

Positive Pulse Wellness Newsletter



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"Promote and protect the wellness of our community through education, programs, and services".

February Is American Heart Month Preventing Heart Disease: Other Medical Conditions

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February is American Heart Month. Let's celebrate February by informing ourselves on preventing heart disease!

If you have high cholesterol, high blood pressure, or diabetes, you can take steps to lower your risk for heart disease according to the CDC.

Check Your Cholesterol:

Your health care provider should test your blood levels of cholesterol at least once every 5 years. If you have already been diagnosed with high cholesterol or have a family history of the condition, you may have your cholesterol checked more frequently.

Control Blood Pressure:

High blood pressure usually has no symptoms, so be sure to have it checked on a regular basis. Talk to your primary care physician to see how often you should check your blood pressure. Also take advantage of the blood pressure checks offered a couple times a month!

Manage Diabetes:

If your health care provider thinks you have symptoms of diabetes, he or she may recommend that you get tested. If you have diabetes, monitor your blood sugar levels carefully. Talk with your health care provider about treatment options and/or

lifestyle changes.

Take Your Medicine:

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medication without talking to your doctor, nurse, or pharmacist.

Talk with Your Health Care Team:

You and your health care team can work together to prevent or treat medical conditions that lead to heart disease!!!

Special points of interest:

- * Briefly highlight your point of interest here.
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Prevent Heart Disease: Healthy Living Habits

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough physical activity.
- Not smoking or using other forms of tobacco.
- Limit alcohol use.



Prevent Heart Disease: Healthy Living Habits (continued)

Healthy Diet: Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and few processed foods.

Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet also can lower your blood pressure. Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.

Healthy Weight: Being overweight or obese increases your risk for heart disease. If you know your weight and height you can calculate your BMI (body mass index) at CDC's Assessing Your Weight website. One can also use waist and hip measurements to calculate excess body fat.

Physical Activity: For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents

should get 1 hour of physical activity every day.

No Smoking: Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start! For information about tobacco use and quitting, see CDC's Smoking & Tobacco Use Web site.

Limited Alcohol: Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.

The Salty Six

The American Heart Association wants us to adopt a new eating habit. "Change Your Salty Ways in 21 Days". With this tool we can learn to eliminate the six most common salty foods.

Week 1: A Focus on Breads & Rolls and Cold Cuts & Cured Meats: A lot of bread doesn't even taste salty, but one piece can have as much as 230 milli-

grams of sodium. If you have toast for breakfast, a sandwich for lunch, and dinner rolls, that can add up quickly.

Cold Cuts & Cured Meats: Deli or pre-packaged turkey can have as much as 1050 milligrams of sodium per serving! Some sodium is added because these meats would spoil quickly without the

added sodium solution, but it doesn't need to be excessive. If you compare nutrition labels and look for lower sodium varieties, you will find that they are out there!

760 milligrams of sodium? Top your slices with more veggies and less cheese, and swap in a salad for some of your slices.

Poultry: Reasonable portions of lean, skinless grilled chicken are great. Nuggets tend to have a lot of added salt, and even fresh poultry is often injected with added sodium solutions. Just 3 ounces of frozen and breaded nuggets can add nearly 600 milligrams of sodium.



Week 3: Soup and Sandwiches:

Soup: Soup can't be bad if Mom gave it to you for the sniffles right? One cup of canned chicken noodle soup can have up to 940 milligrams of sodium.

Sandwiches: When you combine bread, meat, cheese, and condiments, you can pretty easily surpass 1500 milligrams of sodium in one sitting. New research shows that about 50% of adults eat at least one sandwich a day!

Valentine's Day Tips

Whether you plan to celebrate on your own or with someone special, use the tips to give a gift of health to someone you love on Valentine's Day:

-Be heart healthy: Avoid smoking and second hand smoke, limit alcohol use, maintain a healthy weight, be active, eat healthy.

-Be food-conscious: Consider making a healthy meal for Valentine's Day. Serve food lower in salt and fat content, provide more fruits and veggies, and make less sugary sweets for an overall

healthy Valentine's Day.

-Spread love, not germs: Protect yourself from the cold and flu. Wash your hands often, avoid close contact when you or someone you know is sick, get your flu vaccination.

-Be prepared for travel: Are vaccinations required? Are there special items such as sunscreen or insect repellent that you will need? If you take medications, do you have enough for the trip?

-Go Easy on the Bubbly: If you drink alcohol, do so only in moderation. Ex-

cessive alcohol use has immediate effects that increase the risk of many harmful health conditions.

-Be Sensitive: Consider that your valentine may have allergies, asthma, diabetes, or other health conditions. You can be sensitive by finding out if certain foods, flowers, pets, stuffed animals, or anything else might affect his or her health.



WCDHD "Network of Care" Tool

Did you know that "Network of Care" is offered on the WCDHD website? This is a *free* tool that I encourage you all to use. Please take advantage of this tool to help you be accountable and also be able to track your health. Follow these steps to access the Network of Care:

-Log onto www.wcdhd.org

-Click on Network of Care



-Under the Library link, choose Interactive Tools. This is where I would like

you all to utilize the Health and Fitness Tools especially :) There are many other useful tools so please get familiarized with this and use as well!

Brandi's "Clean Eating" Recipe of the Month

Chocolate Strawberry Cups

Ingredients:

1 cup dark chocolate or carob chips

6-10 paper cupcake liners

1-2 cups fresh strawberries or your favorite fruit

Directions:

Melt chocolate or carob in a heat proof

containers, either in the microwave or melting it in a small pan slowly over another larger saucepan filled halfway with water, on *low* heat. It will melt quickly, so stir, stay there while it's melting and be careful not to let it burn! Lightly spray cupcake liners before spooning melted chocolate inside. Carefully brush the chocolate mixture inside the liner with a spoon. They layer of

chocolate should be thin. Place on a plate in the fridge or freezer for 30 minutes and allow chocolate to harden. When ready, peel the paper liners to reveal a perfect chocolate cup. Fill with sliced strawberries or your favorite fruit, one scoop of yogurt, or ice cream for a special treat :))

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