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Obituaries

James Howard "Jimmy" Conklin

Mr. James Howard "Jimmy" Conklin, 57, formerly of Wadesboro, died Thursday, January 26, 2017, in South Carolina. Memorial services were held on Sunday, January 29, 2017, at Leavitt Funeral Home with Rev. Tony High officiating. Jimmy was born on January 22, 1960, in Del Rio, Texas, a son of Nell Cox Conklin and the late Howard Conklin. He worked as a mechanic for many years and lately was driving a log truck. Jimmy will be remembered for his love of animals.

Survivors include his son Jarred Conklin of Murrells Inlet, SC; his mother Nell Cox Conklin of Wadesboro; his brothers, Gary (Cynthia) Conklin of Lilesville and Terry (Patricia) Conklin of Peachland; and many nieces and nephews. The arrangements were in care of Leavitt Funeral Home.

Mrs. Edna Moore Hildreth

Mrs. Edna Moore Hildreth, age 72, died Thursday, February 9, 2017, at Hospice of Union County in Monroe. Graveside services were held on Sunday, February 12, 2016, at Anson Memorial Park with Dr. Fred Senter officiating. Born May 28, 1944, Edna was a daughter of the late Alice Baker and William E. "Willie" Moore. She worked several years as a nurse's assistant at the Wadesboro Nursing Home, but later assisted her husband in the family's farming operations. She was a member of First Baptist Church and enjoyed singing in the choir for many years. Survivors include her husband of 54 years, Leon Hildreth of the home; son Mark Hildreth (Terina) of Wadesboro; three grandsons, Douglas, Jordan (financé Alyx) and Cory; and a twin sister, Esta Smith of Terry, MS.

In addition to her parents, Edna was preceded in death by two sisters, Margaret Harris and Louise Hightower. Memorials may be made to Hospice of Union County, 700 W. Roosevelt Blvd., Monroe, NC 28110; or to First Baptist Church Chancel Choir, PO Box 423, Wadesboro, NC 28170. Leavitt Funeral Home was in charge of arrangements. Online condolences may be made at www.leavittfh.com.

What is Heart Disease? Heart disease is the number one cause of death for both men and women in the United States.

Comprehensive and sophisticated cardiovascular care is available at McLeod Health.

Friends and Family CPR at McLeod Health

Did you know that Heart disease is the leading cause of death for both men and women in America? Every year, over 715,000 Americans suffer a heart attack. Did you also know that heart disease is preventable and controllable? February is national heart month and what better time to learn about the symptoms of a heart attack. A heart attack is characterized by pain or discomfort in the jaw, neck, or back, feeling weak, light-headed, or faint, chest pain or discomfort, pain or discomfort in arms or shoulder and shortness of breath. If you think that someone is having a heart attack call 9-1-1 immediately. Another thing that can be done to help someone in need is to learn basic cardiopulmonary resuscitation (CPR). After calling 9-1-1, CPR is the best way to help save the life of someone who has had a heart attack. One way that McLeod is helping to protect our community is by offering the American Heart Association's (AHA) Friends and Family CPR course. The McLeod Resource Center has partnered with McLeod Sports Medicine Certified Athletic Trainer and AHA CPR Instructor Brian Lowe to offer Friends and Family CPR to expectant mothers and their families. Getting trained in CPR is one of the easiest things that can be done to make a difference in an emergency situation involving a heart attack. There are also many risk factors that can be controlled to decrease the risk of heart disease. Some of these actions are to eat healthy, maintain a healthy weight, exercise regularly, refrain from smoking and monitor your blood pressure. While these activities cannot completely prevent heart disease, they can drastically decrease the risk of a heart attack.

Helping a Victim of a Heart Attack

- Half of the deaths from heart attack occur in the first 3 or 4 hours after the onset of symptoms, so it is important to know and recognize the warning signs.
- If you think that you or someone in your presence is having a heart attack, call 911 IMMEDIATELY! Every minute you delay can result in more damage to the heart muscle.
- Having the victim chew an aspirin after the ambulance has been called may help reduce the size of the blood clot.

Helping a Victim of Sudden Cardiac Death

- Call 911 IMMEDIATELY!
 - Begin cardiopulmonary resuscitation or CPR. CPR can double or triple a cardiac arrest victim's chances of survival.
 - Utilize an automated external defibrillator (AED) if one is available. Follow the instructions provided by the unit. Many public places such as airports and shopping malls now have AEDs. Brain death begins in only 4 to 6 minutes after cardiac arrest, but it is often reversible if treated within a few minutes with defibrillation, or an electric shock to the heart, as from an AED, to restore a normal heartbeat.
- The chances of survival for a victim of Sudden Cardiac Death drop by 7 to 10 percent with every minute that passes without CPR and defibrillation, and very few attempts at resuscitation succeed after 10 minutes, so the key is to ACT QUICKLY!



Trust Your Heart To Those Who Treat It Best.

Beautiful things come from the heart. At McLeod Health, we are dedicated to keeping your hopes and dreams alive by providing the most comprehensive and sophisticated cardiovascular program from the midlands to the coast. Before choosing who cares for your heart, check out our ratings. The McLeod Heart & Vascular Institute has a proven record of **outstanding patient outcomes** and has received **25 top honors from Healthgrades®** including our ranking in the **Top 5% Nationally for Cardiac and Vascular Services.**

Trust your heart to the very best - McLeod Health.

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For more information, visit McLeodHeart.org

Top 5% Nationally in Cardiac and Vascular Services.

- Heart Attack Symptoms**
Symptoms of a heart attack or myocardial infarction can vary greatly from person to person, but in order to help you identify a possible heart attack, we have listed some of the most common symptoms below:
- Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.
 - A person with angina (temporary chest pain) may begin to find that it takes less and less physical activity to trigger the pain. Any change in the pattern of angina should be taken very seriously and brought to the attention of your physician.
 - During a heart attack, a person may feel pain in the middle of the chest which can spread to the back, neck, jaw or arms. The pain may also be felt only in the back, neck, jaw or arms rather than the chest.
 - A person having a heart attack may have gas-like pain or pressure in the stomach area which is often mistaken for indigestion. The pain is similar to angina, but it is usually more severe, longer lasting and does not improve with rest or a nitroglycerin pill.
 - It is important to note that approximately 1 out of every 3 people who have heart attacks do not feel any chest pain. Many of these are women, non-Caucasian, older than 75, have heart failure or diabetes or have had a stroke.
 - Nausea & vomiting which are sometimes mistaken for food poisoning or the stomach flu
 - Lightheadedness or dizziness
 - Shortness of breath, especially in older people
 - Feelings of restlessness, sweatiness, anxiety or a sense of impending doom
 - Bluishness of the lips, hands or feet
 - Heavy pounding of the heart or abnormal heart rhythms
 - Loss of consciousness (This can be the first symptom of a heart attack!)
 - Disorientation resembling a stroke may occur in older people.
 - Also, older people, especially women, will often take longer to admit they are not well and to request medical assistance.