Heart Attack, Stroke and Cardiac Arrest Warning Signs
- American Heart Association

In the United States coronary heart disease is the No. 1 cause of death, and stroke is the No. 3 cause of death and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

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 center 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 light-headedness.

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 9-1-1 or your emergency response number. It is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain receive fast treatment at the hospital. It is best to call EMS for rapid transport to the emergency room.

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 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) 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.

—continued on page 2
ENVIRONMENTAL HEALTH & SAFETY CORNER

13 Days of GREEN!
Over the past few months the flu, the common cold, and the H1N1 virus have spread through campus. At the same time another fever has been infecting our community but this one is welcome and makes us feel good when we finally catch it. Colgate's sustainability movement has been growing with increased enthusiasm. Have you been afflicted? Be alert to the symptoms! Ask yourself:

- Are you recycling both paper and bottles/cans? See our recycling guide!
- Are you purchasing recycled paper?
- Do you print double-sided?
- Do you turn the lights off whenever you leave your office or vacant room?
- Have you replaced your incandescent bulbs with compact fluorescents?
- If you have the option, do you lower your thermostat at the end of the work day and especially over the weekend?
- Are you using a reusable bottle or coffee mug instead of disposable ones?
- Are you recycling your electronic waste including used batteries and old cell phones?
- Are you eating healthy and purchasing more locally grown/organic foods?
- Did you join a community-supported agricultural farm like Common Thread or order food for delivery from Central NY Bounty?
- Have you taken Colgate's sustainability pledge?

If you answered 'yes' to one or several of these questions, then you may be part of a growing number of Colgate employees afflicted with the fever.

At the university level, we have completed our greenhouse gas inventory, experimented with renewable energy, started recycling at home football games, undertaken significant lighting upgrades to reduce our electricity consumption, reduced our landfill waste by 230,000 lbs, started a green office and green living program, and are participating in RecycleMania for the first time!

Do you want to get involved or have ideas to share? Now is the perfect time! We will be having our second annual "13 Days of Green" beginning on February 1. Here are a few planned events:

Feb. 3-7: Earth Days screening-Hamilton Theater, 5:30 p.m.

Feb. 5 and Feb. 12: Field trip to the county recycling center and local wind farm. Space is limited. Contact John Pumilio (jpumilio@colgate.edu) if you are interested.

Feb. 9: Chris Paine '83 presents his critically acclaimed documentary Who Killed the Electric Car?

Panel discussion 4:15 p.m.-5:30 p.m. in Love Auditorium
Film screening 5:45 p.m.-7 p.m. in Love Auditorium

Feb. 10: Green Careers Forum from 4 p.m.-7 p.m. in the Ho Atrium

Feb. 12: 9th Annual Green Summit from 4 p.m.-7 p.m. in the Ho Atrium

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A TIA, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing 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 9-1-1 or your emergency response number and get an AED (if one is available) and, if you or anyone there knows CPR, begin it immediately. If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR. Use an AED as soon as it arrives.

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. 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!

Article from American Heart Association website; for more information click on http://www.americanheart.org/presenter.jhtml?identifier=3053#Heart_Attack

CPR course to be offered in March
Student health services and human resources will be sponsoring CPR Anytime for Family and Friends in mid-March. This 50-minute course will review CPR for adults and children, care for choking emergencies, demonstrate AED, and will also discuss risk reduction for cardiovascular diseases and other health problems. This course will be geared to regular citizens and NOT for professional rescuers (ambulance volunteers, lifeguards, coaches, etc.). Watch for registration information in the March issue of the Open 'Gate.

America's Greatest Heart Run & Walk 2010
Saturday, March 6
See page 4 for details.
Colgate Photo Club
If you enjoy taking photographs, then you might be interested in joining Colgate’s Photo Club. We meet during the lunch hour (12:00 p.m.–1:00 p.m.) on the first and third Monday of the month in Little Hall, Room 201. Our group is made up of Colgate employees and local community members who photograph a variety of subjects. For a look at what we enjoy photographing please visit: http://www.flickr.com/groups/colgatephotoclub/. During our meetings we share photos and spend time learning new programs, such as Photoshop, Lightroom, etc. Last year, during the month of May, club members exhibited some of their favorite photos at the Barge Canal Coffee Company for the community to enjoy. Planning is now underway for another exhibit in June. If you have an interest in photography, we’d love to welcome you to Colgate’s Photo Club.

