

# Arkansas Medical Supply

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## Valentine's Day Facts

- Approximately 150 million Valentine's Day cards are exchanged annually, making it the second most popular card-sending holiday. Christmas is the first.
- St. Valentine's Day falls on Feb. 14<sup>th</sup> every year.
- This was originally a day to celebrate Saint Valentine- who performed weddings for soldiers who were not allowed to marry because at the time Emperor Claudius II didn't want Roman men to marry during wartime.
- St. Valentine went against his wishes and performed secret weddings and for this he was jailed and executed. While in jail he wrote letters signing with "from your Valentine"
- In the late 1800's Richard Cadbury produced the first box of chocolates for Valentine's Day
  - Now over \$1 Billion worth of chocolate is purchased on this day in the US alone!

## AMS NEWSLETTER



### February 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

## Calendar of Events

### February

- Black History Month
- Feb. 2- Groundhog Day
- Feb. 16- Chinese New Year
- Feb. 13- Mardi Gras
- Feb. 14- Valentine's Day
- Feb. 19 Presidents Day
- Feb. 10- Second Saturday Family FunDay: Valentine Fabric Craft in Pine Bluff at the Arts and Science Center. FREE Admission. 1-3pm

SU	M	T	W	TH	F	S
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4	5	6	7	8	9	10
11	12	13	14 	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

# American Heart Month

- The nation's number one killer is cardiovascular disease.
- When we say Heart Disease, we are actually talking about several types of illnesses that affect the heart.
  - Coronary artery heart disease- this affects the arteries to the heart
  - Valvular Heart Disease- affects the function to regulate blood flow in and out of the heart.
  - Cardiomyopathy- affects how the heart muscle squeezes
  - Heart rhythm disturbances- this affects the electrical conduction of the heart
- Coronary heart disease is the most popular type. Some classic signs and symptoms of it include:
  - Chest pain, Shortness of breath, Sweating, and Nausea.

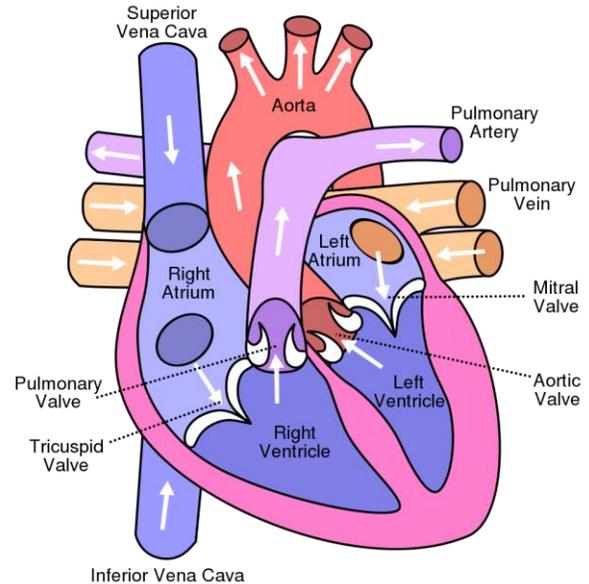


Diagram From [interactive-biology.com](http://interactive-biology.com)  
And other information can be found at [heart.org](http://heart.org) and [mayoclinic.org](http://mayoclinic.org)

## Heart Healthy Foods Include:



Bananas- Have no fat, no sodium, and no cholesterol and are low in calories. They contain Vitamin C, Fiber, and Vitamin B6.



Kiwi – has several health giving Antioxidants, Minerals, Vitamins and Fiber.



Avocados- are a fruit not a vegetable and are one of the only fruits that have heart-healthy monounsaturated fat (the good fat) that helps boost good cholesterol and lowers bad cholesterol.

Apples- are a good source of fiber and have no fat or cholesterol



Cucumbers- are packed with Zinc, Potassium, Folic Acid, Vitamin C, A, K, B1, B2, B3, B5, B6, Calcium, Iron, Magnesium, Phosphorus— who needs a multivitamin when we have cucumbers?!



Strawberries- are the only fruit that wear their seeds on the outside. They are low in calories and high in Vitamins C, B6, K, Fiber Folic Acid, Potassium and Amino Acids

