

Super Seniors News

February 2014 Newsletter

Dear Friends,

This issue of “Super Seniors News” will be dedicated to American Heart Month. We will discuss what is heart disease, the signs and symptoms of a heart attack and stroke, and tips for preparing healthy meals. Learn as much as you can to help you prevent and control heart disease.

Sincerely,

Jacquelyn W. Gibson

Jacquelyn W. Gibson
Extension Faculty-FCS



The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

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American Heart Month

“American Heart Month,” is designed to help educate people about their heart, how to keep it healthy and various conditions that may affect their lives. The American Heart Association makes it their goal to help defeat coronary disease during the month of February.

Heart disease is a term used to describe several conditions that relate to the heart and blood vessels. These conditions include coronary artery disease, heart failure, arrhythmia, cardiomyopathy (changes in heart muscles) can undermine the heart’s ability to do it’s job.

A heart attack is a sudden interruption in the heart’s blood supply.

A stroke, or “brain attack,” occurs when a blood vessel is either blocked by a clot or burst— preventing oxygen and nutrients from reaching part of the brain. Cells in this area begin to die and functions controlled by this part of the brain die.



Many factors increase your risk of heart disease and stroke, including age, gender, family history, cigarette smoking, high cholesterol, high blood pressure, diabetes, obesity, and even inactivity. While you cannot control some risk factors, a heart-healthy lifestyle can help decrease the ones you can control.

Topline Messages!!

- Heart attack and stroke are two of the leading causes of death and disability in the United States.
- In the United States, someone has a heart attack every 34 seconds.
- Every 40 seconds, someone in the United States suffers a stroke.
- High blood pressure is a major risk factor for cardiovascular disease.
- One in 3 adults in the United States have high blood pressure. More than 90% who live in to their 80's will develop high blood pressure.
- Every minute, someone in the United States dies from a heart-disease related event.

Learn the Signs and Symptoms of a Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Did you know that women may have some or none of the commonly recognized symptoms of a heart attack?

Instead, women may experience the following:

- vomiting
- nausea
- pain in the right back, shoulder, arm, throat and neck
- profuse sweating
- shortness of breath
- fatigue
- indigestion or stomach pain



Learn the Warning Signs of Stroke

The key is to recognize a stroke and to call 9-1-1 immediately.



- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no cause.

Use the F.A.S.T. test for Recognizing and Responding to Stroke Symptoms:

- F = Face** Ask the person to smile. Does one side of the face droop?
- A = Arms** Ask the person to raise both arms. Does one arm drift downward?
- S = Speech** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
- T = Time** If you observe any of these signs, it's time to call 9-1-1 or get to the nearest stroke center or hospital.

Nine nutrition strategies to reduce your heart risk:

- 1) **Eat more fish.** Fish is a good source of protein and other nutrients. It also contains omega-3 fatty acids, which may help reduce the risk of heart disease and stroke. The American Heart Association recommends two servings a week of omega-3 fatty acid-rich fish like salmon.
- 2) **Eat more vegetables, fruits, whole grains, and beans.** These beautiful and delicious wonders of nature may be one of the most powerful strategies in fighting heart disease.
- 3) **Choose fat calories wisely.** Keep these goals in mind:
- 4) **Limit total fat grams.**
- 5) Eat a bare minimum of saturated fats and trans fats (for example, fats found in butter, hard margarine, salad dressing, fried foods, snack foods, sweets, and desserts).



- 6) **When you use added fat, use fats high in monounsaturated or polyunsaturated fats** (for example, fats found in canola, olive, and peanut oil).
- 7) **Eat a variety—and just the right amount—of protein foods.** Commonly eaten high-fat protein foods (meat, dairy products) are among the main culprits in increasing heart disease risk. Reduce this nutritional risk factor by balancing animal, fish, and vegetable sources of protein and choosing the leanest protein sources.
- 8) **Limit cholesterol consumption.** Limiting dietary cholesterol has an added bonus. You'll also cut out saturated fat, as a cholesterol and saturated fat are usually found in the same foods. Get energy by eating complex carbohydrates (whole-wheat pasta, sweet potatoes, whole-grain breads) and limit simple carbohydrates (regular soft drinks, sugar, sweets). The American Heart Association says it is OK to have an egg a day if your cholesterol is normal. When it comes to lowering blood cholesterol levels, limiting saturated fats is more important than dietary cholesterol intake. The recommendation is not to exceed 300 milligrams of dietary cholesterol each day.
- 9) **Reduce salt intake.** This will help you control your blood pressure.

Did You Know?

In a review of 32 of the most popular diets of 2013, The Dietary Approach to Stop Hypertension (DASH) diet came out on top in the number one spot in the rankings.

The U.S. News and World Report's panel further asserts that the Dash diet has also been shown to increase "good" HDL cholesterol and decrease "bad" LDL cholesterol and triglycerides, a fatty substance that in excess has been linked to heart disease.

In other words, the Dash diet is good for your heart, especially when it comes to your blood pressure.



The DASH Diet (Dietary Approaches to Stop Hypertension)

Doctors recommend:

- Eating more fruits, vegetables, and lowfat dairy foods
- Cutting back on foods that are high in saturated fat, cholesterol, and total fat
- Eating more whole grain products, fish, poultry, and nuts
- Eating less red meat and sweets
- Eating foods that are rich in magnesium, potassium, and calcium

The DASH diet calls for a certain number of servings daily from various food groups. The number of servings you require may vary, depending on your caloric need. When beginning the diet, start slowly and make gradual changes. Consider adopting a diet plan that allows 2,400 mg of salt per day (about 1 teaspoon). Then, once your body has adjusted to the diet, further lower your salt intake to 1,500 mg per day (about 2/3 teaspoon). These amounts include all salt eaten, including salt in food products as well as in what you cook with or add at the table.

