

Super Seniors News February 2017 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 and stroke, and how to protect yourself from heart disease by making healthy lifestyle choices. Learn as much as you can to help prevent and control heart disease.

Sincerely,

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February is American Heart Month

“American Heart Month” is a month long celebration in the United States which happens every February. It was designed to help educate people about 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 help women become 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.

Love Your Heart!!



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) which can undermine the hearts' 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
- ◆ About 610,000 Americans die from heart disease each year—that's 1 in every 4 deaths.
- ◆ Coronary heart disease is the most common type of heart disease, killing about 365,000 people in 2014.
- ◆ In the United States, someone has a heart attack every 42 seconds. Each minute, someone in the United States dies from a heart disease-related event.
- ◆ 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 into their 80's will develop high blood pressure.
- ◆ Heart disease is the leading cause of death for most racial/ethnic groups in the United States, including African Americans, Hispanics, and Whites. For Asian or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.
- ◆ Heart disease costs the United States about \$207 billion each year. This total includes the cost of health care services, medications, and lost productivity.

Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and Obesity
- Poor Diet
- Physical Inactivity
- Excessive Alcohol Use



Source: Center for Disease Control (CDC)

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:

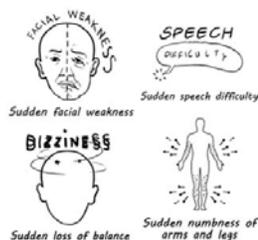
- Vomiting
- Nausea
- Pain in the right back, shoulder, arm, throat and neck
- Profuse sweating
- Shortness of breath
- Fatigue
- Indigestion or stomach pain



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 downwards?
- 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, its 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 not salt.
- ✓ Control Cholesterol - Keep cholesterol level below 200 mg/dl.
- ✓ Manage Blood Pressure—High blood pressure is 140/90 mm Hg or higher. Normal blood pressure is less than 120/80 mm Hg.
- ✓ Lose Weight - Maintain a healthy weight and keep it off.
- ✓ Stop Smoking - Smoking by itself increase the risk of coronary heart disease.
- ✓ Reduce Blood Sugar - Most people with diabetes die of some form of heart or blood vessel disease.



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 envi-

ronment, 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 calories 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.

Are You Eating Right for Your Heart?

Here is what you need to know to have a healthier diet for your heart. This advice is great for everyone - whether you already have high cholesterol or you want to avoid it. This is the latest advice from the American Heart Association. For more information, visit www.americanheart.org

The American Heart Association updated its guidelines for a heart-healthy diet and lifestyle.

Here is an overview of their recommendations:

1. Lower Consumption of Bad Fat

What: Saturated fat and trans fat clog arteries so they have to be limited.

Where: Saturated fats are typically found in all fatty animal products including meat and dairy, especially cheese. Trans fats are usually found in fried foods and processed foods made with partially hydrogenated fats, like margarine, crackers, cookies, baked goods and frozen entrees and desserts.

How much: Limit saturated fat to no more than 7% of calories and trans fats to less than 1% of calories. Here is a guide according to calorie intake:

Calories	Saturated Fat (g)	Trans Fat (g)
1,200	9	1.2
1,500	11.5	1.5
2,000	15	2

All fat in the diet needs to be 30% or less of total calories. Many studies have shown that decreasing the fat in the diet, while increasing fiber from fruits, vegetables, beans and whole grains, is the key to long-term weight control. Cholesterol, also found in animal products like meat, poultry, seafood and egg yolks, should be limited to 300 mg per day. Studies show that less than 100 mg is optimal.

2. Lower Consumption of Sugar

The AHA discourages the consumption of sugar, especially from beverages because it promotes weight gain. Sugar is commonly found in beverages, cookies, desserts, ice cream and sweetened cereals.

3. Lower Consumption of Sodium

Most individuals need to cut their sodium consumption by at least half. The AHA recommends no more than 2,300 mg of sodium per day. But the Institute of Medicine has a more ideal limit of

1,500 mg and this is agreed in the Dietary Guidelines for Americans who are at risk for or who have high blood pressure. If you don't use the salt shaker, you are not off the hook! Most people eat too much sodium from processed foods and meals eaten away from home.

4. Make Your Lifestyle Healthier

If you smoke you should quit. Attain and maintain a healthy body weight and be more physically active. You should increase your physical activity so you are getting at least 30 minutes of exercise per day on most days.



Common Sources of Saturated Fat and Trans Fat in The American Diet

Food	Saturated Fat (g)	Trans Fat (g)
Prime rib steak, 12 oz	36	n/a
Cupcake	15	5
Pot Pie	15	14
Cheeseburger, double	11.5	1.5
Cheese, 1 oz	6	n/a
French fries, large	6	8
Cake donut	5	4
Chicken Nuggets, 10	5	2.5
Cake, 1 slice	5	1
Pizza, 1 slice	4.5	n/a
Whole milk, 1 cup	4.4	n/a
Mac and Cheese	3.5	1
Oatmeal Raisin Cookie	2.5	4.5
Fried chicken, drumstick	2.5	1.5
Biscuit	2	3.5

Sources: Communicating Food for Health, mcdonalds.com, kfc.com, starbucks.com, dunkindonuts.com, USDA database