

Positive Pulse Wellness Newsletter

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February 2nd—National Wear Red Day, American Heart Month

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Facts on Women and Heart Disease according to The Centers for Disease Control and Prevention (CDC):

- Heart disease is the leading cause of death for women in the United States, killing 289,758 women in 2013—that's about **1 in every 4** female deaths.
- Although heart disease is sometimes thought of as a "man's disease," around the same number of women and men die each year of heart disease in the United States. Despite increases in awareness over the past decade, **only 54%** of women recognize that heart disease is their **number 1** killer.
- Heart disease is the **leading cause** of death for African American and white women in the United States. Among Hispanic women, heart disease and cancer cause roughly the same number of deaths each year. For American Indian or Alaska Native and Asian or Pacific Islander women, heart disease is second only to cancer.
- About 5.8% of all white women, 7.6% of black women, and 5.6% of Mexican American women have coronary heart disease.
- Almost **two-thirds (64%)** of women who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.

Symptoms:

While some women have no symptoms, others experience angina (dull, heavy to sharp chest pain or discomfort), pain in the neck/jaw/throat or pain in the upper abdomen or back. These may occur during rest, begin during physical activity, or be triggered by mental stress.

Women are more likely to describe chest pain that is sharp, burning and more frequently have pain in the neck, jaw, throat, abdomen or back.

Sometimes heart disease may be silent and not diagnosed until a woman experiences signs or symptoms of a heart attack, heart failure, an arrhythmia, or stroke.

Risk Factors:

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans (49%)**

have at least one of these three risk factors.

Other medical conditions and lifestyle choices that can put people at risk for heart disease include: diabetes, overweight and obesity, poor diet, physical inactivity, and excessive alcohol use.

Screening:

To reduce your chances of getting heart disease :

-Know your blood pressure. Uncontrolled high blood pressure can result in heart disease.

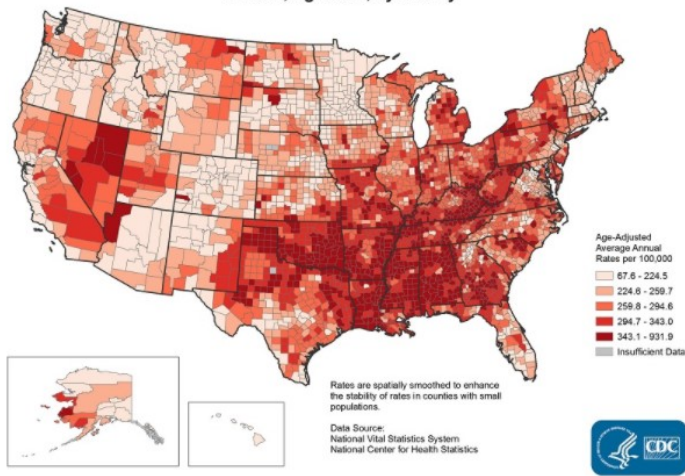
-Quit smoking

-Ask your physician if you should be tested for diabetes and checking your cholesterol and triglycerides.

-Make healthy food choices.

-Limit alcohol intake to one drink a day

Heart Disease Death Rates, 2011-2013
Women, Ages 35+, by County



March is Colorectal Cancer Awareness Month—Screening Saves Lives! Reference: Nebraska Colon Cancer Screening Program

Are you a woman or man over the age of 50 years? If so, did you know you are at an increased risk for colon cancer? According to the Nebraska Colon Cancer Screening Program, having regular screening tests beginning at age 50 could save your life. Colon screenings can find cancer at an early stage, when treatment often leads to a cure.

Colorectal cancer is the 2nd leading cancer killer in the United States, and Nebraska ranks 41st for screening rates. Get screened today!

