

GET WITH IT

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Get “Heart Smart” and Live Healthy.....

Want to do something nice this Valentine’s Day? Well, be smart and take care of your heart! Every 36 seconds, someone dies from heart and blood vessel diseases (AHA, 2007). The month of February is commemorated as American Heart Month and we, at **Get With It**, want you to get the facts! Heart Disease is the number #1 killer of both men and women. Thought that only men suffered from heart disease? Well think again. According to the Office of Women’s Health, “More women die from heart disease than from anything else”.

There are many conditions that can increase your risk of heart disease. For example, if someone in your family has heart disease then it is important for you to get checked by your healthcare provider, because heart disease can run in the family. The more risk factors you have, the more at risk you are for developing heart disease. Having risk factors for heart disease can also lead to a heart attack or stroke. Heart attacks and stroke can help at any time, to anyone.

Healthy eating habits can help to reduce risk factors for heart disease. For people over the age of 2, use the following tips to help make your meals more “**Heart Smart**”:

- Eat 3 fruits a day. Include one at breakfast, another as a snack between meals, then eat another with cheese or yogurt for dessert. Not all fruits are the same, therefore it is important to try eating different kinds of fruit. Drinking one glass of purple grape juice can also count as a fruit. Purple grape juice is good for lowering your cholesterol.
- Eat more vegetables. Try mixing two side vegetables instead of eating one. Try a salad of mixed greens such as spinach instead of iceberg lettuce, or try a vegetable and bean soup.
- Eat fish or chicken instead of red meat whenever possible. Limit foods high in cholesterol, such as liver and other organ meats and egg yolks. Instead of frying your meat, try substituting your meal with baked or grilled meats such as salmon, trout, or lean chicken without the skin.
- Use olive oil instead of other oils and fat (such as butter and margarine). Monounsaturated and polyunsaturated fats help the body control blood cholesterol levels. Olive oil is a good source of monounsaturated fats. Try using “extra-virgin” olive oil which is even better for your heart. Butter is typically higher in saturated and *trans* fat (the unhealthy fat), therefore; use margarines in liquid, tub, or spray form instead.

Being overweight and physical inactivity are two other risk factors for developing heart disease. Changing your eating habits does not have to be a hard thing to do. If you start off with something small or just one thing at a time, then you can slowly start adding in other changes later. If you’ve never exercised before, or if it has been a long time since you have exercised, then try going for a walk once a day for 15-30 minutes. Not only does walking help you maintain a healthy weight, boost your mood and help you cope with stress, but when you walk after eating a meal it can also help you digest your food better. When you are ready to take the next step, try joining in on one of our **FREE** fitness classes. You can come to our classes anytime you want with no pressure. There are NO contracts or fees, all we ask for you to do is to have fun! Check our website or call our office for more information.

Once you have heart disease you will always have it. If you don’t start making healthy changes in your life now, then your blood vessels could become worse. For more information about heart disease or for more healthy eating tips talk to your healthcare provider or visit your local health department. -Erika Haire, MPH, CHES

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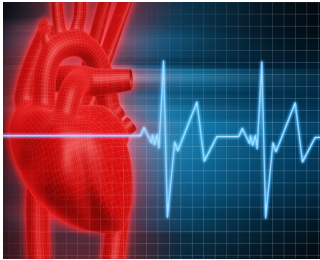
Get With It

PO Box 115
3459 Hwy 68
Madisonville TN 37354

Phone: 423-420-3991
Toll Free: 877-420-3991
Fax: 423-442-5746

Website: getwithitwomen.org

If you have a comment or would like to share recipes for one of our upcoming newsletter, call our office at one of the numbers above or email Erika at erikah@getwithitwomen.org.



Celebrate the health
of your heart.

3-Bean Caprese Salad

To make Salad Dressing:

Ingredients:

1/3 cup balsamic vinegar
1 tablespoon honey Dijon mustard
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup extra-virgin olive oil

To make Salad:

Ingredients:

1/2 pound green beans, trimmed and cut into 1-inch pieces
1 cup loosely packed basil leaves
1 1/4 pounds tomatoes, cored and chopped
1/2 pound fresh mozzarella, cubed (or cut into 1/2 inch cubes)
1 can (15 ounces) red kidney beans, drained and rinsed
1 can (15 ounces) small white beans, drained and rinsed

Directions:

1. Dressing: Mix vinegar, mustard, salt and pepper together in a medium-sized bowl or measuring cup. While whisking, add oil in a thin stream until blended. Set aside.
2. Salad: Add water to a medium-sized pot and heat. Once the water is boiling, add green beans and cook for 4 minute or until the beans are crisp-tender. Drain the water and rinse the beans with cold water.
3. Tear basil into bite-size pieces. In a large bowl, toss basil, green beans, tomatoes, mozzarella, and the kidney and white beans. Whisk dressing, then drizzle it over the salad. Gently toss the salad to coat and serve. Serves 6.

-source: Family Circle Magazine, July 2008

Are you at Risk?

Are you at risk for heart disease? If you are, there are several things you should know so that heart disease doesn't take you off guard.

1. If you are over the age of 20, you should get your blood cholesterol checked **at least** once every five years. Having a high blood cholesterol level can indicate the potential for blocked or clogged arteries. When an artery becomes clogged or blocked it can lead to a heart attack. Get a blood lipid profile and aim for a total cholesterol level of 200mg/dL or less.
2. The most common risk for developing heart disease include:
 - Having a high blood pressure Your blood pressure will change throughout the day; therefore it should be taken more than once by your healthcare provider. (Aim for a blood pressure of 120/80 mmHg or less).
 - Having a high LDL (bad) cholesterol and a low HDL (good) cholesterol.
 - Having excessive body weight or Body Mass Index over 25 (Aim for a healthy body weight by eating healthy and exercising everyday).
 - Having diabetes (Keep your blood sugar level under control).
 - Smoker (Now it is a good time to kick the habit).
3. Knowing how to recognize the signs of a heart attack can help save your life. Some signs can include:
 - Pain or discomfort in one or both arms, back, neck, jaw or stomach
 - Difficult breathing with or without chest discomfort
 - Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It may last more than a few minutes or goes away and comes back.
4. When a heart attack happens, the part of the heart muscle that is blocked begins to die. And once the heart muscle dies, the damage can not be fixed.
5. If you think you are suffering from a heart attack, seek help right away. Remember that not everyone will experience the same signs.