



University of Nevada Cooperative Extension Southern Area

University of Nevada
Cooperative Extension

February 2015

Community Connection

February is *heart month*

Women and Heart Disease

On Friday February 6, 2015, women all over the United States will be wearing red to promote awareness of heart disease as the #1 killer of women. In the United States, heart disease is the #1 killer of both men and women. Each year approximately 1 in every 4 deaths are from heart disease. Of these 600,000 yearly deaths, at least 200,000 of these deaths are preventable and could have been prevented by decreasing risk factors through changes in health habits. More than half of



these preventable deaths happen to people under the age of 65. While the number of preventable deaths has declined in people ages 65-74, it has remained virtually unchanged in people under 65, 1 in 3 deaths each year.

Women and men are not the same when it comes to heart disease. A little more than half of the total number of heart disease deaths in the United States each year are women.

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www.unce.unr.edu/blogs/southernarea

www.YouTube.com/UNRExtension

Heart month

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A grim statistic is that when compared to 24 percent of men who have heart attacks, 42 percent of women who suffer heart attacks die within 1 year. Women under the age of 50, are twice as likely as men to suffer a fatal heart attack. Six times more women die each year from heart attacks than from breast cancer.

Though the most common heart attack symptom in women is some type of pain, pressure or discomfort in the chest, it is not always severe or even the most prominent symptom in men and women, particularly in women. Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as:

- ◇ Neck, jaw, shoulder, upper back or abdominal discomfort
- ◇ Shortness of breath
- ◇ Right arm pain
- ◇ Nausea or vomiting
- ◇ Sweating
- ◇ Lightheadedness or dizziness
- ◇ Unusual fatigue

Women's symptoms may be due to the fact that women tend to have blockages not only in their main arteries but also in the smaller arteries that supply blood to the heart — a condition called small vessel heart disease or microvascular disease.

In addition to the traditional risk factors for coronary artery disease — such as diabetes, high cholesterol, high blood pressure and obesity other factors may play a bigger role in the development of heart disease in women. According to the Mayo Clinic, these factors are:

- Diabetes increases the risk of heart disease significantly more in women than in men.
- Metabolic syndrome — a combination of fat around your abdomen, high blood pressure, high blood sugar and high triglycerides — has a greater impact on women than on men.
- Mental stress and depression affect women's hearts more than men's. Depression makes it

difficult to maintain a healthy lifestyle and follow recommended treatment, so talk to your doctor if you're having symptoms of depression.

- Smoking is a greater risk factor for heart disease in women than in men.
- A lack of physical activity is a major risk factor for heart disease, and as a group, women tend to be less active than men.
- Low levels of estrogen after menopause pose a significant risk factor for developing cardiovascular disease in the smaller blood vessels (microvascular disease).
- Pregnancy complications such as high blood pressure or diabetes during pregnancy can increase a woman's long-term risk of high blood pressure and diabetes and increase the risk of development of heart disease in both the mother and in her children.

It is a matter of life and death. Learn more about heart disease and women and what you can do to decrease your risk factors from the following resources:

<http://www.cdc.gov/women/heart>, Centers for Disease Control and Prevention

<https://www.goredforwomen.org>, American Heart Association

<http://mayoclinic.org>, Mayo Clinic

<http://www.nhlbi.nih.gov/health/educational/hearttruth/>, National Institutes of Health

<http://www.womenshealth.gov>, Office on Women's Health

Resources: Cited Above

Jaci Black ~ Program Officer



Vegetables topic for next workshop

Join Cooperative Extension on Saturday, February 14 for a workshop on *Gardening in Small Places: vegetables* from 8 a.m. to noon. The class, taught by Dr. Angela O’Callaghan, is designed to show you how to make the most of your small space.

Topics for the vegetables workshop include types of containers to use, differences in potting mixes, using artificial light, fertilizers, success with seeds and more. Homeowners and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a \$25 fee for each class which includes class materials. To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev.), [email](mailto:Elaine.Fagin@unlv.edu) Elaine Fagin, call 702-257-5573 or to register online, visit [Eventbrite!](http://Eventbrite.com)



Upcoming Gardening in Small Places workshop dates are March 14, composting, April 4, irrigation, May 9, what’s bugging your garden and June 13, organic gardening.

Free Radon Test Kits offered at Feb. presentations



January is National Radon Action Month, and

University of Nevada Cooperative Extension’s Radon Education Program is offering several educational presentations at various Las Vegas libraries in February. Free test kits for homes will also be available at the presentations.

Radon is a radioactive, colorless, odorless and tasteless gas that comes from the ground. It accumulates in homes and can cause lung cancer. The U.S. Environmental Protection Agency (EPA) estimates 21,000 Americans die each year from radon-caused lung cancer, killing more people than secondhand smoke, drunk driving, falls in the home, drowning or house fires.

