

# WEBER-MORGAN HEALTHY 2010 NEWSLETTER

SUPPORTING THE HEALTH AND WELLNESS OF OUR COMMUNITY



## Love Your Heart

Heart disease is the leading cause of death in the United States. Every 28 seconds, someone in the US will have a heart attack and every minute, someone will die. About 700,000 people die each year from heart disease in the US alone. World wide, coronary heart disease (the most common form of heart disease) kills 7 million people each year. (Source: CDC)

National Wear Red Day is held annually on the first Friday in February. Created by the Go Red For Women campaign, from the American Heart Association, this event helps to spread the word about women and heart disease, and encourages them to love their hearts at any age. For more information on National Wear Red Day, including how to start an event in your workplace, or for more information on The Go Red For Women Campaign, visit [www.goredforwomen.org](http://www.goredforwomen.org).

February is American Heart Month. What better time

## What is Heart Disease?

Heart disease is a general term given to a variety of conditions related to the heart. The most common form of heart disease in the US, and the one you probably think of when you think of heart disease, is coronary heart disease.

Coronary heart disease (CHD) occurs when the arteries that supply blood to the heart muscle become clogged and hardened with a thick plaque. This is known as atherosclerosis. Blood flow to the heart becomes slowed or blocked all together. It can also cause blood clots to form and further block the artery. When the flow of blood to the heart is severely decreased or blocked, the heart becomes deprived of oxygen. This is referred to as ischemia. Ischemia can cause heart attacks (where parts of the heart die or become

The Red Dress Pin is a symbol of support for women and heart disease, reminding us that heart disease doesn't care what you wear. To get your own free pin, sign up on [www.goredforwomen.org](http://www.goredforwomen.org).



than now to begin loving your heart? Move more by taking the stairs, parking at the back of the lot or signing up for an aerobics class. Adopt a heart healthy diet using the recipes from this month's recipe corner. And don't forget to get tested! Cholesterol and blood pressure tests save lives by stopping heart disease before it begins or by helping to slow its progression. Start making those little changes that add up to big differences!

Show your support of women and heart disease!  
Wear red on Friday,  
February 5<sup>th</sup>, 2010!

damaged), leading to irregular heartbeat or cardiac arrest (when the heart completely stops). Over time, CHD can weaken the arteries and lead to heart failure, a condition where the heart is not able to pump blood the way it should.

The most common symptom of CHD is angina, or chest pain. For some people, the first sign of CHD is a heart attack. The good news is that CHD is preventable, and you have control!



## Not Just a Man's Disease

For years, it was commonly assumed that heart disease was a male problem. Before age 50, more men than women do tend to experience heart disease. This may be due to the fact that estrogen plays a protective role in women. After menopause however, when estrogen levels begin to decline, women's heart disease rates soar. By age 65, most women are at the same risk level as men their age. (Source: CDC/NCHS)

Cardiovascular diseases (heart disease and stroke) are responsible for the death of nearly 500,000 women each year, a number more than the next seven leading causes of death *combined*. 267,000 women die from heart attacks alone, a startling six times as many women as breast cancer.

38% of women compared with only 25% of men will die within one year of a first recognized heart attack. Within six years from surviving a first heart attack, 35%

of women (compared with only 18% of men) will have had another heart attack and 46% (compared with 22% of men) will be disabled with heart failure. Women run twice the risk as men of dying after bypass surgery. They are also less likely to receive beta-blockers, ACE inhibitors, or even aspirin after a heart attack. Of those who die from heart attacks each year, 51% are women, yet they comprise only 25% of participants in all heart related research studies. (Source: [www.womenheart.org](http://www.womenheart.org))

Many new campaigns, such as the Heart Truth and the Go Red For Women campaigns, are working to change these statistics through education and advocating for increased research. For more information on women and heart disease, visit [www.goredforwomen.org](http://www.goredforwomen.org) or [www.womenheart.org](http://www.womenheart.org)

## Taking Control

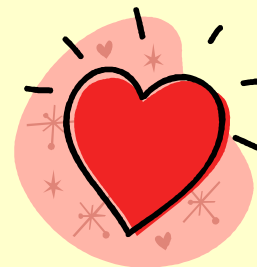
Many factors play a role in your risk for developing heart disease. Common risk factors include:

- ❖ Age & Gender
- ❖ Family History
- ❖ Personal Medical History
- ❖ Elevated blood pressure (over 120/80)
- ❖ Smoking
- ❖ Having a total cholesterol level over 200 mg/dl and/or HDL cholesterol level under 40 mg/dl
- ❖ Sedentary lifestyle
- ❖ Being overweight
- ❖ Diabetes

While a few risk factors cannot be changed, such as age and gender, most risk factors can be, and you have control. You can love your heart *today* by making small changes to your lifestyle to reduce your risk factors.

