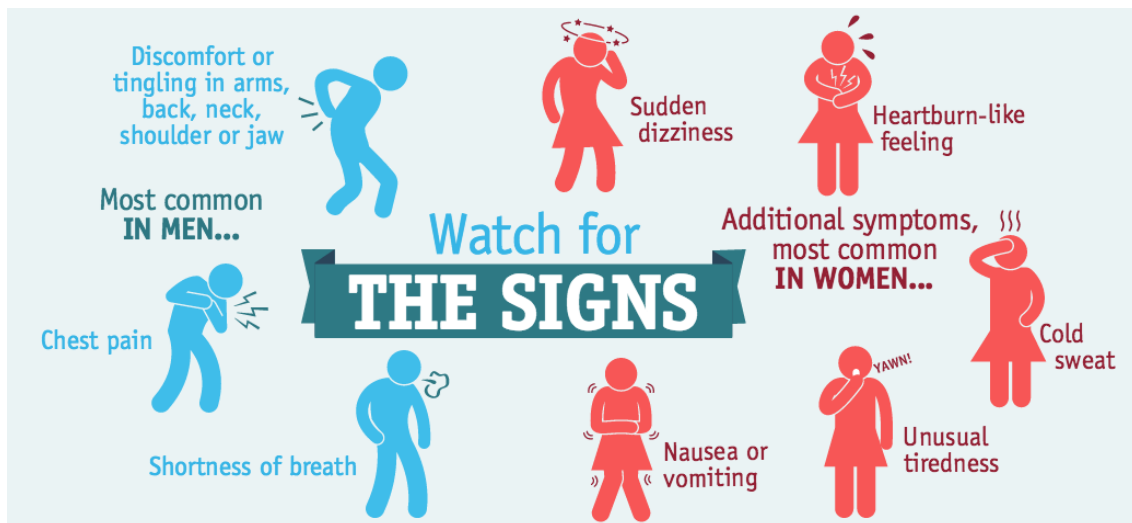


Heart Attack: Men vs. Women

Heart disease is the leading cause of death for both men and women in the United States. But, between men and women, the risks, symptoms and even the disease may be different.

Heart disease includes numerous problems, many of which are related to a process called atherosclerosis. This is a condition that cause plaque to build up in the walls of the arteries. This build up narrows the arteries, making it hard for the blood to flow through. If a clot forms, it can stop the blood flow. This can cause a heart attack or stroke. There are a few important signs that can help you recognize problems before they come to a head.

1. Chest pain
2. Shortness of breath
3. Unexplained pain in your upper torso, neck and jaw
4. Changes in your extremities such as pain, swelling, tingling, numbness, coldness, and weakness
5. Extreme fatigue
6. Irregular heartbeat that is faster or slower than usual.
7. Dizziness or fainting.



Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly. With mild pain or discomfort. Pay attention to your body – and call 911.

Eating Heart Healthy

A healthy diet and lifestyle are your best weapons to fight heart disease. At first, it may seem difficult to say goodbye old habits, but you don't have to make these changes all at once. Over time, making a number of small changes can add up to a big difference in your heart health. The keys to having a heart healthy diet are:

- Eat more fruits, vegetable, whole grains, and other high fiber foods
- Choose foods that are low in saturated fat, trans fat, and cholesterol
- Limit salt intake
- Eat more foods high in omega-3 fatty acids, such as fish
- Limit drinks and foods with added sugar

For more tips on healthy eating, heart-smart shopping and heart-healthy recipes, visit the [American Heart Association's Nutrition Center](#).

National Wear Red Day – Friday, February 7, 2020

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year the American Heart Association is asking that you wear red on **National Wear Red Day®**. Don't forget to make your heart health a priority and love your heart.

Live Better Louisiana

Earn your 2021 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a **site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

What do you do? Schedule your appointment online at www.TimeConfirm.com/OGB or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at info.groupbenefits.org, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2020** to get your preventive health checkup in order to be eligible for the 2021 wellness credit!

Live Better Louisiana Clinics	
Date	Location
02/03 - 07/2020	LDH - Office of Public Health (New Orleans)
	VFMC (Jackson)
	Probation and Parole (Shreveport)
	Pinecrest Supports and Services Center (Pineville)
	Caldwell PSB Central Office (Columbia)
	Probation and Parole (Amite)
	Caldwell Parish High School (Columbia)
02/10 – 14/2020	Vernon Parish School Board - Hicks HS (Leesville)
	DCFS (Gonzales)
	Claiborne Building (Baton Rouge)
	McNeese State University (Lake Charles)
	Harvey State Office Building (Harvey)
	Louisiana School for the Deaf and Visually Impaired (Baton Rouge)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	West Ridge Middle School - Ouachita Parish School Board (West Monroe)
	Franklinton Primary School Washington Parish (Franklinton)
	University of New Orleans (New Orleans)
02/17 – 22/2020	Delgado CC City Park (New Orleans)
	Commissioner of Insurance (Baton Rouge)
	Court of Appeals 5th Circuit (Gretna)
	Vernon Parish School Board - Pitkin HS (Pitkin)
	DCFS Economic Stability (New Orleans)
	Southwest Louisiana War Veterans Home (Jennings)
	East Baton Rouge Housing Authority (Baton Rouge)
	Louisiana Public Broadcasting (Baton Rouge)
	Sabine Parish School Board - Florien High School (Florien)
	Vernon Parish School Board - Vernon Middle School (Leesville)
02/24 - 28/2020	River Parishes Community College (Gonzales)
	Vernon Parish School Board - West Leesville & Optional School (Leesville)
	University of New Orleans (New Orleans)
	Student Service Center - Morehouse PSB (Bastrop)

Live Better Louisiana Health Capsule

Peak flu season usually happens between December and February. It's very important to take precautions so you can avoid getting sick and spreading illnesses to others. Blue Cross and Blue Shield of Louisiana Medical Director Dr. Larry Simon shares basic germ control tips: Wash your hands, don't share food and drink, and stay home if you're sick. And, if you haven't gotten your flu shot - it's not too late.



It is not too late to get a flu shot

Skinny Buffalo Chicken Dip



Skinny Buffalo Chicken Dip is perfect for game day or your next party! All the flavor of buffalo wings in a creamy, cheesy and lightened up dip.

Ingredients:

- 4 oz. low fat cream cheese, softened
- 1 cup plain nonfat Greek yogurt
- ½ c buffalo wing sauce
- 2 thinly sliced green onions
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 c shredded part skim mozzarella cheese, divided
- 1/3 c crumbled blue cheese, divided
- 2 cup cooked and shredded boneless skinless chicken breasts
- Carrots, celery and crackers for serving

Directions:

1. Preheat oven to 350 degrees and spray an 8x8 baking dish or 9" cast iron skillet with cooking spray.
2. In a large bowl, whisk together the softened cream cheese, yogurt, buffalo sauce, garlic powder and onion powder.
3. Fold in the green onions, chicken, ½ c shredded mozzarella cheese and 2 tbsp. blue cheese.
4. Pour the mixture into the baking dish or skillet and top with remaining mozzarella cheese. Bake for 30 minutes or until bubbly and golden on top.
5. Remove from oven and top with remaining blue cheese crumbles and more green onions if desired. Serve immediately with carrots, celery or crackers.