

## Quinnipiac University to Host National Youth Heart Screening Day

**Hamden:** Quinnipiac University will offer quick, painless and free cardiac screenings on Saturday, February 7, as part of its second annual National Youth Heart Screening Day.

The event is for area families, young adults and Quinnipiac students, and will take place from 9am-1pm in the Recreation and Wellness Center on the Mount Carmel Campus, at 275 Mount Carmel Ave.

Walk-ins are welcome, but pre-registration at screening.inaheartbeat.org is encouraged. Approximately 500 participants and their families are expected to attend.

Pina Violano, director of community engagement for the School of Nursing, said the large-scale health and wellness event will engage nursing students with the community while providing free, potentially lifesaving electrocardiogram (EKG) screenings and hands-on CPR training. According to In A Heartbeat, an EKG can detect approximately 60% of heart condition abnormalities associated with sudden cardiac death that cannot be detected by a stethoscope.

The American Heart Association estimates that nearly 23,000 children and adolescents under the age of 25 experience a sudden cardiac arrest in the U.S. each year.

In A Heartbeat founder and Quinnipiac alumnus Mike Papale '11 experienced sudden cardiac

arrest at age 17 while playing basketball at a Wallingford court. An EMT who was in the building administered CPR until an ambulance equipped with an AED arrived to restart Papale's heart. That experience convinced Papale of the need for public access to AED machines in communal spaces and inspired him to found In A Heartbeat.

At Quinnipiac, the School of Nursing Community Engagement Program offers vital health and safety training designed to equip individuals from across the university and surrounding communities with the skills needed to respond confidently and effectively in emergencies. Violano frequently partners with Papale and student volunteers to offer lifesaving intervention training and services at Quinnipiac athletic events and community programs.

The February 7th screening event will combine the efforts of nursing students from all levels with School of Nursing faculty, along with volunteers trained in CPR and AED use. Hands-on CPR training for community members will also be offered. Additionally, Violano has connected with pediatric cardiologists to provide immediate patient support if needed.

The free cardiac screening event also provides a critical service to families and young adults that could prevent a tragic outcome.

(stick to three items), take time to recharge, laugh, sing, curb clutter, set boundaries, perform mindfulness exercises, practice gratitude, and seek help from a professional when stress becomes overwhelming.

6. Stay connected. Research shows that having social connections is a significant predictor of longevity and better physical, cognitive and mental health, while social isolation and loneliness are significant predictors of premature death and poor health. Unfortunately, there is a nationwide loneliness epidemic that medical experts consider a major public health concern. Combat loneliness with social clubs and community groups, or by taking up a hobby, learning something new or volunteering. If you're struggling with loneliness, reach out to a professional, your doctor, family member or friend. You can also call the 988 crisis helpline for support.

7. Get screened. Schedule preventive care, tests and health screenings to help your doctor spot certain conditions before they become more serious. Your doctor can recommend needed tests based on your age, gender and health conditions — including colonoscopies, mammograms, gynecological and prostate exams, and vision screenings.

Today, there are many at-home screening options available. Some are more effective than others, and all work best — and minimize stress around results — when taken in consultation with a doctor.

For more resources on staying healthy, visit <http://www.ama-assn.org>.

"Everyone strives to live longer, but the goal should be to live as healthy as possible for as long as we live," says AMA CEO John Whyte, MD, MPH. "Simple steps today — eating well, staying active, sleeping enough, and seeing your doctor — can add quality years, or even decades, to your life."

### Free Prescription Discount Cards for Residents

The Town of North Haven is stepping up to make medication more affordable and want YOU to be part of it. North Haven has partnered with the State of Connecticut Comptroller to spread the word about a free prescription savings card for anyone living in Connecticut. No cost. No insurance needed. Just real savings and better access.

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Not sure if you would like to sign up? You can search for the price of any of your medications online before enrolling if that makes you more comfortable. The tool shows real-time prices at pharmacies near you, so you can compare and save.

For more information or if you would like assistance in signing up, you can call the ArrayRx Enrollment Line at 1-800-913-4146, Monday-Friday, 10:30am-8:30pm, contact Carla Picard in Community Services at 203-239-5321 x8504 or visit ArrayRxCard.com.

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### Question & Answer - Dr. Richard Durocher

**Q: What is a stress fracture of the foot and how is it treated?**

**A:** A stress fracture is a crack in the bone that can result from overuse of the foot. It often occurs when an athlete increases his/her activity level too rapidly or when an individual, who may be out of shape, tries to overdo it. The symptoms are often pain and swelling that increase with activities and improve with rest. The most common bone affected is the second metatarsal, (the long bone in the middle of the foot). This fracture may not show up on a standard x-ray. If symptoms persist despite normal x-ray findings, a bone scan is the most definitive diagnostic tool for a stress fracture.

Treatment is usually immobilization with a below-knee walking cast for 6-8 weeks. Orthoses (custom arch supports) may be prescribed to prevent future injuries if poor foot mechanics contribute to the fracture. Muscle strains may also cause pain in the foot. It is recommended to see the podiatrist to be sure that the pain in the foot is in fact a fracture so it can be diagnosed and treated.

Contact Dr. Richard Durocher for evaluation of this condition. Doctor is fluent in French & Spanish



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## How to Live to Be 100 Years Old



(StatePoint) Living to 100 may sound extraordinary, but research suggests it's more achievable—and enjoyable—than many people think. Studies show the majority of centenarians rate their health as good, and large numbers of people in this age group are mobile, active and optimistic.

According to the American Medical Association, adopting these seven habits can improve longevity and quality of life:

1. Eat healthy. Think of food as medicine. Choose nutritious, whole foods. Eat more fruits that are dark in color — blue, purple and red — to get the most nutrients, as well as fiber-rich vegetables, especially non-starchy vegetables such as broccoli, carrots and leafy greens. Incorporate whole grains, nuts, seeds, lean meats and fish. Drink more water, or as an alternative, flavored or sparkling water with no added sugar.

Reduce your intake of sugar-sweetened beverages and unhealthy ultra-processed foods, especially those with added sodium and sugar. Drinking sugary beverages, even 100% fruit juices, is associated with a higher mortality risk, according to a study published in JAMA Network Open. Eat fewer processed meats, which tend to be high in fat and heavy on added salt and preservatives. Limit your intake of refined grains, such as breads, crackers, baked goods and white rice. Drink less

alcohol.  
2. Exercise. Adults should aim for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity weekly. A recent study published in JAMA found that putting down the television remote and walking can improve healthy aging — highlighting the importance of small everyday habits.

3. Get enough sleep. Adequate sleep improves memory, reduces stress, improves mood, and primes the body's natural defenses against disease. But sleep quality decreases with age. Improve your sleep quality by setting a regular bedtime and wake-up time, insulating your bedroom against noise, avoiding exercise within an hour of bedtime, maintaining a cool and dark bedroom, and limiting fluids within two hours of bedtime. Also avoid alcohol before bedtime and make your bedroom a tech-free zone as screen-time can impact your ability to fall asleep and stay asleep.

4. Live with purpose. A sense of purpose can lead to increased energy, motivation, emotional stability and resilience. Take time for self-reflection and try meditation or yoga. Prioritize your values and beliefs and put them into action toward a goal that's meaningful to you and benefits others.

5. Stay positive. To bust stress, take a break from decisions, connect with others, pet your dog or cat, write a to-do list