

# Super Seniors News *February 2012 Newsletter*

Dear Friends,

This issue of Senior News will be dedicated to American Heart Month. We will discuss what is heart disease, the signs and symptoms of a heart attack, the steps to improve your health and tips for preparing healthy meals. During this month consult with your physician about the steps you need to take to prevent and control heart disease.

Sincerely,

Jacquelyn W. Gibson  
Extension Faculty-FCS



## 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 this month.

Heart disease is a term used to describe several conditions that relate to the heart and blood vessels. It is the number one cause of death in America. Stroke is the third leading cause of death and a major cause of disability.

During the month of February we celebrate St. Valentine’s Day. It is a day when we celebrate—our love for family and friends. We usually express our love by giving chocolate, roses, jewelry, and cards.

However, we forget to love ourselves. How do you love yourself? You can love yourself by starting to care for your heart right now, if you are not already, do so during heart-health month.

## 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

### 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 purpose food with little or no 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 increases 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!!

### Valentine's Day Indulgences Can Be Heart Healthy



The sweet delights of Valentine's Day are thought of indulgences, but fruit, chocolate, wine and romance can be good for your heart, says a University of Michigan researcher.

Of course, moderation is key when enjoying food and wine, but there are components in tart, cherries, grapes and wine that can lower blood pressure and protect heart muscles. A glass of wine and a massage can do wonders for lowering stress and anxiety.

“There are many fruits associated with Valentine's Day, most commonly cherries, of course,” says Steven F. Bolling, M.D., professor of cardiac surgery at the University of Michigan medical School. “In cherries there are compounds called anthocyanins which can be very good for your heart. Perhaps we could even take the cherries and dip them in chocolate to make a very good, heart-healthy Valentine's snack.”

Not just any chocolate will do. Dark chocolate is the kind that contains flavonoids credited with being good for the heart.

Source: Aging in Stride eNews Jan 2012.

### Dark Chocolate is Good for your Heart

“Dark Chocolate saves lives” says Dr. Arthur Agatston, a preventive cardiologist at the University of Miami Miller School of Medicine. Based on a Scandinavian research study, he claims that consuming high-cocoa-content chocolate can significantly diminish the likelihood of heart attacks. Anyone who regularly ingest healthy forms of chocolate with 70 percent or more cocoa content and without fattening caramel, butter, or nuts reap the rewards.



Source: Heart-Healthy Living, Spring 2008

## Olive Oil Linked to Lower Stroke Risk



Consumption maybe an inexpensive way for older people to prevent strokes.

French medical researchers say consuming olive oil may help prevent strokes in older people.

“Stroke is so common in older people and olive oil would be an inexpensive and easy way to help prevent it,” stated lead author Cecelia Samieri. She is with the University of Bordeaux and the National Institute of Health and Medical Research.

Researchers found that those who regularly consumed olive oil had a 41 percent lower risk of stroke compared to those who never use olive oil in their diets.

Olive oil has been previously linked with potentially protective effects against other cardiovascular risk factors, including high blood pressure, diabetes, and high cholesterol.

Source: All Headlines News, 6/2011

## Keeping the Heart In Your Favorite Recipes

Planning and preparing heart healthy meals may take a little extra effort, but the health benefits are worth it.



Here are some tips for cutting down on saturated fat, trans fat, and dietary Cholesterol, which will help you lower your heart disease risk.

### Grain Group

- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Try rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Snack on ready-to-eat, whole-grain cereals, with little or no added sugar, such as toasted oat cereal.

## Vegetable Group

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it, such as brown rice, cooked dried beans, walnuts, etc.
- Cut up vegetables in advance to make snacking and cooking quick and convenient. Or, use frozen vegetables without added fat or canned vegetables that have been drained and rinsed to lower the sodium content.

## Fruit Group

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Vary your fruit choices. Fruits differ in nutrient content.
- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt or pudding as a dip for fruits like strawberries or melons.

## Milk, Yogurt, and Cheese Group

- Include milk as a beverage at meals. Choose fat-free or low-fat milk (regular or lactose free).
- Have fat-free or low-fat yogurt as a snack.
- Prepare homemade and condensed cream soups (such as cream of tomato) with fat-free or low-fat milk.

## Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

- Cook with leaner cuts of meat, poultry, or fish, such as lean ground beef and round, sirloin, and flank steaks; skinless chicken breasts and turkey breast cutlets; and fish.
- Trim away all of the visible fat from meat.
- Choose cooked dry beans or peas as a main dish or part of a meal often.

## Oils

- Use cooking oil spray to lower fat and calories.
- For muffins or quick breads, use three ripe, well-mashed bananas, instead of 1/2 cup butter or oil. Or, substitute a cup of applesauce for a cup of butter, margarine, oil, or shortening.
- Use fat-free or low-fat dressing or mayonnaise.



- Remove fat from homemade broths, soups, and stews by preparing them ahead and chilling them. Before reheating, lift the hardened fat off the surface.

Source: National Heart, Lung and Blood Institute

### Eat For Heart Health

What's good for your heart is great for your taste buds. Enjoy a heart healthy recipe.



### Apple Coffee Cake

#### Ingredients

- 5 C tart apples, cored, peeled, chopped
- 1 C sugar
- 1 C dark raisins
- 1/2 C pecans, chopped
- 1/4 C vegetable oil
- 2 tsp vanilla
- 1 egg, beaten
- 2 C all-purpose flour sifted
- 1 tsp baking soda
- 2 tsp ground cinnamon



#### Cooking Instructions:

1. Preheat oven to 350° F.
2. Lightly oil a 13- by 9- by 2-inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about a third at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Source: Keep the Beat: Heart Healthy Recipes, National Heart, Lung, and Blood Institute (2003)

### Classic Macaroni and Cheese

Prep time: 5 minutes

Cook time: 40 minutes

This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals—here's a lower fat version of a true classic



- 2 C macaroni
- 1/2 C onion, chopped
- 1/2 C fat-free evaporated milk
- 1 medium egg, lightly beaten
- 1/4 tsp ground black pepper
- 1 1/4 C (4 oz) low-fat sharp cheddar cheese, finely shredded

Cooking spray

1. Cook macaroni according to package directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray a casserole dish with nonstick cooking spray.
3. Preheat oven to 350 °F.
4. Lightly spray a saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about 3 minutes over medium heat.
5. In a bowl, combine macaroni, onion, and the remaining ingredients, and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

**Tip:** Pairs nicely with steamed broccoli and garlic

**Yield:** 8 servings

**Serving size:** 1 C pasta

**Each serving provides:**

Calories	200	total fiber	1 g
Total fat	4 g	protein	11 g
Saturated fat	2 g	carbohydrates	29 g
Cholesterol	34 mg	potassium	119 mg
Sodium	120 mg		