

AHEC team promotes awareness on heart disease, stroke

Team members of the Southeastern Area Health Education Center at the West Virginia School of Osteopathic Medicine in Lewisburg made heart disease and stroke their focus for February.

The group planned, designed and implemented a community health education awareness campaign through a public service announcement on Healthy People 2010 focusing on heart disease and stroke in recognition of February's designation as National Heart Month.

The team also researched and designed a "heart healthy checklist" to be printed in various newspapers throughout the month. The aim was to promote awareness and self-assessment on heart disease and stroke to encourage at-risk individuals to seek professional care.

The team included Greenbrier Valley Medical Center intern and WV-SOM graduate LaDonna Wolfe, D.O.; WVSOM medical students Jessica Henderson, Mathew Wood and Emily Redding; WVU pharmacy student Mike King; and WVU medical student Melissa Brooks.

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The PSA — featuring two local stroke survivors — titled "The Many Faces of Stroke" aired throughout the month on CBS af-

dailyLife!

- MONDAYHealth
- TUESDAYHome&Garden
- WEDNESDAYFood
- THURSDAYTravel
- FRIDAYFamily
- SATURDAYFaith&Values
- SUNDAYPotpourri

Southeastern Area Health Education Center is housed at the West Virginia School of Osteopathic Medicine, which was recently recognized as the top medical school in the world for graduates practicing medicine in rural areas.

filiate WVNS-59.

The team also provided 160 health care providers in Greenbrier County with a reference card from the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure



SUBMITTED PHOTO

The Southeastern AHEC (Area Health Education Center) team includes, from left, front row, Melissa Brooks, WVU medical student; Emily Redding, WVSOM medical student; LaDonna Wolfe, D.O., Greenbrier Valley Medical Center intern and graduate of WVSOM; Jessica Henderson, WVSOM medical student; Mathew

Wood, WVSOM medical student; Mike King, WVU pharmacy student; back row, Haylee Heinsberg, assistant director of Southeastern AHEC; Patricia Crawford, executive director of Southeastern AHEC; and Judy Koehler, Rural Health Education Partnership coordinator for Southeastern Education Consortium.

through the National Heart, Lung and Blood Institute.

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Southeastern AHEC promotes an educational pipeline by encouraging minority and underserved high school students to

pursue health professions and careers. It also works closely with the Health Sciences Technology Academy (HSTA) and the Region I Workforce Investment Board's Healthcare Consortium. SE AHEC provides continuing edu-

cation opportunities such as the first Basic Disaster Life Support (BDLS) training in West Virginia which was held at The Greenbrier and an upcoming Evidence Based Medicine training.

Southeastern AHEC is

HEART HEALTHY CHECKLIST

- Does this sound like you?
 - Have you been told that your blood pressure is 140/90 or higher?
 - Do you use any form of tobacco — cigarettes, cigars, pipe tobacco or smokeless tobacco?
 - Do you have diabetes, high blood sugar or have a family history of diabetes?
 - Have you been told you have high cholesterol?
 - Are you without a regular exercise program that includes at least 30 minutes of moderate activity on most days of the week?
 - Has anyone told you that you have heart disease or problems with your arteries or circulation?
 - Are you overweight?
 - Have you ever been diagnosed with sleep apnea?
- If you answered yes to any of these questions, you could be at increased risk of having a stroke. Make an appointment to speak with your health care provider about how you can lower your risk.

— Source: 2005 SE AHEC team, WVSOM

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— Bev Davis