



News at the Q



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February 2019 - Live Purposefully

National Health Observances for February

American Heart Month
National Children's Dental Health Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. [American Heart Month](#) is a great opportunity to spread the word about preventing heart disease.

Heart Health Fact #1

With every beat of your heart blood is sent flowing through 60,000 miles of blood vessels, delivering important nutrition and oxygen to all your organs and tissues. If you stretched the blood vessels in your body end-to-end, they'd circle the Earth almost 2.5 times! [[Cleveland Clinic](#)]

Heart Health Fact #2

Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. [[American Heart Association](#)]

Heart Health Fact #3

Sadly, only 27% of people can identify all the major symptoms of a heart attack and know to call 911 immediately when they occur. Immediate action saves lives! According to the CDC, the major signs of a heart attack are:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats.

[[Centers for Disease Control and Prevention](#)]

Heart Health Fact #4

A woman's heart typically beats faster than a man's. On average, a woman's heart beats 78 times per minute while the average man's beats 70 times. [[Chilnick, Lawrence. 2008. Heart Disease: An Essential Guide for the Newly Diagnosed. Philadelphia, PA: Perseus Books Group.](#)]

Heart Health Fact #5

Evidence of heart disease found in ancient mummies from around the world suggests heart disease has been an issue for thousands of years. Not long ago, researchers reviewed CT scans of 76 Egyptian mummies, and 38 percent were found to have probable or definite calcification in their arteries. [[Global Heart Journal](#)]

Heart Health Fact #6

Did you know that an octopus has three hearts but a jellyfish doesn't have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body. [[NOAA](#)]

Heart Health Fact #7

About 1 in every 6 U.S. health-care dollars is spent on cardiovascular disease each year. It's the most costly condition in America.

When you factor in lost productivity, the U.S. Centers for Disease Control and Prevention estimates heart disease and stroke costs our country more than \$320 billion a year. [[Centers for Disease Control and Prevention](#)]

Heart Health Fact #8

Before the invention of the stethoscope in 1816 a doctor would listen to his patient's heart by placing his ear to the patient's bare chest. A French doctor, who thought this approach was both awkward and of limited clinical value, used a rolled sheet of paper to create an aural tube that led soon thereafter led to the stethoscope's invention. [[US National Library of Medicine](#)]

Heart Health Fact #9

The No. 1 killer of women in America is heart disease. It's more deadly each year than all forms of cancer combined. Some 43 million American women have heart disease, although females comprise only 24 percent of all heart-related study participants. [[American Heart Association](#)]

Heart Health Fact #10

Sadly, 133,000 Americans die of heart attacks each year. [[Wall Street Journal](#)]

Heart Health Fact #11

Heart attack sufferers do best when treated within an hour of symptoms starting. Sadly, many wait hours before seeking help. [[Wall Street Journal](#)]

At the end of the day, you can't fix what you don't know is broken... check on your heart health today, call for an appointment. (215 227 0300)

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Need Help to Enroll in Medicaid?

Contact
Veronica or Harry
215) 227-0300
ext. 7326 or 7309



Protect your family.
Get Immunized, schedule an appointment today

Call 215 227 0300

National Childrens Dental Health & Black History Month

National Children's Dental Health Month

February is National Children's Dental Health Month, and the American Dental Association is asking people to "Defeat Monster Mouth."

This month-long national health observance brings together thousands of dedicated dental professionals, health care providers and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

To further help educators and parents promote good oral health and literacy skills, check out these resources.

Top Tips for Good Oral Care During Childhood

Brushing and flossing

Begin using toothpaste to brush your child's teeth when he (or she) is 2 years old. Young children tend to swallow toothpaste when brushing, rather than spitting it out. Introduce fluoride toothpaste when your child is old enough not to swallow it. As soon as two teeth touch each other, floss between them once a day. You can use regular floss or special plastic floss holders.

Dental visit

New parents often ask, "When should my child first see a dentist?" Your child should see a dentist by his or her first birthday.

If you don't want your child to suffer from such conditions that may affect both their health and self-confidence, it is best to start the habit of cleaning the teeth and mouth as early as possible.

Schedule your visit now.

Call (215) 227 0300 today!

<https://www.colgate.com/en-us/oral-health/life-stages/childrens-oral-care/ada-02-national-childrens-dental-health-month>

Forgotten

Junius G. Groves, a successful, self-educated farmer, landowner, and entrepreneur, became one of the most prosperous African American men in the early twentieth century. He was born enslaved on April 12, 1859 in Green County, Kentucky. His parents were Martin Groves and Mary Anderson Groves. Two decades later, as a freedman possessing ninety cents, Groves made his way to eastern Kansas during the time of the Exoduster Movement of ex-slaves from the South. Groves began farming by sharecropping near Edwardsville, Kansas. In 1880, he married Matilda E. Stewart of Kansas City, Missouri. Within a few years, they began purchasing their own land.



Much of Groves' success was due to his forty-six years of devotion to the science of agriculture. He earned the title "Potato King of the World" in 1902 for growing the most bushels of potatoes per acre than anyone else in the world up to that point in time. The couple's twelve surviving children (out of fourteen births) helped with the farm and family holdings.

Besides producing potatoes on his own farms, Groves, by 1900, bought and shipped potatoes, fruits and vegetables extensively throughout the United States, Mexico, and Canada. The family also owned and operated a general merchandise store in Edwardsville, possessed stock in mines in Indian Territory and Mexico, stock in Kansas banks, and majority interest in the Kansas City Casket and Embalming Company. Junius Groves co-founded the State Negro Business League and later served as its President. He also founded the Pleasant Hill Baptist Church Society in 1886. He was also elected secretary of the Kaw Valley Potato Association in 1890 and Vice President of the Sunflower State Agricultural Association in 1910 as well as a co-founder of both organizations in those years.

Junius Groves surpassed financial parity with most whites in contemporary Kansas and in the process combated racism by example and by providing economic opportunities to blacks and whites with a particular emphasis on uplifting his race. During the busy farming season, for example, Groves employed up to fifty mostly black laborers. He founded Groves Center, an African American community near Edwardsville in the early 1900s. He also established a golf course for African Americans, perhaps the first in the United States.

Junius Groves was one of the wealthiest African Americans in the nation by the first decade of the 20th Century. His holdings were estimated to be worth \$80,000 in 1904 and \$300,000 by 1915. The Groves family mansion, a 22-room brick home, complete with electric lights, two telephones, and hot and cold running water in all of the bedrooms, was the largest in the area and had its own railroad spur. Junius Groves died in Edwardsville in 1925. In 2007, Groves was honored by his descendants, the Votaw Colony Museum, an organization honoring the Exodusters and their descendants, and the city of Edwardsville. He was also inducted into the Bruce W. Watkins Cultural Heritage Center Hall of Fame in nearby Kansas City, Missouri.

Outreach Events



No Events this Month

Q's Quote Corner

"I had no idea that history was being made. I was just tired of giving up"...

Rosa Parks