

Heart Disease and Stroke

in Strafford County

Prevention

- Increase Physical activity
- Activities to reduce stress
- Not smoking
- Regularly check blood pressure
- Obtain a home blood pressure monitoring system
- Reduce high fat and high sodium foods
- Increase whole grains, fruits, vegetables and low fat dairy

Local Hospitals

WENTWORTH - DOUGLASS HOSPITAL

789 Central Ave, Dover, NH 03820

FRISBIE MEMORIAL HOSPITAL

11 Whitehall Rd, Rochester, NH 03867

Cardiac rehab programs are available as outpatient programs at both Wentworth-Douglass Hospital and Frisbie Memorial Hospital. Both programs require a physician referral.

Treatment

IF THE FOLLOWING SYMPTOMS OCCUR, CALL 911:

HEART ATTACK

Chest Pain
Dizziness
Fatigue
Clammy Skin
Heartburn
Chest Tightness
Nausea
Many More...

STROKE

B alance
E yes
F ace
A rms
S peech
T ime

Note: symptoms do present differently in each individual

Strafford County Statistics

HEART DISEASE

- Heart disease was the 2nd leading cause of death in Strafford County
- 5% of adults have Heart Disease

STROKE

- Stroke was the 5th leading cause of death in Strafford County
- 1 in every 50 people will have a stroke

Prevention in Strafford County

Physical Activity

- Take a walk through a park, like Hanson Pines in Rochester or Willand Pond in Dover & Somersworth
- Swimming is low-impact exercise - Dover Indoor Pool has a low cost daily pass
- Video workouts let you follow an instructor from the comfort of your living room. Try learning a new dance style.
- Bending Bodhi Yoga in Dover has donate-what-you-can yoga classes every Friday.
- Have children in your life? The Winnie the Pooh Trail in Barrington is a short, family-friendly hike through the woods.
- Find a friend (or a few!) for a pick-up sports game on a town field.

Healthy Eating

- Look for nutrition information on packaged food and drinks
- Incorporate fruits and vegetables into every meal
- Take a cooking class - find a list at <https://seacoasteatlocal.org/kitchen-garden/cooking-classes-workshops/>
- Check out Seacoast Harvest New Hampshire online at seacoastharvest.org.
- Seacoast Area Mobile Market: to learn more about stops, visit www.seacoasteatlocal.org/shop-samm
- Visit one of the many local farmer's markets:
 - Durham, Mondays 2-6pm- 10 Old Piscataqua Road
 - Somersworth, Mondays 3-6 - 311 Rt. 108
 - Rochester, Tuesdays 3-6 Rochester Commons
 - Dover, Wednesdays 2-6 - 550 Central Ave
 - Lee, Thursdays 3-6 - Corner of Mast Road (Rte 155) and Recycle Center Road