

FEBRUARY IS HEART
HEALTH MONTH

**Special points of
interest:**

- This issue is dedicated to heart health awareness.
- Blood Pressure Screenings will be held in the Parish Hall the first week-end of every month after all Masses.
- Various health professionals, such as: doctors, pharmacists, nurses, and dieticians will be available at the blood pressure screenings to answer your questions.

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Good Shepherd Parish Health and Wellness Ministry Newsletter

VOLUME 1 ISSUE 2

FEBRUARY 2012

Understanding Heart Disease

by Kim Sellers, RN

What is heart disease?

Heart disease is a term that is used to describe various diseases of the heart that can include heart rhythm problems, disease involving the heart muscle, the heart valves, blood vessels of the heart (coronary artery disease or cardiovascular heart disease), infections and congenital heart issues, that is, heart issues with which one has been born.

What is cardiovascular disease?

Cardiovascular disease refers to the type of heart disease that affects the blood vessels of the heart. This condition occurs when the blood vessels of the heart become narrowed or blocked, causing heart attack, chest pain and even stroke. This type of heart disease can be prevented, and in some cases even treated by healthy lifestyle choices.

What causes cardiovascular heart disease?

- *High cholesterol
- *High blood pressure
- *Diabetes
- *Cigarette smoking
- *Genetics/Family History
- *Overweight and obesity
- *Poor diet
- *Physical inactivity
- *Excess alcohol use



Know the Signs of a Heart Attack

by Kathy Zonarich, PT

According to the Mayo Clinic, common heart attack symptoms include:

- *Pressure, feeling of fullness or squeezing pain in the center of your chest lasting for more than a few minutes
- *Pain extending beyond your chest to your shoulder, arm, back, or even to your teeth and jaw
- *Increasing episodes of chest pain
- *Prolonged pain in the upper abdomen
- *Shortness of breath
- *Sweating
- *Impending sense of doom
- *Fainting
- *Nausea and vomiting

Additional, or different, heart attack signs and symptoms in women may include:

- *Heart burn or abdominal pain
- *Clammy skin
- *Lightheadedness or dizziness
- *Unusual or unexplained fatigue



If you think you are having a heart attack, call 911! Minutes make the difference.

Heart Healthy Facts

By Renie Asken, RN

“Heart disease is the number one killer in the US for men and women.”

~CDC



“65% of all Adults in the USA are obese or overweight.”

Amer. Heart Assoc.

“Reducing your weight by just 10% can decrease your blood pressure, lower your cholesterol and decrease your risk of diabetes.”

~Mayo Clinic

Be Heart SMART!

- Stop smoking! It is one of the best things you can do for your heart, not to mention the rest of your body.
- Maintain a healthy weight! Eat a diet low in saturated fat and cholesterol.
- Activity is important! Get regular exercise to strengthen your heart. Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) or one hour and 15 minutes of vigorous-intensity exercise (i.e., jogging, running) every week; muscle strengthening activities 2 or more days a week. Give it a try! Ten minutes at a time is fine! Try going for a 10 minute, brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.
- Reduce stress! Life is too short to worry about everything!
- Get plenty of sleep!
- Indulging in some dark chocolate can promote a healthy heart! Just make sure that the cacao content is 70% or higher.
- Drink red wine in moderation as part of a heart healthy diet. Red grapes contain what researchers believe to be an antioxidant called resveratrol. Resveratrol can protect your heart against disease. Drinking wine is actually better than just eating the grapes because drinking moderately can lower your blood pressure and heart rate. This does not mean that you should drink an entire bottle of wine everyday, but a glass or two is fine and might also reduce inflammation and blood clotting. More research needs to be conducted to consider this a heart healthy fact, so proceed with caution.
- Increase your intake of heart healthy fats! Polyunsaturated fats and monounsaturated fats can contribute to a healthy heart. Look for items like avocados and cold water fish. Almonds and flaxseeds are also rich in antioxidant and heart healthy fat; just don't go overboard. Cook with olive oil.
- If you have heart symptoms, don't ignore them! In a study conducted by the U.S. Centers for Disease Control and Prevention, only about half of the participants were able to recognize the warning signs of a heart attack.
- Manage your blood pressure and cholesterol.
- If you are diabetic be sure to control your blood sugar.
- Limit your salt intake.
- Practice good oral hygiene to keep germs in your mouth from making their way to your heart arteries.
- Have routine check-ups by your doctor and be sure to go to follow-up appointments with your doctor.
- Take medications, as prescribed by your doctor. Do not stop taking your medications without consulting your doctor or pharmacist. Always ask your doctor or pharmacist about your medications. Be sure to take your medications at the same time each day.

Stress Management for a Healthy Heart By Andrea Yingling, M.A.

Stress management is important for one to live a productive and regimented life. If one lets their stress becoming overwhelming, it can lead to adverse health conditions. Too much stress can affect one's emotional, psychological, and physical health, playing a role in problems specifically with the heart. Examples are high blood pressure, heart palpitations, chest pain, heart disease, and irregular heart beats.

