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## Young ones' talents shine in essay and poster competitions

POSTER COMPETITION WINNERS, from left, **Chaquon Griffith, Shaliyah Wood and Rashawn Williams** proudly displaying their awards. Sharing their delight is CEO of the HSFB, **René Brathwaite**. (GP)



THE AWARDS CEREMONY for the **Heart & Stroke Foundation of Barbados' (HSFB)** essay and poster competition for primary schools was held on Thursday, October 1, at the Harrison College school hall. The theme of the competition this year was **Wellness In The Workplace** and it attracted 17 entries, four essays and 13 posters.

In her opening remarks, the chief executive officer of the HSFB, René Brathwaite, said

that her organisation was exceedingly pleased to continue partnering with Guardian Life of the Caribbean as it hosted this competition annually within the primary schools.

She said the aim of the competition was to create the opportunity for the children, parents and teachers to appreciate the seriousness of heart disease and stroke, and she hoped that from it they would all learn some valuable lessons about the great importance of maintaining a well-balanced, healthy lifestyle.

Before the winners were announced, Brathwaite praised all of the children for their work which she described as "outstanding presentations". She also made special mention of Roland Edwards Primary, which she said entered a total of eight posters out of the 13 entries received.

The results ...

**Essay**

**1st:** Tafan Goodman – St. Paul's Primary

**2nd:** Chad Griffith – Charles F Broome Primary

**3rd:** Kyle Holder – Charles F Broome Primary

**Special Mention:** Steffani Jemmott – St. Paul's Primary

**Poster**

**1st:** Chaquon Griffith – Charles F Broome Primary

**2nd:** Shaliyah Wood – Wesley Hall Infant School

**3rd:** Rashawn Williams – Roland Edwards Primary

**Special Mention:** Zerayaicob Yaicob – The Rock Christian Primary

**School Prizes**

Top School Essay: St. Paul's Primary

Top School Poster: Charles F Broome Primary



CEO of the HSFB, René Brathwaite with the Essay Competition winners, from left, **Tafan Goodman, Chad Griffith and Kyle Holder**. (GP)

# Take heed of warning signs

**Heart attack warning signs**

Some heart attacks are sudden and intense – the "movie heart attack", where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the centre of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives – maybe your own. **Don't wait more than five minutes to call 5-1-1**

Calling **5-1-1** is almost always the fastest way to get lifesaving treatment. Paramedics can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. Paramedics are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call the paramedics for rapid transport to the Accident and Emergency Department.

**Stroke warning signs**

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of

balance or coordination

- Sudden, severe headache with no known cause

**Immediately call 5-1-1** so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

A **TIA**, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognising and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

**Cardiac arrest strikes immediately and without warning.** Here are the signs:

- Sudden loss of responsiveness (no response to tapping on shoulders).
- No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least five seconds).

If these signs of cardiac arrest are present, tell someone to call **5-1-1** and get an AED (if one is available) and begin CPR immediately.

If you are alone with an adult who has these signs of cardiac arrest, call **5-1-1** and get an AED (if one is available) before you begin CPR.

Use an AED as soon as it arrives.

**Dial 5-1-1 Fast!**

Heart attack and stroke are life-and-death emergencies – every second counts. If you see or have any of the listed symptoms, immediately call **5-1-1**. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. **So again, don't delay – get help right away!**

## Winning essay

Name: Tafan Goodman  
School: St. Paul's Primary  
Age: 10 years  
Theme: **Wellness In The Workplace**  
WHAT is wellness in the workplace?  
Wellness in the workplace is looked at as a complete understanding of aspects of an organisation and how it is managed. The future success of organisations is dependent on having well-qualified, motivated and healthy employees. Healthy workplaces focus on safety at the worksite and injury prevention for workers.  
Wellness in a workplace can help a company to attract and keep employees, reduce the cost of disability drugs and absence of workers, stress and improve attitudes or behaviour by creating a happy, supportive environment. When people are satisfied with their job they are more productive and tend to be healthier. When employees feel that the environment at work is negative they feel stressed. Stress has a

large impact on employee's mental and physical health and in turn on productivity.

Programmes are designed to assist employees to choose healthier behaviours like being more physically active or quitting smoking. A good workplace wellness programme has an impact on employees' mental, physical, emotional, social and spiritual well-being.

Both employers and employees have a responsibility for creating a healthy workplace.

Employees are expected to arrive at work in good health and the employer is expected to provide an environment that allows employees to maintain good health, enjoy their work and contribute to the company's success.

Employers know that workers are looking for jobs that pay well, have good benefits, are interesting and include excellent and safety programmes. It is important that companies enhance job satisfaction and ensure that workers enjoy being at work. Wellness in the workplace benefits both the employer and the employees.

## Our Services

**EMERGENCY CARDIAC CARE (ECC)**

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Learn to activate the chain of survival



Learn CPR and give your family and friends the chance of life. Also available are everyday first aid care which additionally identify the early warning signs of heart attack and stroke

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Cardiovascular Disease Prevention and Rehabilitation Programme (CDP&R)

If you have had a heart attack, heart surgery or are at risk of a cardiac event or stroke, or if you just want to maintain a healthy lifestyle, then the "Gym with a Difference" is the place for you.

Give us a call at 437-3312  
Just remember you will need to be referred to us by your medical practitioner



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