Start by:

- ❖ Moving more.
- ❖ Eating a heart healthy diet. (See page three for more info on heart healthy diets.)
- ❖ Get your cholesterol and blood pressure checked every year and talk to your doctor about your risk factors.
- ❖ If you smoke, quit. Women who smoke risk having a heart attack 19 years earlier than women who don't!
- ❖ If you have diabetes, work with your doctor to keep it under control.



Remember, the choices you make today will impact your life for years to come. Choose to act *now*, not later, to prevent heart disease from being a part of your life.



## Heart Attack Warning Signs

Recognizing the signs of a heart attack can save a life, maybe even your own!

What to look for:

- ❖ **Chest discomfort:** usually in the center of the chest and lasts more than a few minutes or comes and goes. This doesn't have to be pain, either. It can feel like pressure, squeezing, or fullness, too.
- ❖ **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:** often comes along with chest discomfort, but it can occur without.
- ❖ **Cold sweat**
- ❖ **Nausea**
- ❖ **Lightheadedness**

Don't expect a heart attack to be as dramatic as they are on TV, either. Most heart attacks start out slowly, not suddenly, with mild pain or discomfort. Many times people disregard this feeling and wait too long to seek medical attention. This is especially true of women.

If you notice any of these signs, especially if they occur with chest pain, call 911 immediately. Paramedics can begin life saving treatment faster than you would probably be able to drive to the hospital!



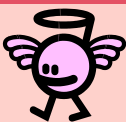
## Heart Healthy Diets

One of the best things you can do to lower your chances of developing heart disease is to follow a heart healthy diet. Use this chart to help determine what diet is best for your needs.

<b>You have:</b>	A desire to lower your risk for high cholesterol and/or high blood pressure	High cholesterol	High blood pressure, with or without high cholesterol
<b>Follow:</b>	<b>The Heart Healthy Diet</b>	<b>The Therapeutic Lifestyle Changes Diet (TLC)</b>	<b>Dietary Approaches to Stop Hypertension (DASH)</b>
<b>Guidelines:</b>	<ul style="list-style-type: none"> <li>❖ 30% or less of daily calories from <b>fat</b></li> <li>❖ 8-10% of daily calories from <b>saturated fat</b></li> <li>❖ Less than 300 mg of <b>cholesterol</b> a day</li> <li>❖ Less than 2400 mg of <b>sodium</b> a day</li> <li>❖ Just enough <b>calories</b> to maintain a healthy weight</li> </ul>	<ul style="list-style-type: none"> <li>❖ 25-35 % of daily calories from <b>fat</b></li> <li>❖ less than 7% of daily calories from <b>saturated fat</b></li> <li>❖ Less than 200 mg of <b>cholesterol</b></li> <li>❖ Less than 2400 mg of <b>sodium</b> a day</li> <li>❖ Just enough <b>calories</b> to maintain a healthy weight and reduce blood cholesterol levels</li> </ul>	<ul style="list-style-type: none"> <li>❖ <b>Increase</b> servings of fruits, vegetables and low fat dairy products</li> <li>❖ <b>Decrease</b> sodium and saturated fat</li> <li>❖ Diet is rich in magnesium, potassium, calcium, protein and fiber</li> <li>❖ 27% of calories from <b>fat</b></li> <li>❖ 6 % of calories or less from <b>saturated fat</b></li> <li>❖ Start with 2400 mg <b>sodium</b> and slowly decrease to 1500 mg</li> <li>❖ 150 mg or less of <b>cholesterol</b></li> </ul>
<b>Other Benefits:</b>	Good for the whole family. Increase fat for children under two.	Fairly simple to follow. Lots of wiggle room.	Can lower both high blood pressure and high cholesterol

For more information on the diets listed above, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## Heart Helpers:



The average American's diet is lacking in foods rich in the following heart healthy nutrients. For a healthy heart, increase the following in your diet.

### Fiber:

**Why:** increasing fiber, especially soluble fiber, can help to lower cholesterol, specifically LDL. Soluble fiber actually latches on to excess LDL for disposal in the liver. In addition to the heart healthy benefits, fiber can help stave off hunger, prevent some types of cancer and diabetes and help regulate blood sugar.

