Michigan Outpatient Cardiovascular Association

December Special Edition

Happy Holidays

Don't Snow Shovel Your Way to a Heart Attack!

“Shoveling snow may trigger a heart attack if you're not careful, especially if you already have risk factors, an expert warns.

The combination of shoveling and cold weather can cause your arteries to spasm and constrict, explained Dr. Sam Kazziha, chief of cardiovascular services at Henry Ford Macomb Hospital in Detroit.

"During the snow season we do get heart attack victims who were exposed to the cold weather while doing strenuous activities like shoveling snow," Kazziha said in a news release from the Henry Ford Health System.

Most are middle-aged people who ignore their pre-existing risks for a heart attack, he noted.

Kazziha offered some safety tips for safer shoveling: Dress warm and in layers. Be sure to wear a hat, gloves and snow boots. Cover your mouth and nose to limit the cold air you inhale, don't shovel large areas all at once. Clear small sections, one at a time, and take regular breaks, push the snow using quick, short strokes instead of lifting it, if the snow is deep, clear it in layers to avoid fatigue. The best option may be to give the job to a snow clearing service or a neighborhood kid.”

https://www.usnews.com/news/health-news/articles/2022-01-16/dont-snow-shovel-your-way-to-a-heart-attack

OEIS Registry Reminders:

If there is interest in having a walk through with one of Dr. Wiechmann’s staff regarding the OEIS Dashboard, please feel free to arrange a Zoom walk through with Lauren from his office.

Helpful Links:

- OEIS National Registry Overview - OEIS (oeisweb.com)
- How to Become an OEIS Member (oeisweb.com)

Save the date: The OEIS 10th Annual Meeting will be held **May 18 - 20, 2023** at the Coronado Springs Resort, Lake Buena Vista, FL.

Very Hot, Very Cold Days Tied to Higher CVD Mortality

“Extremely hot and extremely cold temperatures were associated with a greater risk of cardiovascular mortality in an analysis of data from countries around the world.

"Many environmental exposures are set to be amplified by climate change," Barrak Alahmad, MD, MPH, PhD, a research fellow at the Harvard T. H. Chan School of Public Health at Harvard University in Boston and faculty member at the College of Public Health at Kuwait University.

"Investigating the burden of extreme temperatures from now on will enable us to further understand what climate change might hold for cardiovascular risks," he said. "In this rapidly changing climate and unprecedented pace of warming, it is not the time to be asleep at the wheel."

No specific temperatures are considered "extreme," Alahmad noted. "Heat and cold are context- and location-specific. The impact on human health of a given extreme temperature event can depend on where and when it occurs; 40° C in Kuwait is a typical summer day, whereas a 40° C in London resulted in widespread, incalculable damage."

The researchers used data from the Multi-Country Multi-City Collaborative Network to create a database of daily counts of cardiovascular causes of death from 567 cities in 27 countries across five continents in overlapping periods ranging from 1979 to 2019.”

https://www.medscape.com/viewarticle/985511

Save the date: Next Peer Review Meeting, **January 9th**