

# Subject: WATER AND ASPIRIN FROM THE MAYO CLINIC

*Interesting info....*

## **MAYO CLINIC - DRINKING WATER**

A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know. From The Mayo Clinic.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

### **Heart Attack and Water -**

Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting.....

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time?

### **Answer from my Cardiac Doctor:**

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

### **Correct time to drink water... Very Important. From A Cardiac Specialist!**

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up- helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack.

### **I can also add to this...**

My Physician told me that water at bedtime will also help prevent nighttime leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

### **Mayo Clinic on Aspirin -**

Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar). Please read on. Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. Why keep Aspirin by your bedside? It's about Heart

**Attacks** - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

**Afterwards:** -Call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and .....DO NOT LIE DOWN!

***"Life is a one time gift" (Let's forward and hope this will help save some!!!)***