Radon-caused lung cancer is preventable. A simple three-day test can determine if a house has a radon problem, and winter is an ideal time to test a home for radon. If radon

problems are found, they can be fixed. Find out more and get a free test kit at a presentation in your community:

- Scheduled presentations in Las Vegas are:
- Feb. 7 – West Charleston Library, 6301 W. Charleston Blvd., at 10:30 a.m.
 - Feb. 7 – Spring Valley Library, 4280 S. Jones Blvd., at 3 p.m.,
 - Feb. 8 – Clark County Library, 1401 E. Flamingo Road, at 1 p.m.
 - Feb. 9 – Windmill Library, 7060 W. Windmill Lane, at 1 p.m.
 - Feb. 9 – Clark County Library, 1401 E. Flamingo Road., at 6 p.m.

For those who cannot attend a presentation, free radon test kits will also be available through Feb. 28 at University of Nevada Cooperative Extension offices, including the Clark County office at 8050 Paradise Rd., Suite 100 in Las Vegas, Northeast Clark County office, 1897 N. Moapa Valley Blvd., and the Laughlin office, at 55 Civic Way. In Nevada, one in

four homes already tested have shown radon concentrations at or above the EPA action level. According to experts, living in a home with radon concentrations at the action level poses as much risk of developing lung cancer as smoking half a pack of cigarettes a day.

The Nevada Radon Education Program is a program of University of Nevada Cooperative Extension and is funded by the Nevada Division of Public and Behavioral Health. Since the program began in 2007, more than 36,000 radon test kits have been distributed and more than 18,000 homes have been tested.

Free Radon Test Kits available at February presentations.

Cooperative Extension, the EPA and the Nevada Division of Public and Behavioral Health urge all Nevadans to get their homes tested for radon. For more information, visit the Nevada Radon Education Program website at www.RadonNV.com, call the Radon Hotline at 888-RADON10 (888-723-6610).

Cooperative Extension Southern Area has offices and offers programming in Clark, Nye, Lincoln Eureka and White Pine counties.

Office locations and phone numbers are:

Clark 702-222-3130

8050 Paradise Road

Las Vegas, 89123

Northeast Clark 702-397-2604

1897 N. Moapa Valley Blvd.

P.O. Box 126,

Logandale, 89021

Southern Clark 702-299-1333

55 Civic Way

Laughlin, 89029

Southern Nye 775-7274-5532

1651 E. Calvada Blvd

Pahrump, 89048

Northern Nye/Esmeralda 775-482-6794

P.O. Box 231

#1 Frankie St., Old Courthouse

Tonopah, 89049

Lincoln 775-726-3109

P.O. Box 728

360 Lincoln St.

Callente, 89008

Eureka 775-237-5326

P.O. Box 613

701 S. Main St.

Eureka, 89316

White Pine 775-293-6599

950 Campton St.

Ely, 89301

Cooperative Extension's mission:

Discover: by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.



Hispanic landscape classes scheduled

Free workshops enhance employability skills and job retention

University of Nevada Cooperative Extension is offering a series of free landscape training classes for Spanish speaking individuals. These workshops are designed to enhance employability skills and increase job retention in the green industry (nursery, landscaping and landscape maintenance) in southern Nevada.

All classes are taught at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev.) from 5:30-8:30 p.m. Weekly topics include Recognizing the most common landscape mistakes and how to solve them, February 10; Fertilizers and soils in southern Nevada; February 17; Hands on pruning, February 24; and Palms in southern Nevada landscapes, March 10. The classes will be in Spanish and in English. Participants will receive a certificate for each class. The training sessions are open to any private, public employer and the public at no charge.

The training also includes materials focusing on improving English and math skills, meeting job expectations, paying attention to details, and safety/worker protection topics (lifting techniques, PPE and industry safety standards). Funding for the Hispanic Landscape Industry Training is provided by USDA Forest Service through the Nevada Division of Forestry.

To reserve your spot in these free classes, email '[Chelle Reed](#) (English) at 702-257-5536 or Marcel Fernando (Spanish) at 702-275-5580.

South Valley Rose Society meetings

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings. Free and open to the public, the February 26 meeting topic is *Roses Only Garden or Cottage Style Garden*.

Join Master Gardener and Rosarian, Don Fabbi, as he delves into the pros and cons of what to plant along with your roses. Some believe the only companion plant for a rose is another rose. Others want to plant annuals, perennials, herbs and vegetables that will enhance and complement their roses.

All educational meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, Nev. (I-215 and Windmill Lane). For more information, please call or [email](#) the Master Gardener Help Desk at 702-257-5555.

South Valley Rose Society meeting dates are March 26, Preparing for April 18, 2015 Las Vegas Rose Show; April 23, How Much Water is Enough; and May 28, Fun Things to do with Roses.



Community Connection is published monthly by and for the Southern Area of Cooperative Extension. Editor, design & layout: Marilyn Ming, UNCE Marketing/Public Relations Specialist
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