

Super Seniors News February 2015 Newsletter

Dear Friends,

This issue of “Super Senior 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.

Sincerely,

Jacquelyn W. Gibson

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Extension Faculty-FCS

Happy
Valentine's
Day



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 a month long celebration in the United States that happens every February. It was established to urge Americans to recognize the nationwide problem of heart and blood vessel diseases, and how to keep healthy. The American Heart Association makes it their goal to help defeat coronary disease during the month of February.

To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute (NHLBI) sponsors a National campaign called The Heart Truth®. The campaign’s goal is to give women the important message about their risk of heart disease. Since 2002, The Red Dress® is a symbol to remind women to take action to protect their heart. Wear Red Day is celebrated on the first Friday in February.

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

Life's Simple 7



The American Heart Association makes it their goal to help educate the public on how best to live and improve their health. The Simple 7 are measures which have one unique thing in common: any person can make the changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have - - to live a long, productive healthy life.

Get Active – Exercise at least 30 minutes each day.

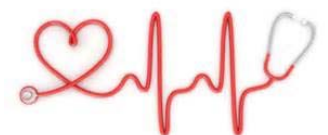
Eat Better – Eat a variety of fruits and vegetables, whole grains, lean meats and choose and prepare food with little or no salt.

Control Cholesterol — Keep cholesterol level below 200 mg/dl.

24 Foods that can Save Your Heart



1. Fresh Herbs—Rosemary, Sage, Oregano and Thyme contain antioxidants. They can replace salt, sugar and transfat.
2. Black Beans—are packed with heart-healthy nutrients including folate, antioxidants, magnesium and fiber—which help control both cholesterol and blood sugar.
3. Red wines and Resveratrol—Resveratrol and catechins, two antioxidants in red wine, may protect artery walls. Alcohol can also boost HDL, the good cholesterol. However, too much alcohol can actually hurt the heart.
4. Salmon: Super Food—A top food for heart health, it's rich in the omega-3s EPA and DHA. Omega-3s may lower risk of rhythm disorders and reduce blood pressure. Salmon also lowers blood triglycerides and reduces inflammation. The American Heart Association recommends 2 servings of salmon or other oily fish a week.
5. Tuna—good source of heart-healthy omega-3s albacore (white tuna) contains more omega-3s than other tuna varieties.
6. Extra Virgin Olive Oil—This oil, made from the first press of olives, is especially rich in heart-healthy antioxidants called polyphenols, as well as unsaturated fats. Olive oil can help lower cholesterol levels. Polyphenols may protect blood vessels.
7. Walnuts—A small handful of walnuts (1.5 oz) a day may lower your cholesterol and reduce inflammation in the arteries of the heart. Walnuts are packed with omega-3s, monounsaturated fats and fiber.
8. Almonds—Almonds may help lower LDL cholesterol and reduce the risk of diabetes. They are full of plant sterols, fiber, and heart-healthy fats.
9. Edamame—These green soybeans are packed with soy protein, which can lower blood triglyceride levels. A half cup of edamame also has 9 grams of cholesterol-lowering fibers—equal to four slices of whole-wheat bread.
10. Tofu—This soy protein contains all of the heart-healthy minerals, fiber, and polyunsaturated fats of soy.
11. Sweet Potatoes—Sweet potatoes are a hearty, healthy substitute for white potatoes, with a low glycemic index, these spuds won't cause a quick spike in blood sugar. They contain fiber, vitamin A, and lycopene.
12. Oranges—This fruit contains the cholesterol-fighting fiber pectin—as well as potassium, which helps control blood pressure.