We want to congratulate our fellow Colgate Photo Club member, Roy Langworthy, who was the winner in the Adult Category, as well as the Grand Prize Winner in “all” categories, of the 2009 Madison County Tourism Photo Contest (photo below). Congratulations, Roy!

Hope for Haiti
On January 30 a concert to raise funds for Haiti was held at the Colgate Memorial Chapel. Participants included Colgate students, local schools, and musicians from the surrounding community. It's not too late to help; donations are still being accepted. Checks can be made payable to Colgate University (please note “Hope for Haiti” in the subject line) and campus mailed to Ingrid Hale, COVE.

Summer Employment
Children of employees who are interested in summer employment may apply to the summer postings beginning February 22 at Careers@Colgate our applicant site: https://careers.colgate.edu. They can apply to any or all of the summer postings for which they qualify.

Preference for summer employment is first given to employees who occupy less than 12 month positions, Colgate students who are on campus for the summer, and children of Colgate employees. In most cases, children must be 18 years or older; however, younger children are hired on occasion.

Departments should coordinate all summer hires through human resources by emailing Jackie D’Amore at jdameore@colgate.edu. The email should explain the departmental need for the position(s), the duties, the hours and duration of employment, and the department budget or position control. Funds must be available in your department casual wage line (account 141). It is not appropriate for departments to hire children/relatives of their employees.

Employees who hold less than 12 month positions and are interested in summer employment should contact Jackie as soon as possible so that every effort can be made to find employment for the summer months. Employees who will not be working should coordinate arrangements for payments of normal deductions, while in a no pay status, by calling Meghann Losee at x7743. HRD must be informed of your last day on campus, use of vacation time, as permitted, and your anticipated return to work date before you leave for the summer.

Spotlight on campus events
February 11: Warrick Dunn
Brothers present guest speaker Warrick Dunn, a three-time NFL Pro Bowl winner and humanitarian. Love Auditorium at 7:00 p.m.

February 23: Women’s Studies Brown Bag Series
Mary Simonson, lecturer in Women’s Studies and Film & Media Studies presents Looking Through the Lens: Media, Film, and Feminism. Lunch provided.

Women’s Studies Center at 11:30 a.m.

February 24: MLK Keynote Address 2
Dr. Kenji Yoshino, Chief Justice Earl Warren Professor of Constitutional Law, New York University School of Law presents Covering: The Hidden Assault on Our Civil Rights. Love Auditorium at 7:30 p.m.

February 25: Men at Colgate: Fatherhood
Faculty and staff are encouraged to attend this discussion on fatherhood, led by Dr. Brad Bennett ’78, Ph.D., a licensed psychologist and Director of Clinton Therapy and Testing Center in Clinton, NY.

Clark Room, J.C. Colgate Hall from 4:30 p.m.–6:00 p.m.
Contact Tim Mansfield for more information.

February 25 and 26: The Vagina Monologues
Colgate’s annual production of Eve Ensler’s play. The Palace Theater from 7:00 p.m.–10:00 p.m.
Click here to view more upcoming events: Campus Calendar

A note to remind you...
All requests for reimbursement from your 2009 Flexible Spending Account must be incurred by March 15, 2010 and submitted by April 30, 2010. Protect yourself from losing unclaimed funds by taking the time to look over your eligible expenses and submit them to PayFlex for reimbursement.

If you would like to find out the balance on your account, make an online reimbursement request, download claim forms or view a listing of eligible expenses, visit www.mypayflex.com. Reimbursement forms can be found on the Services tab on the portal at https://cu.colgate.edu.

If your PayFlex debit card is denied because of insufficient funds in the account and you still have a balance in your account, you will need to submit claims and receipts online or by mail to expend the remaining funds. Call x7743 if you need assistance.
EMPLOYEE NEWS

America's Greatest Heart Run & Walk 2010 Saturday, March 6

Team Colgate is participating in America's Greatest Heart Run & Walk. Faculty, students and staff, family members, and friends are welcome and encouraged to join Team Colgate. This is a great opportunity to share some Colgate camaraderie, get some healthy exercise, serve our community, and have FUN.

