



To Your Health

Wellness Newsletter

FEBRUARY 2014

February is American Heart Month

Late last year the American Heart Association and the American College of Cardiology released four cardiovascular prevention guidelines. They reflect the latest views of scientific and medical experts on how to prevent heart disease and stroke, the No. 1 and 4 killers in the U.S.

These guidelines are the result of experts poring over hundreds of clinical research studies and then developing recommendations about what works best, equipping doctors across the country to provide the most up-to-date care.

The updated guidelines urge giving more attention to obesity and overall healthy diets rather than stressing about occasional indulgences. And they give doctors the first-ever formulas to calculate heart and stroke risk specifically for African-Americans – who face disproportionate risks for these diseases.

Obesity Treated Like a Disease

For the overweight, the new guidelines found that more people can reap rewards from weight loss than previously thought. In 1998, federal guidelines suggested that overweight people must have at least two risk factors for obesity-related health problems to benefit from weight loss. But the revised guidelines find weight-loss dividends for people that have even just one risk factor, such as elevated blood pressure or high triglycerides (blood fats).

Dietary Pattern and Exercise Guidelines

About one-third of U.S. adults have elevated levels of bad cholesterol, and nearly two-thirds have high blood pressure or prehypertension.

Recommended dietary patterns emphasize fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Red meat and sugary foods and beverages should be limited.



HOW TO LEARN MORE

AMERICAN HEART ASSOCIATION
www.AmericanHeart.org

The overall dietary pattern should include less sodium. Americans can lower blood pressure by getting sodium down to 1,500 mg a day. Cutting out processed foods high in sodium may be necessary to stay below that threshold.

More Americans Could Benefit From Statins

The guideline recommends statin therapy for the following groups:

- People without cardiovascular disease who are 40 to 75 years old and have a 7.5 percent or higher risk for heart attack or stroke within 10 years.
- People with a history of heart attack, stroke, stable or unstable angina, peripheral artery disease, transient ischemic attack, or coronary or other arterial revascularization.
- People 21 and older who have a very high level of bad cholesterol (190 mg/dL or higher).
- People 40 to 75 years old with Type 1 or Type 2 diabetes.

Be sure to do your research as well, and speak with your doctor about these new guidelines. They might just save your life.

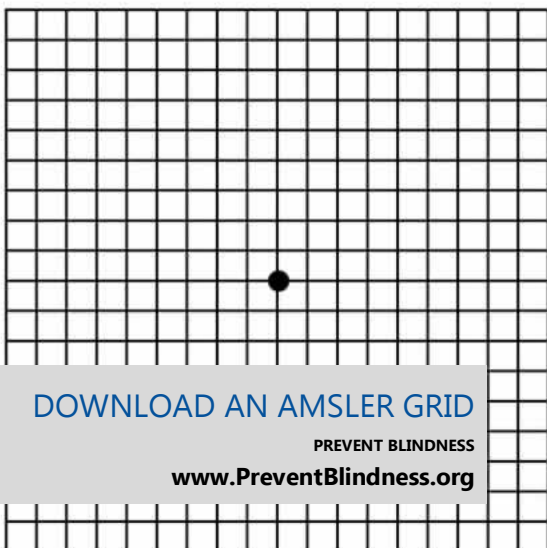
Detecting AMD & Low Vision Problems.

The initials AMD stand for a disorder called Age-related Macular Degeneration.

AMD is a disease that affects part of the back of the eye called the macula, the central part of the retina. This can cause the center part of your vision to become blurry or wavy. It could also cause a blind spot in the center of your vision.

AMD is the leading cause for vision loss for Americans age 65 and older. Macular Degeneration is at times detected using an Amsler grid test, such as the grid here. If lines appear blurry, broken, distorted, or lines look like they are missing, please schedule an appointment with your eye doctor as soon as possible.

