January/ February 2015

Wellness Quick Read

From The Solutions Group Wellness Team

Fast Facts
Heart Disease & Stroke

Heart Disease is the No. 1 Cause of Death in the United States.

Stroke is the No. 4 cause of death in the United States.

Approximately 610,000 Americans have a first stroke every year. Another 525,000 have a first heart attack.

According to the World Health Organization, by 2030, nearly 23.6 million people will die from cardiovascular disorders.

The most common type of heart disease in the United States is coronary artery disease, which can cause heart attack, severe chest pain, heart failure, and irregular heartbeat..

Contributing factors to heart disease include genetics, high blood pressure and cholesterol, and lifestyle factors such as smoking, unhealthy diet, and lack of exercise.

The American Heart Association and American College of Cardiology recommend that obesity should be treated and managed like a disease.

Celebrate American Heart Month

February is American Heart Month, so it's a great time to learn about staying "heart healthy."

Heart disease and stroke are two of the leading causes of death in the United States. Americans suffer 1.5 million heart attacks and strokes each year. Thankfully, many of the major risk factors for these conditions can be prevented and controlled.

For more information about risk factors, prevention and more, visit the Centers for Disease Control and Prevention Million Hearts website. Million Hearts® is a national initiative to prevent one million heart attacks and strokes by 2017. The initiative brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to focus on enhancing and coordinating cardiovascular disease prevention efforts in clinical settings and in communities.

Partners include American Heart Association/American Stroke Association, Presbyterian Healthcare Services and many more.

Health Check: Blood Pressure

Each January, approximately one in three Americans resolves to improve their overall health and wellbeing in some way. If your New Year's resolution already seems like a distant memory, take advantage of American Heart Month to focus on your heart health by checking your blood pressure.

Simply understanding and monitoring your blood pressure can help your heart grow stronger and more efficient. Blood pressure is a measurement of the force applied to the walls of your arteries as your heart pumps blood through your body. There are two numbers associated with blood pressure: *systolic* and *diastolic*. The desirable numeric range is less than 120 systolic and less than 80 diastolic. Getting your blood pressure checked and reducing your risk for hypertension is one of the best things you can do to keep your heart healthy. Do it today!

Recipe of the Month
Three Sisters Soup

A Native American recipe featuring the three sisters — corn, beans and squash

Ingredients

- ◊ 6 Cups fat-free, low-sodium chicken or vegetable stock
- ◊ 16-oz. canned, low-sodium yellow corn or hominy, drained and rinsed
- ◊ 16-oz. canned, low-sodium kidney beans, drained and rinsed
- ◊ 1 small onion, chopped
- ◊ 1 rib celery, chopped
- ◊ 15-oz. canned, cooked pumpkin (not pumpkin pie filling!)
- ◊ 5 fresh sage leaves OR 1/2 tsp. dried sage
- ◊ 1/2 tsp. curry powder

Directions

1. Bring chicken stock to a slow boil.
2. Add corn/hominy, beans, onion and celery. Boil for 10 minutes.
3. Add sage leaves, curry and pumpkin. Simmer on medium-low heat for 20 minutes.

Recipe copyright © 2015 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart ® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

Be Kind to Your Heart When Eating Out

While dining out can be a pleasant social event, restaurant meals can also be loaded with extra calories, fat and sodium. Here are some heart-healthy approaches to dining out.

- **Plan for the day.** When you know you'll be eating dinner out, make an extra effort to eat healthy during the day. Save some of your calorie, fat and sodium budget so you can enjoy your restaurant meal.
- **Choose your restaurant wisely.** Look for restaurants that have a wide variety of foods that fit into your meal plan. Avoid "all you can eat" restaurants because portions can be hard to control.
- **Plan the meal.** Think of the whole meal instead of each course. For instance, you can skip the appetizer if you know you want a salad.
- **Look for the healthy selections.** Many restaurants identify menu items that are lower in calories, fat and sodium. Make an effort to choose these meals, but remember to watch your portions.
- **Select foods that are baked, broiled, grilled, roasted, steamed, or stir-fried.** Stay away from deep-fried foods, which add extra fat and calories to your meal.
- **Special order your meal the way you want it.** Most restaurants will change the way a menu item is prepared if you ask. Request that your meal be prepared without salt or extra fat, such as oil or butter. You can also ask for dressings, sauces and gravy on the side.

The Solutions Group

A division of Presbyterian Healthcare Services

More Heart-Healthy Recipes

American Heart Association Nutrition Center

Centers for Disease Control & Prevention: Healthy Weight—it's not a diet, it's a lifestyle!

Mayo Clinic Heart Healthy Recipes

Heart-Healthy Diet Recipes and Menus