

News from the School District Clinic

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Aspirus Occupational Health/Primary Care

February 2017

February is American Heart Month

President Lyndon B. Johnson declared the first American Heart Month in 1964. Ever since then, February has been dedicated to cardiovascular health. Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Aspirus and the School District of Rhinelander On-site Clinic is proudly participating in American Heart Month. Nationwide, 11.5% of adults have been diagnosed with heart disease. You can make healthy changes to lower your risk of developing heart disease ([CDC, 2014](#)). Controlling and preventing risk factors is also important for people who already have heart disease.



To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

To calculate your current heart age, visit the Aspirus Heart and Vascular [Heart Health Profiler](#). If you have questions or would like more information, please call or schedule an appointment with us at onsite clinic to further discuss. Otherwise, I will be looking forward to your upcoming health coaching sessions and review of your biometric screening results.

School Year Clinic Hours

- **Monday: 3pm-5:30pm**
- **Tuesday: 11am-1pm**
- **Wednesday: 3pm-5:30pm**
- **Thursday: 11am-2pm**
- **Friday: 2:30pm-4:30pm**



Upcoming events:

- Biometric Screening
Monday February 20th, 0600-1100
Available to school insured employees and spouses.

Know the Warning Signs of Heart Attack, Stroke, and Cardiac Arrest

Call 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1

HEART ATTACK	STROKE THINK F.A.S.T.	CARDIAC ARREST
<ul style="list-style-type: none"> • CHEST DISCOMFORT Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. • DISCOMFORT IN OTHER AREAS OF THE UPPER BODY Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. • SHORTNESS OF BREATH With or without chest discomfort. • OTHER SIGNS May include breaking out in a cold sweat, nausea or lightheadedness. 	<ul style="list-style-type: none"> • FACE DROOPING Does one side of the face droop or is it numb? Ask the person to smile. • ARM WEAKNESS Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? • SPEECH DIFFICULTY Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly? • TIME TO CALL 911 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately. 	<ul style="list-style-type: none"> • SUDDEN LOSS OF RESPONSIVENESS No response to tapping on shoulders. • NO NORMAL BREATHING The victim does not take a normal breath when you tilt the head up and check for at least five seconds.



Did you know?

[Hands-Only CPR](#) can be as effective as CPR with breaths. Follow the link to watch the demo video and learn how to save a life in 60 seconds.

Adapted from the [American Heart Association](#)

In review from previous issues:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770**. **If it is outside of the regular clinic hours, you will be forwarded to the Aspirus Rhinelander Occupational Health Department to speak with Sherry, RN or Christie, CMA.**



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



Location

665 Coolidge Ave. Door #7
Rhineland, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

