

# BERRY HAPPY LIVING

February 2023



. HAPPY.  
Valentine's  
Day

## Rock Your Red!

February is American Heart Month. Join us all month long in wearing red to raise awareness about cardiovascular disease, the No. 1 killer of women. Educate yourself on how to protect and improve your health – and share tips with the special women in your life. Why? Because losing even one woman is too many.

TEXAS A&M  
AGRI LIFE  
EXTENSION

**Happy Heart**

*Kay Rogers*

# Berry Happy Heart

## Be the Beat for the Women in Your Life

Women who suffer from cardiac arrest outside of a hospital are less likely to receive CPR from bystanders. Sharell and Brittany were both saved by the courageous efforts of people around them who stepped in to perform CPR. Their powerful stories emphasize why learning CPR is so important to help save more women's lives.

## Can you have a heart attack and not know it?

Yes. A heart attack can actually happen without a person knowing it. You can understand why it is called a "silent" heart attack.

## Causes of a Silent Heart Attack in Women

A silent heart attack happens when the flow of blood is blocked in the coronary arteries by a build up of plaque. Studies differ, but some suggest that silent heart attacks are more common in women than in men.

Ekery points out that women and their physicians may also be more likely to chalk up symptoms of a silent heart attack to anxiety and dismiss them.

## What to do during a silent heart attack.

The "silent" in a silent heart attack is the complicating factor—often, women don't realize they're experiencing a medical emergency. If you do notice symptoms of a silent heart attack, try to stay calm and call 911 immediately. When you get to the hospital, make it clear that you think you may be having a heart attack and not an anxiety attack. Advocate for yourself or, if you can, bring along someone who will advocate for you.



## Berry Yummy

# FEBRUARY FOOD DAYS

**February 7: National Fettuccine Alfredo Day**

**February 9: National Bagels and Lox Day**

**February 9: Pizza Day**

**February 13: National Tortellini Day**

**February 18: Drink Wine Day**

**February 20: National Cherry Pie Day**

**February 22: National Margarita Day**

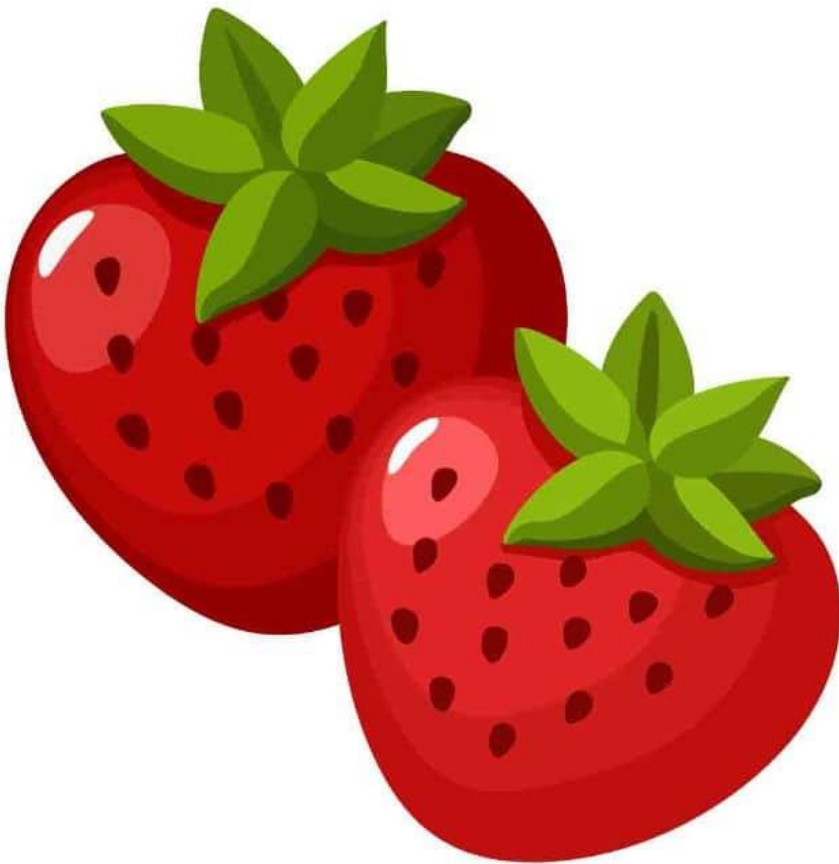
**February 24: National Tortilla Chp Day**

**February 25: National Clam Chowder Day**

**February 27: National Strawberry Day**

**February 28: National Chili Day**

**.. STRAWBERRY NUTRITION ..**



**STRAWBERRY (100g)**

**ENERGY - 32 kcal**

**PROTEIN - 0.67 g**

**CARBOHYDRATES - 7.68 g**

**TOTAL FAT - 0.3 g**

**FIBER - 2.0 g**

**SUGARS - 4.66 g**

**CHOLESTEROL - 0 mg**

**SODIUM - 1 mg**

**CALCIUM - 16 mg**

**IRON - 0.42 mg**

**VITAMIN C - 58.8 mg**

**POTASSIUM - 153 mg**

**PHOSPHORUS - 24 mg**

# TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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## Berry Happy Stomach



**Berry Fruit Salad with Honey Lime Dressing**



### Beery Fruit Salad

#### Ingredients

- 6 ounces blueberries
- 6 ounces blackberries
- 6 ounces raspberries
- 16 ounces strawberries, hulled and diced
- Zest and juice of a lime
- 1 tablespoon honey or maple syrup
- 2 teaspoons finely chopped mint

#### Instructions:

1. Wash and dry the berries and add them to a large serving bowl.
2. Add in the lime zest, juice and chopped mint.
3. In a small microwave safe bowl, add the honey and heat until it's runny, about 5-10 seconds. Pour the honey over the berries.
4. Toss everything together until it's coated in the dressing. Add additional lime juice or honey as needed.



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