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Heart

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internal medicine at Vidant Internal Medicine in Edenton, said there are two different types of stress - acute (short-term) stress is the body's instant response to any situation that seems demanding or dangerous. Chronic (long-term) stress is caused by stressful situations or events that last over a long period of time.

Stress can lead to high blood pressure, irregular heartbeat, heart attack and/or heart failure.

"Over time stress can affect not just your heart, but your entire body. It can affect your immune system where you're more likely to get sick more often, chronic illness, muscles and the stomach," Bonner said. "It could also affect your reproductive organs, lungs and skin."

Bonner also talked about stress and how it can affect the mind.

"Being under a great deal of stress can add to feelings of depression, such as sadness, increased crying, poor motivation, fatigue, etc.," Bonner said. "We can't always control the things that cause us stress, but we can control how we respond or how we cope. You have to find your own way of living with heart."

Living with heart was the theme for the heart health event this year.

After Bonner talked about stress, he introduced Sears who went more into detail about heart disease and living with it.

"Heart disease is a gut check; it changes everything you know," Sears said.

Sears is a professor of psychology and cardiovascular sciences at East Carolina University. He said heart disease is tricky, because a long time ago when someone had heart disease, they didn't know how to cope with it, so it took their life. Sears said the goal of his presentation was for everyone to walk away with one new strategy on how to cope with heart disease.

"Living with heart means full engagement of your mind and body to live life fully," Sears said. "Preventing heart problems or recovering from heart issues takes deliberate and strategic steps."

Sears listed some mind strategies when dealing with the heart, one being to check stress level regularly to catch distress early.

"Identifying early distress can allow you to change course and manage it before it gets out of control," Sears said.

Other mind strategies are acknowledging changes as challenges and develop life change tolerance, engage in goal setting and activate positive thinking.

"The power of positive thinking involves realistically evaluating the events of life and choosing to emphasize the desirable and valuable aspects of the world around us," Sears said.

Sears also listed body strategies when dealing with the heart.

"Plan some pleasant events," Sears said. "To break the cycle of stress and distress, make and follow a plan of pleasant and peaceful activities."

Other body strategies are to maintain physical activity level, get plenty of sleep and to relax and take care of yourself.

"Involving loved ones can also be an important part of a wellness plan," Sears added. "We all have limited time, so how we spend time with others can be important."

Sears said that coping with heart disease requires a toolbox of strategies. The more strategies someone has the more successful they will be. He listed five strategies that will help people cope. He called it a 'coping line-up.' The line-up is - outlook, support, action, knowledge and stress management.

The first of that line-up is outlook, which is about survivorship. Sears said a shift from victim to survivor reduces stress, and that people should take pride from their scars. The next step is social support. Sears asked people to consider who their lifelines were, the people on whom they can call in times of need. Sears said it's important for everyone to have three lifelines.

"Lifelines can be anyone, a friend, a relative, a medical professional, a pastor," Sears said. "Supportive communication requires a RING plan (reassure, instill hope, normalize and go plan)."

The third step in coping is to take action. Sears said it is important to do what you love.

"Identify activities you love and find time to fit them into your schedule," Sears said.

The next part of coping is to be knowledgeable about the disease.

"Knowledge alone doesn't make change. You have to engage your mind and your actions and understand how you body and mind can live with heart disease and adapt," Sears said.

The final step in coping, according to Sears, is stress management. He said this step is about focusing on coping and to tolerate stress, to recognize victories and re-engage.

"Every change leads to more changes. Start coping by making small changes in small ways," Sears said.

Sears closed out by telling the audience that the quality of life is an achievement, not an entitlement.

All citizens who participated in the heart health event were given a goodie bag from the hospital and a plethora of information and take-home pamphlets.



CONTRIBUTED PHOTO

The Windsor High School Class of 1929, which included the ring's owner - Julia Lawrence.

Found

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We did a lot of research and made a book of the years of the school," added Warlick.

This book contained class pictures of the graduating classes from the school.

The class of 1929's picture was

in the book.

The ring's owner was Julia Lawrence, a 1929 graduate of Windsor High School.

Lawrence has a daughter, Cornelia Asbell, who currently resides in Florida.

"She (Asbell) was just tickled," said Warlick.

Corprew was planning to ship the ring from Texas to Asbell in Florida last Friday.

"I remember him (Corprew) trying to find the owner of the ring back then, and the funny thing is, the daughter was only three classes behind him," Warlick added.

Bertie Health Department slates clinics

WINDSOR - The Bertie County Health Department has slated its clinics schedule.

They include the following dates:

Wednesday, Feb. 17
Bertie: New Prenatal-PM, General, WIC-All Day
Thursday, Feb. 18
Bertie: Adult Health-AM,

General, WIC
Friday, Feb. 19
Bertie: General

Monday, Feb. 22
Bertie: Women's Health Services-All Day, General

Tuesday, Feb. 23
Bertie: Child Health-PM, General, WIC

Wednesday, Feb. 24

Bertie: General, WIC-All Day, DR. Prenatal-PM

Thursday, Feb. 25
Bertie: General

Friday, Feb. 26
Bertie: General, Pediatric Primary Care-AM

Monday, Feb. 29
Bertie: General, DEPO-PM.

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