

KCHS NEWSLETTER

FEBRUARY 2025

KCHS.ORG

SCAN ME



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care

SCAN THE CODE FOR MORE HEART HEALTH RESOURCES

FEBRUARY IS HEART MONTH

A time to raise awareness about cardiovascular health and encourage our community to take steps toward a heart-healthy lifestyle.

The human heart beats an average of 100,000 times per day, pumping approximately 5 liters of blood per minute.

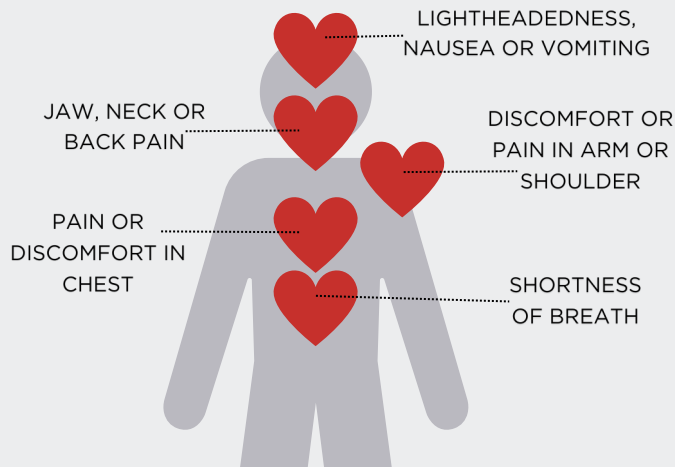
DID YOU KNOW?

Over a lifetime, this amounts to over 2 billion heartbeats and 1 million barrels of blood.



COMMON HEART ATTACK

WARNING SIGNS



OTHER POSSIBLE SIGNS:
COLD SWEAT, RAPID OR IRREGULAR HEARTBEAT, FEELING UNUSUALLY TIRED

Cardiac Rehab at KCHS

WITH MONICA JOHNSON, BSN, RN & JULIE SCHMIDT, BSN, RN

Heart health is vital, and the KCHS Cardiac Rehab program is here to help. In the last fiscal year, we supported 329 patients as they recovered and regained their strength after heart procedures.

With personalized care plans, our team is dedicated to helping you live a heart-healthy life. The KCHS Cardiac Rehabilitation Department offers Phase II and Phase III Cardiac Care.

Talk to your provider to see if the KCHS Cardiac Rehab program works for you. Or call Monica Johnson, BSN, RN or Julie Schmidt, BSN, RN at 308-832-3400 x 2550

HEART HEALTH = MENTAL HEALTH



LEARN MORE ABOUT THIS SPECIAL CONNECTION

SENIOR LIFE SOLUTIONS

The interplay between mental health and physical health is well-documented, and in older adults, this connection becomes even more pronounced. Understanding how mental health conditions like depression, anxiety, and chronic stress affect cardiovascular health in older adults is crucial for promoting holistic care and improving quality of life in this population.

LEARN MORE AT [KCHS.ORG/SENIOR-LIFE-SOLUTIONS](https://www.kchs.org/senior-life-solutions) OR CALL 308-832-3400, OPTION 4.

DON'T HESITATE TO CALL 911 IF YOU HAVE HEART ATTACK WARNING SIGNS