Do you know that heart disease is the number one killer of women? Do you know that heart disease kills more women than all forms of cancer combined? Do you know that women present different heart disease symptoms than men?

Friday, February 3, 2012, is National Wear Red Day. Americans nationwide will wear red to show their support for women’s heart health and promote awareness of heart disease as the #1 killer of women. When left untreated, heart disease can result in serious complications which can permanently limit the quality of life through damage to the heart.

Heart disease is a progressive disease developing over years and results in the heart not getting enough nutrients from decreased blood flow. Heart disease can start at a young age. There are different forms of heart disease; however, the most common types are preventable.

Prevention starts with knowing the risk factors for heart disease and addressing these factors. One risk factor puts you at twice the risk; two factors, four times the risk; and three or more, ten times the risk. Risk factors are divided into two categories, those that cannot be controlled, and those that can.

Uncontrollable risk factors are: family history of heart disease occurring at an early age; age (55 and older for women); and preeclampsia during pregnancy.

Controllable risk factors are: smoking; high blood pressure; high blood cholesterol and high triglycerides; overweight/obesity; physical inactivity; diabetes and prediabetes; and metabolic syndrome.
To lower your risk of heart disease by as much as 82 percent, just take action, by decreasing your risk factors for or managing your high blood pressure, prediabetes, diabetes or high cholesterol through changing to a healthier lifestyle.

If you smoke, seek assistance in quitting. Maintain a healthy weight. Increase your physical activity. Two hours and thirty minutes of moderate intensity aerobic activity with strength training two to three times a week is recommended.

Follow an eating plan that is low in saturated fat, limited in salt and sodium, contains a variety of whole grains, fruits and vegetables, contains lean cuts of meat, poultry (skinless) and fish and contains nonfat or low fat milk, cheese and yogurt. Remember to have regular checkups and follow-ups by your health care provider.

Resources: National Heart, Lung, and Blood Institute

The Master Gardeners of Southern Nevada are busy bees. In 2011, the Las Vegas Help Desk answered 4,029 phone calls and emails on desert gardening topics. In addition, they taught classes or spoke to over 45,500 people at community events. Over 33,900 volunteer hours were logged by the 330 active Master Gardeners working on 38 community projects. Each Master Gardener is required to donate at least 50 hours of volunteer community service per year to uphold his or her certification. The Help Desk is a free service of Cooperative Extension and is staffed Monday – Friday from 8 a.m. to 5 p.m. You can also call the Master Gardener Help Desk at 702-257-5555 or email lvmastergardeners@unce.unr.edu.
Do you want to become a Nevada Naturalist?

Cooperative Extension is looking for interested adults to participate. The Nevada Naturalist program educates and trains adults interested in learning about the natural resources in southern Nevada. Participants study natural resources, environmental education and interpretation, laws and regulations, and environmental issues.

The focus of the program is to give a broad understanding of nature to participants interested in learning, volunteering, teaching, and participating in conservation projects and issues. The program will also give participants the skills and confidence necessary to make a difference for environmental stewardship and conservation in southern Nevada.

The Nevada Naturalist program offers two semesters of instruction. Topics include: ecology, regional plants and animals, archaeology, invasive species, geology and soils, environmental laws, taxonomy, biological diversity, and more. Classes are held in the spring and fall in a variety of settings including classrooms, museums, and in the field. Additionally, students complete a project intended to increase their capacity and knowledge about specific issues that interest them. Participants receive a certificate following the completion of the course and their projects.

The program is open to individuals of all backgrounds. The spring semester begins April 2, 2012 and continues through June 2, 2012, Monday and Wednesday evenings from 6:00 – 9:00 pm and on Saturdays at various times and locations. The cost is $125 per semester which includes all program materials, refreshments and some field trips. For more information on this program, or to register, please contact Denise Parsons at 702-948-5906 or email parsonsd@unce.unr.edu.

Nevada Naturalist Program is sponsored and coordinated by Cooperative Extension. The program capitalizes on the incredible expertise of individuals and organizations in southern Nevada who are partners and participating instructors.
Visit Cooperative Extension’s YouTube & Blog sites

There are more ways to find information about University of Nevada Cooperative Extension’s programs and events. Visit the Southern Area blog and YouTube video sites often.

Extension Connection is the premier Southern Area Cooperative Extension cable access TV show. Each month, two to three programs are showcased and aired on Clark County TV4, Boulder City TV and UNLV TV110. The YouTube link is www.youtube.com/UNRExtension. Extension Connection offers information about our programs, services and events available to the community. Jerry Buk, the Southern Area Director, hosts the show.

You can also visit the Southern Area blog at www.unce.unr.edu/blogs/southernarea for up to the minute programming and information. For more information, call 702-257-5516 or e-mail mingm@unce.unr.edu.

Another Way to connect with Cooperative Extension

eXtension is an interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America. eXtension connects knowledge consumers with knowledge providers - experts who know their subject matter inside out.

eXtension offers: Credible expertise; Reliable answers based upon sound research; Connections to the best minds in American universities; Creative solutions to today’s complex challenges; Customized answers to your specific needs; and Trustworthy, field-tested data.

www.eXtension.org

University of Nevada Cooperative Extension Southern Area has offices and offers programming in Clark, Lincoln and Southern Nye counties. Office locations and phone numbers are:

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360 Lincoln Street
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Las Vegas 702-222-3130
8050 Paradise Road, 89123

Pahrump 775-727-5532
1651 E. Calvada Blvd., 89048

Laughlin 702-299-1333/1334
55 Civic Way, 89029

For more information on University of Nevada Cooperative Extension Southern Area programming, please call 702-222-3130 or visit the website at www.unce.unr.edu/areas/southern.