Please join us in Utica on Saturday, March 6, as Team Colgate shows its commitment to prevention of heart disease, and the care and treatment of those afflicted by it. If you need a pledge form or a sign up form from the American Heart Association, email one of the contacts below. A minimum of $25 in pledges is required. Pre-register at Reid Athletic Center on March 2, 5:00 p.m.-7:30 p.m.

Organizers of this year’s Heart Run and Walk have set an overall goal of $1,202,600 for the March 6 event. Team Colgate has set a recruitment goal of 80 and a team fund raising goal of $8,000. To register as a member of Team Colgate or form a new team under Colgate University (i.e. department, division, family and friends, or other group) go to: http://heartwalk.kintera.org/uticany/colgateteam1 and click on the "Our Group Page" link.

Colgate community members have participated in the Heart Run & Walk for many years. Team Colgate NEEDS YOU to be a part of the best team in America's Greatest Heart Run & Walk 2010; we hope you will be able to participate. So sign up now and join the fun!

For more information contact:
Jason Beck, ph: 228-6257; email jbeck@colgate.edu
Heather Payne, ph: 228-6693; email hepayne@colgate.edu

FEBRUARY ANNIVERSARIES

30 Years
Tony Torchia-Document Services

20 Years
Jim Albertina-Facilities

15 Years
Brian Marks-Facilities
Carolee White-Finance and Administration

10 Years
Karl Clauss-Advancement
Loren Hutchings-Facilities

5 Years
Sue Solloway-Registrar

Many thanks to my Colgate family for your cards, prayers and the kind thoughts expressed to me and my family during this very difficult time.

—Doug Lupino

Looking for people interested in forming an intramural softball team. Play begins on March 29 after work. CAPTAIN NEEDED!

Please contact Shelley Wyman at mwyman@colgate.edu.

BIRTH ANNOUNCEMENTS

Natasha Goldman Homann and Joachim Homann welcomed son Adam Ephraim (8 lbs. 9 oz., 20 1/2” long) on December 29, 2009. Adam joins big brother Tobias, 4 1/2. Natasha is a visiting assistant professor, art and art history, and Joachim is curator, Picker Art Gallery.

Ashley and Andrew Osborne welcomed Thomas Jon (8 lbs. 14.5 oz., is 20” long) on January 6. Thomas could not wait to arrive at the hospital and was delivered by his father, in the car, 35 miles from the hospital in Syracuse! He joins big sister Phiona, 16 months. Thomas has a deep noted Colgate connection which includes paternal grandmother Berenice Osborne who was the cook at ATO for many years, paternal grandfather, the late Phil Osborne who worked as a stock clerk, maternal great-grandparents are Lewis and Jeannine McGregor who work Colgate football and hockey games, and proud grandparents Michael and Wendy Wells. Wendy is manager of student accounts.

CLASSIFIED ADS

POSITION VACANCIES

Administrative Assistant Division of University Studies and Core
Assistant Director/Academic Support Services (temporary)
Athletics Event Staff (pt - no benefits)
Campaign Safety Officer
Campaign Safety Officer/Dispatcher (pt - no benefits)
Director of the Annual Fund
Locksmith
Project Manager - Temporary
Regional Advancement Director
Staff Nurse (per diem)

For complete information on position vacancies and to submit an application visit our website at: https://careers.colgate.edu

COLGATE UNIVERSITY IS AN EO/AAE

Free Tax Preparation and Financial Education

If your total household income was less than $49,000, you may qualify for the Earned Income Tax Credit and FREE income tax preparation. Both federal and NYS tax returns will be electronically filed FREE of charge. There are no hidden fees!

For details click here

You're going to see it on the Olympics, why not try it? The Utica Curling Club will be hosting a Try Curling event on Sunday, February 28. No experience necessary; people of all athletic abilities welcome. Details are still being worked out.

If you're interested, contact Mary Jane Walsh or visit http://uticacurlingclub.org.

Hey, it's the only sport you'll ever try where you throw rocks at houses, you need a vice to play, and you can get your messy spouse or roommate to use a broom!