**Where to find it:** Foods that are high in fiber include whole grain foods, fruits and vegetables, beans and other legumes. Oats are especially high in soluble fiber, which is why oatmeal packets usually carry a label claiming to lower cholesterol.

### Omega 3 Fatty Acids:

**Why:** Omega 3 fatty acids lower bad cholesterol (LDL), increase good cholesterol (HDL), and may also lower blood pressure. Studies show promise in treating atherosclerosis by preventing plaque buildup and blood clots from forming. Omega 3's have also been shown to aid brain function, help prevent strokes, some types of cancer, diabetes, and many other chronic diseases and also act as an anti-inflammatory, aiding with arthritis.

**Where to find it:** the most common source of Omega 3 fatty acids is fish, especially "fatty" fish such as mackerel, herring, sardines and salmon. Because of this, the **American Heart Association recommends eating fish twice a week.** Omegas 3s are also found in some oils, such as canola and soybean, and in flaxseed, tofu and walnuts. Flaxseeds are found in most grocery stores and can be added to almost anything from soups to muffins. The seeds must be ground before the body can digest them and must be refrigerated or frozen.



## Heart harmers:

The average American gets way too much of the following heart harming nutrients. For a healthy heart, decrease the following in your diet.

### Sodium:

**Why:** In some people, excess sodium contributes to high blood pressure. Since sodium binds with water molecules, it may also increase inflammation and water retention. Healthy individuals should get no more than 2300 mg a day (roughly 1 teaspoon of salt). The average American, however, consumes an average of one to three teaspoons full!

**Where to find it:** While sodium is found naturally in most foods, 75% of the average American's intake of sodium comes from processed foods, such as canned vegetables and soups, processed meats and snack foods. In addition to table salt, sodium is also found in baking soda, baking powder and MSG. Always make sure to read food labels and be conscious of added and naturally occurring sources if you're trying to cut back.

### Saturated and Trans Fats:

**Why:** these two fat types increase bad cholesterol (LDL) and triglycerides and decrease good cholesterol (HDL). Eating a diet high in fat can contribute to obesity, a risk factor heart disease and other chronic diseases.

**Where to find it:** Saturated and trans fats are solid at room temperature, as opposed to mono and polyunsaturated fats, which are liquid at room temperature (and may be heart healthy, if consumed in moderation). Saturated fats are typically found in animal products, such as meats, cheeses and butter. Trans fats are created by turning a liquid fat into a solid fat (hydrogenation) and are therefore found mostly in processed baked and fried foods. Be sure to check the ingredient list for the word "hydrogenated," in addition to the trans fat content.

## Get Your Heart Pumping!

By far, the largest risk factor for heart disease is lifestyle choices. As Americans' waistlines grow, so do heart disease rates. Diet is only part of the solution; without exercise, you're not doing all you can!

The American Heart Association's Choose to Move Program focuses on helping women prevent heart disease by working more physical activity into their daily lives, not creating new routines that are hard to fit in. By giving you simple exercises you can do at home, healthful eating tips and recipes, weekly newsletters and

online support from other women (including Marie Osmond), the program can help you achieve your fitness goals. The online program lasts 12 weeks and is completely free. You can even download a Choose to Move "Countdown" for your computer to help keep you motivated!

Visit [www.choosetomove.org](http://www.choosetomove.org) for more information or to sign up today. You're only 12 weeks away from a brand new you!

## Fruit and Vegetable of the Month

Fruits and vegetables are loaded with heart healthy nutrients. Antioxidants prevent LDL cholesterol from oxidizing and sticking to artery walls. Fiber (especially soluble fiber) can help lower blood cholesterol levels by acting as a sponge—literally soaking up the excess cholesterol for disposal in the liver. Not to mention, they're low in calories and can help you reach or maintain a healthy weight. And that's not even the half of it!

The variety of fresh fruits and vegetables may dwindle during the winter months, but it's still booming in the freezer section! **Frozen fruits** are picked at the peak of freshness, and frozen immediately, preserving nutritional value. Fresh fruits are sometimes picked before they're fully ripe to accommodate for the long trip to the store, and canned fruits are often preserved with sugary syrups! Frozen fruits really are a winning bet when fresh and local options aren't available. Try adding them to your cereal, oatmeal or yogurt. Or, if you want to get a bit more adventurous, get out the blender and whip up a smoothie, using non-fat yogurt in place of ice cream or frozen yogurt.