Colon Cancer Signs and Symptoms:

Often colon cancer starts with no symptoms. The cause of colon cancer is not exactly known, however, **75% of colorectal cancers occur in people with no known risk factors.**

Risk factors that may increase a person's risk for developing colon cancer include:

- A family history of colon or rectal polyps or colorectal cancer or Inflammatory Bowel Disease

If symptoms are present, they may include:

- Blood in or on the stool
- A change in bowel habits



- Stools that are narrower than usual
- General, unexplained stomach discomfort
- Frequent gas, pains, or indigestion
- Unexplained weight loss
- Chronic fatigue

These symptoms can also be associated with other health conditions, please consult your health care provider if you experience any of these symptoms.

Seven Steps to Lowering Your Risk of Colon Cancer:

1. Get regular colon cancer screening tests beginning at age 50.
2. Eat a diet rich in fruits, vegetables, and whole grains from breads, cereals, nuts, and beans.
3. Eat a low-fat diet.
4. Eat foods with folate such as leafy green vegetables.
5. If you use alcohol, drink only in moderation.
6. If you use tobacco, quit. If you don't use tobacco, don't start.
7. Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening, or climbing steps may help reduce your risk.

Screening Tests

Screening tests help your doctor find polyps or cancer before you have symptoms. Talk to your doctor about your risks for colon cancer and which test is best for you. The best time to get screened is before symptoms appear.



The **Nebraska Colon Cancer Screening Program (NCP)** offers enrollment, screening, and education information to Nebraska men and women who are 50-74 years of age. Tests and services may include fecal occult blood test (FOBT) take home test kits, colonoscopy, and information about healthy living. All screening test must be **pre-approved** by NCP staff.

Nebraska Health & Human Services
Women's and Men's Health Programs
Nebraska Colon Cancer Screening Program

1-800-532-2227

Websites:

www.dhhs.ne.gov/crc

www.StayInTheGameNE.com

To Enroll to see if you are eligible for the Nebraska Colon Cancer Screening Program visit the website below to complete a Health Lifestyle Questionnaire Survey

<https://cip-dhhs.ne.gov/redcap/surveys/?s=8XRRLKTPYR>

The survey takes approximately 15 minutes to complete. Completing this form will help NCP determine what services are best for you. If you are able to get services through NCP, the program will send you information in the mail and a screening card.

WHAT YOU NEED TO KNOW: You must NOT have health insurance that would pay for preventive services. Please do not make an appointment with your health care provider until you receive a screening card.

Please contact WCDHD if you have further questions, 308-221-6823 or 308-221-6839.

Heart Healthy Recipe Tips—www.hhss.ne.gov/hearttruth

KEEPING THE “HEART” IN YOUR FAVORITE RECIPES

With a few changes, you can keep the heart in family favorites and add the health. Here's how:

Dairy Products

- Cook with lowfat, fat free, nonfat dry, or evaporated fat free milk.
- Bake or cook with 3 egg whites and 1 egg yolk, instead of 2 whole eggs. Or use 2 egg whites or 1/4 cup of egg substitute, instead of 1 whole egg.

Spices and Flavorings

- Use a variety of herbs and spices in place of salt, and choose low-sodium bouillon and broths.

Oils and Butter

- Use cooking oil spray to lower fat and calories.
- Use a small amount of vegetable oil, instead of lard, butter, or other fats that are hard at room temperature.

Meats and Poultry

- Choose lean cuts of meat and remove any visible fat.
- Remove skin from chicken and other poultry before cooking.

Sandwiches and Salads

- Use fat free or lowfat dressing, yogurt, or mayonnaise.
- For salad dressing, use equal parts water and vinegar, and half the oil.

Soups and Stews

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

Breads

- Make muffins, quick breads, and biscuits by using no more than 1-2 Tbsp of fat for each cup of flour.
- For muffins or quick breads, use 3 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.

Desserts

- Make a pie crust with only 1/2 cup margarine for every 2 cups flour. Use soft margarines (liquid or tub types).
- For chocolate desserts, use 3 Tbsp of cocoa for every ounce of baking chocolate. If you need to replace the fat in chocolate, add up to 1 Tbsp of vegetable oil.
- Make cakes and soft-drop cookies by using no more than 2 Tbsp of fat for each cup of flour.