The key to preventing vision loss is to see a doctor regularly. If you are 65 years or older, you should get a complete eye exam every one or two years, even if you are seeing well. Be sure to ask your doctor for a dilated eye exam. This exam will allow your doctor to check for eye diseases such as AMD. Treatment options of AMD are rapidly increasing, as well as awareness for this serious, yet treatable condition.



DOWNLOAD AN AMSLER GRID

PREVENT BLINDNESS

www.PreventBlindness.org

The American Heart Association is celebrating 10 years of the Go Red for Women Challenge!

National Wear Red Day

February 7th 2014

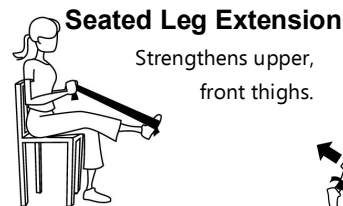
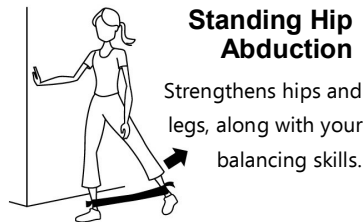
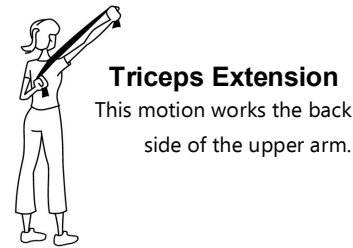
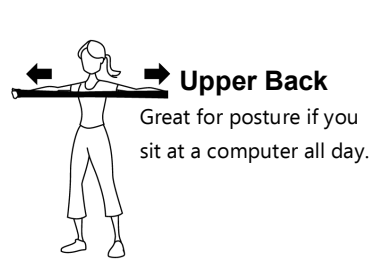


GoRedForWomen.org

Using Bands to Strengthen Muscles.

Exercise bands are easy to use and effective. Start at 8 to 15 reps each; 2 to 3 times a week.

Note: Movements with exercise bands should be smooth and controlled, so the band is pulled apart slowly, followed by a pause, before slowly releasing the tension on the band.



ILLUSTRATIONS BY AMERICAN HEART ASSOCIATION



Bun-less Beef & Bean Burgers

Finally a balanced approach to a healthy and delicious burger.

- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 8 ounces extra-lean ground beef
- 1/4 cup plain dry whole-grain bread crumbs (lowest sodium)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 medium garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons canola or corn oil
- 2 tablespoons fresh cilantro
- 1 medium green onion, thinly sliced (green and white parts)
- 1 medium fresh jalapeño, seeds and ribs discarded, minced
- 1 large tomato, cut crosswise into 4 thick slices
- 1 medium lime, cut into 4 wedges

FIND THIS AND MORE HEART-HEALTHY RECIPES AT HEART.ORG

Maintaining a healthy diet requires some give-and-take. One of the easiest way to transition into a better lifestyle is to replace and reduce the fats, carbs, sugars and salts. By replacing a portion of the beef with black beans, you have successfully reduced cholesterol and saturated fat. The hearty beef flavor still comes through and you won't even miss the bun! Serve with a vegetable and a healthy salad.

Serves: 4
Calories: 216
Total fat: 6 g
Saturated fat: 1.5 g
Sodium: 220 mg
Carbohydrates: 22 g
Dietary Fiber: 6 g
Sugars: 5 g
Protein: 19 g

In a medium bowl, using a potato masher or fork, mash the beans until slightly chunky. Add the beef, bread crumbs, chili powder, cumin, garlic, salt, and pepper. Using your hands or a spoon, combine the ingredients. Shape into 4 burgers, each about 4 inches in diameter.

In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the burgers, covered, for 4 to 5 minutes on each side, or until no longer pink in the center.

Meanwhile, in a small bowl, stir together the cilantro, green onion, and jalapeño. Set aside.

Top the burgers with sliced tomatoes and sprinkle the cilantro mixture over top. Serve with the lime wedges.

February is **National Random Acts of Kindness** month.

Become a RAKtivist by visiting: RandomActsOfKindness.org