Here are some tips to get you started on the DASH diet:

- Add a serving of vegetables at lunch and at dinner.
- Add a serving of fruit to your meals or as a snack. Canned and dried fruits are easy to use.
- Use only half your typical serving of butter, margarine, or salad dressing, and use low-fat or fat-free condiments.
- Drink low-fat or skim dairy products any time you would normally use full fat or cream.
- Limit meat to 6 ounces a day. Try eating some vegetarian meals.
- Add more vegetables and dry beans to your diet.
- Instead of typical snacks (chips, etc.), eat unsalted pretzels or nuts, raisins, low-fat and fat-free yogurt, frozen yogurt, unsalted plain popcorn with no butter, and raw vegetables.

Healthy Heart



Healthy You

Read food labels carefully to choose products that are lower in sodium.

Staying on the DASH Diet

The following is a list of food groups and suggested serving amounts for the DASH diet:



- **Grains:** 7-8 daily servings
- **Vegetables:** 4-5 daily servings
- **Fruits:** 4-5 daily servings
- **Low-fat or fat-free dairy products:** 2-3 daily servings
- **Meat, poultry, and fish:** 2 or less daily servings
- **Nuts, seeds, and dry beans:** 4-5 servings per week
- **Fats and oils:** 2-3 daily servings
- **Sweets:** try to limit to less than 5 servings per week

How Much Is a Serving?

When you're trying to follow a healthy eating plan, it may help to know how much of a certain kind of food is considered a "serving." The following table offers some examples.

SERVING SIZES
Food/Amount
1/2 cup cooked rice or pasta
1 slice bread
1 cup raw vegetables or fruit
1/2 cup cooked vegetables or fruit
8 ounces of milk
1 teaspoon olive oil
3 ounces cooked meat
3 ounces tofu



Source: <http://www.webmd.com/hypertension-high-blood-pressure/dash>.

Research You Can Use

- **Heart Disease Linked to Dementia in Women**—According to the Journal of the American Heart Association, older women with a history of heart disease and heart-related issues were more likely to develop dementia as well as thinking and memory problems than those without heart disease.
 - Female heart attack victims are twice as likely to see declines in their thinking and memory skills.
 - Regardless of whether women had heart disease, those with high blood pressure and diabetes had a higher risk of cognitive decline.
- **Oral Health and Heart Health**—Columbia University reported that brushing, flossing and regular dental visits slow the progression of atherosclerosis (narrowing of the arteries) to a significant degree.
 - The American Heart Association found that people who have their teeth cleaned regularly have a 24 percent lower risk of heart attack and a 13 percent lower risk of stroke. Keeping the teeth and gums clean reduces the growth of bacteria that can lead to systemic inflammation.
- **Exercising More, Sitting Less Helps Men Prevent Heart Failure**—Sitting for long periods increase heart failure risk in men, even for those who exercise regularly, according to a new research study.
 - The study found that outside the work environment, men who spent five hours or more sitting were 34 percent more likely to develop heart failure than men who spent no more than two hours a day sitting, despite how much they exercised.
 - Men also more than doubled their risk of heart failure if they sat five hours a day and got little exercise, versus men who were very active and sat for two hours or less a day.

Recipes from Go Red for Women

Herbed Veggie Skillet

Serves 4; 1/2 cup per serving

Ingredients

- 2 teaspoons canola or corn oil
- 8 ounces zucchini, sliced
- 1/4 cup sliced onion



1/4 cup diced green bell pepper
 3/4 cup frozen whole-kernel corn
 1/3 cup diced tomato
 2 tablespoons water (plus more if needed)
 1/8 teaspoon dried basil, crumbled
 1/8 teaspoon dried marjoram, crumbled
 1/8 teaspoon (scant) dried oregano, crumbled
 Pepper to taste

Nutrition Facts

- Calories 69
 - Total Fat 2.5 g
 - Saturated Fat 0.0 g
 - Polyunsaturated Fat 1.0 g
 - Monounsaturated Fat 1.5 g
 - Cholesterol 0 mg
 - Sodium 9 mg
 - Carbohydrates 11 g
 - Fiber 2 g
 - Sugars 3 g
 - Protein 2 g

- **Dietary Exchanges**
 1/2 starch, 1 vegetable, 1/2 fat

Preparation



1. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion, and bell pepper for 3 minutes, or until the onion is soft, stirring frequently.
2. Stir in the remaining ingredients except the pepper. Cook, covered, for 5 minutes, or until the zucchini is tender, adding more water if necessary. Sprinkle with the pepper.

Baked Sweet Potatoes and Apples

Serves 8; 1/2 cup per serving

Ingredients

- Cooking spray
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 3 medium sweet potatoes, peeled, cut

crosswise into 1/4-inch slices

- 2 medium sweet apples, such as Rome Beauty or Gala, peeled, each sliced into 10 wedges
- 3 tablespoons light tub margarine



Nutrition Facts

- Calories 101
- Total Fat 2.0 g
- Saturated Fat 0.0 g
- Polyunsaturated Fat 0.5 g
- Monounsaturated Fat 1.0 g
- Cholesterol 0 mg
- Sodium 61 mg
- Carbohydrates 21 g
- Fiber 3 g
- Sugars 14 g
- Protein 1 g

Dietary Exchanges: 1 starch, 1/2 fruit

Preparation



1. Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
 2. In a small bowl, stir together the sugar and cinnamon.
 3. In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
 4. Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.
- © American Heart Association. Look for other delicious recipes like this from our Go Red For Women magazine cookbooks published by Publications International, Ltd. (PIL) at ShopHeart.org.

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