**Carrots** are one of the most popular veggies in the US, and for good reason. Carrots pack a hefty punch of heart healthy goodness while being low in calories and high in flavor. Carrots contain high levels of Beta Carotene and vitamin A, both of which act as antioxidants. Carrots are also high in blood-pressure-lowering potassium, magnesium and cholesterol lowering fiber. All this and only 32 calories in one medium carrot! Since boiling leaches nutrients from vegetables, try other methods of preparation to preserve all those antioxidants. Roast carrots in the oven with olive oil and herbs. Add them to soups, casseroles or meatloaf. Steam them in the microwave. Or, simply eat them raw! Individual packages of baby carrots can be found in the produce section of most grocery stores and are a convenient way to up your intake!



### Oatmeal Carrot Muffins

For extra Omega 3s, add in some ground flax seeds.

1 cup all-purpose flour  
 1 cup whole wheat flour  
 1 tsp. baking powder  
 2 tsp baking soda  
 ¼ tsp salt  
 1 tsp cinnamon  
 ½ cup white sugar  
 ½ cup brown sugar  
 ¼ cup canola oil  
 ½ cup applesauce  
 2 eggs + 1 egg white, lightly beaten  
 1 tsp vanilla extract  
 ½ cup uncooked rolled oats  
 ¼ cup unsweetened coconut flakes  
 ½ cup raisins  
 2 cups shredded carrots  
 1 can (8 oz) crushed pineapple, drained



Preheat oven to 350 and lightly spray muffin tin with canola oil spray or line with paper liners. Mix flours, baking powder, baking soda, salt and cinnamon in a large bowl. Make a well in the center and add sugars, oil, applesauce, eggs and vanilla. Mix until evenly moist. Fold in oats, coconut, raisings, carrots and pineapple. Fill each muffin cup 2/3 full and bake about 25 minutes.

Makes 15 muffins. Per serving: 190 calories, 6 g total fat, 1.5 g saturated fat, 4 g protein, 2 g fiber, 270 mg sodium.

### Lemon Dijon Salmon

Perfect for a Valentine's dinner for two!

2 tbsp Dijon mustard  
 1 tbsp + 1 tsp olive oil, divided  
 1 tbsp fresh lemon juice  
 ¼ tsp salt  
 ½ tsp pepper  
 4 salmon fillets  
 1 tbsp chopped fresh dill



Whisk mustard, 1 tbsp olive oil, lemon juice, salt and pepper in a small bowl. Set aside. Place salmon fillets on baking sheet lined with aluminum foil brushed lightly with remaining olive oil. Spread mustard mixture evenly on top of each salmon fillet. Bake 8 to 10 minutes or until fish flakes with a fork. Sprinkle evenly with dill and garnish with lemon slices.

Note: since this recipe is quite simple, fresh ingredients will make all the difference. Look for fresh dill in the produce section, do not use bottled lemon juice, and select the freshest cuts of salmon possible.

Serves four. Per serving: 260 calories, 17 g total fat, 3 g saturated fat, 23 g protein, 0 g fiber, 390 mg sodium.

This month's recipes are courtesy of the American Institute for Cancer Research at [www.aicr.org](http://www.aicr.org).

The Internet is a great resource for heart healthy recipes! For more recipes, visit [www.americanheart.org](http://www.americanheart.org), [www.goredforwomen.org](http://www.goredforwomen.org), [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or [www.hearhighway.org](http://www.hearhighway.org)



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## Know Your Stuff?

Were you reading carefully? All of the answers to this puzzle can be found in this newsletter.

**Across:**

4. Abbreviation for the diet recommended for lowering blood pressure.
7. Term used when the heart is deprived of oxygen; can cause heart attacks.
10. Type of fat found in fish, soy, flax seed, canola oil and walnuts.
12. Chest pain.
13. A food that is especially high in soluble fiber.
15. Symbol of support for women and heart disease.
17. Hardening of the arteries due to buildup of plaque.
19. Abbreviation for the diet recommended for lowering cholesterol.
21. Prevents LDL cholesterol from oxidizing and sticking to artery walls.

**Down:**

1. "Good" cholesterol.
2. Helps lower cholesterol by "soaking up" the excess.
3. Vegetable of the month.
5. General term given to a variety of conditions related to the heart; #1 killer in the US for both men and women.
6. The American Heart Association's fitness program for women.
8. Type of fat found mostly in animal products, tropical oils and nuts. Increases cholesterol.
9. When the heart completely stops.
11. The largest risk factor for heart disease.
14. Type of fat created by hydrogenation.
16. Contributes to high blood pressure in some people.
18. "Bad" cholesterol.
20. Abbreviation for the most common type of heart disease.