13. Swiss Chard—The dark green, leafy vegetable is rich in potassium and magnesium, minerals that help control blood pressure. Fiber, vitamin A, and the antioxidants, lutein and zeaxanthin, add to the heart-healthy profile.
14. Carrots—May help control blood sugar levels and reduce the risk of developing diabetes. They're also a top cholesterol-fighting food, thanks to ample amounts of insoluble fiber—the kind found in oats.
15. Barley—This whole grain contains fiber which can help lower cholesterol levels and may lower blood glucose levels.
16. Oatmeal—Oats in all forms can help your heart by lowering LDL, the bad cholesterol. Oatmeal also helps keep blood sugar levels stable over time—making it useful for people with diabetes, too.
17. Flaxseed—this seed has three elements that are good for your heart: fiber, phytochemicals called lignans, and ALA, an omega—3 fatty acid found in plants. The body converts ALA to the more powerful omega-3s, EPA and DHA. Helps with cholesterol.
18. Low-fat Yogurt—Can help control high blood pressure. Milk is high in calcium and potassium and yogurt has twice as much of these important minerals.
19. Foods Fortified With Sterols—Margarine, Soy milk, or orange juice –when they are fortified with cholesterol-fighting sterols and stanols. These plant extracts block cholesterol absorption in the gut and can lower LDL levels by 10% without affecting good cholesterol.
20. Coffee—Coffee and tea may help protect your heart by warding off type 2 diabetes. Studies show that people who drink 3-4 cups a day may cut their risk by 25% - - and even decaffeinated coffee works. Cautious: for those who already have diabetes or hypertension; caffeine can complicate these conditions.
21. Cayenne Chili Pepper—Shaking hot chili powder on food may help prevent a spike in insulin after meals.
22. Kosher Salt—Kosher salt may give you more salty flavor with less actual salt-and less sodium. The larger crystals impart more flavor than finely ground salt.
23. Cherries—Cherries are packed with anthocyanins, an antioxidant believed to help protect blood vessels. Cherries in any form provide these heart-healthy nutrients.
24. Blueberries—The list of healthy nutrients in blueberries is extensive: anthocyanins give them their deep blue color and support heart health. Blueberries also contain ellagic acid, beta carotene, lutein, vitamin C, folate, magnesium, potassium, and fiber.

Source: www.webmed.com

Research You Can Use!

- **Eating More Fruit Cuts Heart Disease Risk—** According to a new research study, Eating fruit every day can lower the risk of heart disease by up to 40%. The researchers found that compared to people who never eat fruit, those who eat fruit everyday cut their heart disease risk by 25% to 40%. Those who ate the most amount of fruit also had much lower blood pressure compared to the participants who never ate fruit.
- **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.
- **Exercise is a natural inflammation fighter.** Heart disease is associated with inflammation in the body. When you move, your muscles send out anti-inflammatory chemicals.
 - Sugar and Your Heart - In a recent study researchers found that as sugar intake increases, the risk for heart disease increases. Adults who got at least 25% of their calo-

ries from added sugar were almost three times more likely to die of heart problems than those who consumed 10% or less. It turns out that added sugar is really bad for your heart. It raises your bad cholesterol levels, triglycerides, and blood pressure. Added sugars also might increase the types of inflammations that are linked to heart problems.

Recipes for Heart Health

Tangy Fruit Salad

What a great way to enjoy fruit!



- 2 Tbsp instant sugar-free vanilla pudding mix*
- 1 C light vanilla yogurt
- 1 can (15 oz) pineapple chunks, in juice, drained
- 1 can (11 oz) mandarin oranges, in juice, drained
- 1 C grapes
- 2 medium bananas, sliced

1. Combine pudding mix and yogurt. Mix fruit in medium bowl.
2. Stir fruit into yogurt mixture.
3. Refrigerate. Serve when chilled.

*The leftover pudding mix can be blended with milk (according to the box instructions) and used as a topping for berries.

Yield: 6 servings

Serving size: 1/2 C

Each serving provides:

Calories:	134	Total fiber:	3 g
Total fat:	0 g	Protein:	3 g
Saturated fat:	0 g	Carbohydrates:	33 g
Cholesterol:	1 mg	Potassium:	417 mg
Sodium:	38 mg		



Cinnamon-Glazed Baby Carrots

No one will be able to resist this sweet veggie side dish that's great with most meat, chicken, and seafood.

4 C baby carrots, rinsed
and split lengthwise if
very thick (or frozen
presliced carrots)



2 Tbsp soft tub margarine

2 Tbsp brown sugar

1/2 ground cinnamon

1/8 tsp salt

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7-8 minutes, just until the carrots are easily pierced with a sharp knife
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2-3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

Yield: 4 servings

Serving size: 1 C carrots

Each serving provides:

Calories	67	Total fiber	2 g
Total fat	3 g	Protein	1 g
Saturated fat	0 g	Carbohydrates	10 g
Cholesterol	0 mg	Potassium	260 mg
Sodium	149 mg		

Source: U.S. Department of Health and Human Services National Institute of Health National Heart Lung and Blood Institute