

Heart Beats

I keep telling myself just make it through February; the freezing cold weather will be gone. It is a short month, just a few weeks of winter left. Oh how I yearn for the long, hot summer days, the feel of the warm sun beaming down, the beauty of fragrant flowers blooming and flip-flops! I am certainly not one to wish my days away, but I'm cold!

With February being National **Heart** Awareness month, it seems appropriate to discuss matters of the **heart**.

Lexington Medical Center has announced their teaming up with Duke Medicine's internationally recognized **heart** program, one of the world's leading cardiovascular clinical research programs, to begin procedures including open **heart** surgery and elective angioplasty at Lexington Medical Center in 2011. Through its affiliation, Lexington Medical Center will benefit from Duke's clinical expertise and services to build a premier, comprehensive heart program. This is great news for our community.

The **heart** is a myogenic muscular organ that is responsible for pumping blood throughout the blood vessels by repeated, rhythmic contractions. In 2006, more than 631,600 people died of **heart** disease. This is the leading cause of death for both men and women. Symptoms of a **heart** attack may include feeling weak, light headed, and faint. One may experience chest tightness as well as shortness of breath.

The **heart** is also thought of as the central housing place of our emotions, the core of our being, the seat of the human mind. It is said to be the storage center of our love, our very soul. When experiencing a broken **heart** the symptoms may include feeling weak, light headed, and faint. One may experience chest tightness and shortness of breath. When our **heart** is in love, a simple touch may cause one to feel weak, light headed, and faint. One may experience tightness in the chest as well as shortness of breath.

The interesting fact is that all of these **heart** symptoms are the same; whether it is from a broken **heart**, a **heart** in love or a **heart** attack! Our **heart** is a very unique, very complicated, very integral part of our bodies. Take care of your **heart**, eat right, exercise, love hard and visit your doctor. Food for thought; if our **heart** and brain are not on the same page, which one should we listen to?

I wish for you a happy and healthy **heart** and I mean that from the very bottom of mine!