Many individuals look at how they can reduce their stress, and make it more manageable in their lives. Here are some helpful tips in dealing with one's stress:

- Don't rely on your memory.

Write things down – appointments, schedules, meals for the week, etc.

- Try not to procrastinate. The longer you put something off, the more stressful it will be to handle.
- Ask questions. This will help to eliminate confusion and complications.
- "Just Say No." Sometimes it's okay to say no to invitations, events, and activities.
- Take some time to yourself. It gives you a chance to reenergize & collect your thoughts, feelings, and ideas.
- Restrict, or eliminate, caffeine from your diet.

- Eat healthy, "good mood" foods.
- Avoid sugary foods & drinks late at night.
- Drink no more than 1-2 alcoholic beverages at night. Despite popular belief, alcohol doesn't make you tired; it just temporarily suppresses your brain activity.
- Talk with a healthcare professional, counselor, or pastoral figure if you feel you need more assistance & care than you can give yourself.
- Exercises has benefits of decreasing stress. Find time for regular exercise.
- Take time for prayer.

"30 minutes of moderate exercise a day will decrease your risk of developing heart disease"
~CDC

"Researchers estimate that as much as a 30-40% decrease in cardiovascular events is possible if most Americans were to simply meet the government guidelines for activity."
Amer. Heart Assoc

Preventing Heart Disease in Children by Kathy Zonarich

Children and adolescents can minimize their risk of developing heart disease now and later in life, by establishing a healthy lifestyle of regular activity and healthy food choices. By doing this, many risk factors for heart disease can be managed or eliminated.

These risk factors include: high cholesterol, high blood pressure, obesity, smoking and physical inactivity. These are the same risk factors adults have in developing heart disease. Learning the skills as a youth will help in preventing heart disease in adulthood.

- Recommendations for adequate activity in children are based on 60

minutes of exercise/activity a day.

- Recently, the American Academy of Pediatrics set guidelines for cholesterol screenings for all children ages 9-11 and again at age 17-21. The American Heart Association suggests that children that have a positive family history of heart disease or high cholesterol, have their cholesterol tested at the age of two.
- Body Mass index (BMI) is used to determine children at risk of obesity. Schools assess childrens' BMI on a yearly basis to identify

those children at risk of developing obesity.

- The governmental guidelines for healthy eating released new recommendations last year. The focus is on eating (and offering) balanced portions. More information can be found at: myplate.gov.
- Discourage children from ever starting to smoke. Do not expose children to second hand smoke, as this is also a risk factor for developing heart disease.
- Make healthy lifestyle changes as a family.
- Educate children on the benefits of a healthy

- Educate children on the benefits of a healthy lifestyle so that they continue to make healthy choices as they develop their independence and enter into adulthood.
- Have your child receive regular check-ups by their doctor.

-Texas Heart Institute

Approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese.
~CDC

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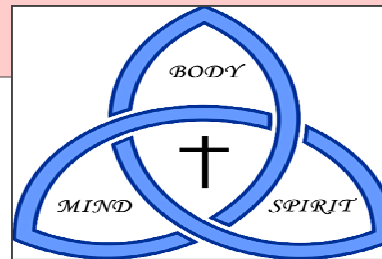
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If you have a interest in a particular topic or have feedback on the current issue, please let us know so that we can meet the needs of parishioners.

GOOD SHEPHERD HEALTH AND WELLNESS MINISTRY MISSION:

The Health Care Ministry at Good Shepherd Parish, through the guidance and inspiration of the Holy Spirit, promotes wellness and healing of mind, body and spirit to our Parish community, providing advocacy, health education and prayerful support, knowing that we care for ourselves and others as an expression of our love for God's creation.



A Heart Healthy Diet by Elizabeth Tomalis, MPH, RD

Over the past ten years, there has been much press about a “heart healthy” diet – choosing heart healthy fats (olive or canola oils), decreasing saturated fats (butter and animal fats), increasing the amount of fish you eat, eating more fruits, vegetables and beans, choosing low fat dairy products and whole grain cereals and breads.

Besides eating healthy, the amount we eat is also important because the size of your waist is an independent risk factor for heart disease. According to the National Institute of Health, if your waist circumference is equal to or greater than 35 inches in women and 40 inches in men, you are at increased risk of developing cardiovascular disease.

(Note: waist circumference is measured at the iliac crest and is less/different in the Asian American population.)

Try these suggestions:

- When eating out, ask that half of your meal be boxed up before the food is served to you. It is easier to resist when the food is not in front of you!
- When eating salads, dip the tines of your fork into the dressing rather than pouring the dressing over your salad.
- Instead of ice cream or chips, try munching on some nuts, but in moderation – 15 walnuts or 20 almonds is a serving.
- In recipes, try substituting milk and evaporated milk for cream.

And most importantly, don't forget the power of prayer to resist temptation. God wants you to be healthy! So – pray for the grace to choose healthy foods and to eat only the amount of food that is healthy for you. Use holy water. Wear a miraculous medal. You'll be glad you did. May God bless you!



Neth Heart J. 2012 Jan 10

The Newsletter is on the
Good Shepherd Parish
Website!

www.goodshepherd-parish.com