

Super Seniors News *February 2011 Newsletter*

Dear Friends,

This issue of Super Seniors News will be dedicated to American Heart Month. We will discuss the risk factors for heart disease, the signs and symptoms of a heart attack and how to reduce controllable risk factors. During this month consult with your physician about the steps you need to take to prevent and control heart disease.

Sincerely,

Jacquelyn W. Gibson

Jacquelyn W. Gibson
Extension Faculty-FCS



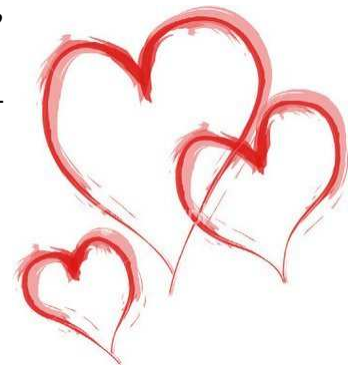
“American Heart Month”

In recognition of the importance of the ongoing fight against heart disease, the United States Congress by Joint Resolution approved an amendment in 1963 to designate February as “American Heart Month.”

Each year the President issues an annual proclamation, and encourages all Americans to join the fight to prevent heart disease.

“American Heart Month” is designated 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 this month.

Heart disease is a term used to describe several conditions that relate to the heart and blood vessels. According to the Center for Disease Control and Prevention (CDC) heart disease is the leading cause of death in the United States and a major cause of disability. The most common heart disease in the US is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.



Disease and Conditions That Put Your Heart at Risk

Conditions that affect your heart or increase year risk of death or disability include high cholesterol, high blood pressure, diabetes, being overweight, tobacco use, and secondhand smoke.



Heart disease is also caused by both uncontrollable risk factors, such as age, gender, and family medical history, as well as by controllable risk factors that can be changed and controlled through diet, physical activity and not using tobacco.

Risk Factors for Heart Disease you can Control

- Cigarette smoking
- High total cholesterol (240 mg/dl or higher)
- High blood pressure (140/90 mm Hg or higher)
- Physical inactivity (less than 30 minutes total exercise a day)
- Weight (more than 20 pounds overweight for height and build)
- Diabetes (a fasting blood sugar greater than 120 mg/dl)

How to Reduce Controllable Risk Factors

You can reduce controllable risk factors by committing to a heart-healthy lifestyle.

- **Be smoke free.** Get help to quit smoking
- **Be physically active.** Regular physical activity makes the heart stronger. It helps lower blood pressure and blood cholesterol. Try going for a brisk, 30 minute walk on most days of the week.
- **Eat a healthy diet.** Eat foods with less saturated fats, cholesterol, and sodium. Eat plenty of vegetables, fruits, whole grain breads and cereals, and low-fat dairy foods and meat.
- **Maintain a healthy weight.** High blood pressure and high blood cholesterol are more common among people who are overweight. A healthy

weight can lower your blood pressure and blood cholesterol.

- **Limit alcohol intake.** If you drink alcohol, drink no more than one or two drinks per day.
- **Get regular checkups.** Your doctor can check your blood pressure, blood cholesterol, and weight to make sure they are at healthy levels.
- **Control your diabetes.** Having diabetes increases your chance of having a heart attack. If you have diabetes, follow your doctor's advice.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:



- 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

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 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.

Orange Chicken



For a wonderful supper, serve this slightly sweet chicken with rice or pasta and a garden salad.

- 1 chicken, skinned and cut up
- Salt and pepper to taste
- All-purpose flour
- 2 tablespoons corn oil or safflower oil
- 1 large onion, sliced
- 1 can (6 ounces) frozen orange juice concentrate

Preheat oven to 350 degrees.

Sprinkle chicken with salt and pepper. Coat with flour.

In a large skillet heat oil over medium heat. Add chicken. Cook over medium-high heat until brown. Put chicken into a 9 x 13 inch baking dish.

In the skillet, sauté onion in the pan drippings until tender. Spoon onion over chicken. Spread orange juice concentrate over chicken. Bake for one hour. Serve with rice. Makes 4 servings.

Approx. per serving: 340 calories, 13 grams of fat.

Cholesterol Quiz: Do You Know...?



The food choices you make have a significant impact on your cholesterol level and the health of your cardiovascular system. Take this quiz to find out how heart smart you really are. Tally up your score at the end.

1. Which item below is the best choice for your heart?
 - a. Lean hamburger, no cheese
 - b. Fried chicken breast
 - c. Baked salmon
 - d. They are all about the same
2. You are standing in a fast-food line and want to choose what is best for your heart. You pick:
 - a. Chicken deluxe sandwich
 - b. Crispy chicken salad
 - c. Small plain hamburger
 - d. Fried fish sandwich
3. You should fill your plate about half full with a lean meat or chicken item, leaving the rest of the space for vegetables and a starch.
 - a. True
 - b. False
4. Which item is lowest in fat and saturated fat?
 - a. Plain bagel with cream cheese
 - b. Small cake donut
 - c. Cinnamon roll
 - d. English muffin with fruit preserves
5. Which grain listed below is the best choice for your heart?
 - a. Whole-wheat pasta
 - b. Brown rice
 - c. Barley
 - d. They are all good choices
6. About two thirds of your plate should be filled with whole grains, beans, vegetables and/or a fruit.
 - a. True
 - b. False
7. Which vegetables are best for your heart?
 - a. Broccoli
 - b. Carrots
 - c. Corn
 - d. They are all good choices
8. Which is better for your heart?
 - a. Butter
 - b. Margarine (tub)
 - c. Margarine (stick)
9. You are given a choice of the following side dishes—which one is best?
 - a. Baked potato
 - b. French fries
 - c. White rice
10. Which food is the greatest source of saturated fat in the American Diet?
 - a. cheese
 - b. milk
 - c. Meat
 - d. Cookies

Answers:

1. C - Dried beans and legumes are great, too.
2. C - A small hamburger has less sodium and fat than the other choices. Know before you go!
3. B - see number 6.
4. D - but oatmeal with skim milk is best
5. D - try to eat 3 or more whole grains per day
6. A - keep them all low in fat
7. D - eat 3 cups of veggies a day
8. B - always buy trans-free margarine
9. A - choose low-fat toppings
10. A - but B and C are major sources, too

Score:

- 8-10 answers right: A - you are right on!
 6-8 answers right: B - needs a little work.
 4-5 answers right: C - needs more work
 1-3 answers right: D - uh oh, try again.