

**HAPPY
VALENTINE'S
DAY**

HERKIMER COUNTY OFFICE FOR THE AGING

NUTRITION NEWS

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Healthy Heart Month

February is Healthy Heart Month. Did you know that heart disease is the leading cause of death for both American men and women? One in every three deaths can be attributed to cardiovascular disease. This is equal to 2,200 deaths every single day!



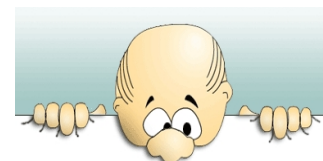
Nearly half of all Americans have at least one risk factor for heart disease. This can include high blood pressure, obesity, physical inactivity, or an unhealthy diet. Risk also increases with age.

Prevention is the key to improving the outcome from cardiovascular disease. You can play an active role in your treatment, including asking your doctor if a daily aspirin may be beneficial, finding out if you have high blood pressure or high cholesterol, and quitting smoking if you are a smoker. Eating a heart healthy diet (one that is high in fresh fruits, vegetables, and whole grains, and low in

sodium and fats) is also a wise decision.

As a way of bringing special attention to women and heart disease, the first Friday in February is designated as National Wear Red Day. Heart disease used to be thought of as a “man’s disease” but recent statistics show that heart disease is the leading cause of death for women in the United States.

While some women have no previous symptoms (almost 64% of women who suddenly die of coronary heart disease have no previous symptoms) those women that do often have angina, pain in the neck/jaw/throat, or pain in the upper abdomen or back. Be aware that these symptoms may occur at any time— at rest, during physical activity, or even during times of mental stress.



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Monthly Exercise

Do one or two simple balance exercises daily. Wear sturdy, well-fitting, flat-soled shoes with room to wiggle your toes.

Tai Chi Walking

Walking forward and backward: Turn to the side and very slowly take a few steps forward, then backward. As you step, lift your foot as if stepping over something. REPEAT.

For the reasons outlined on the previous page, women and heart disease has gotten a lot of attention in the media recently. This doesn't mean, however, that there isn't a significant risk for men to develop heart disease. Here are some recent statistics from the CDC (Centers for Disease Control) regarding men and heart disease.

- ♦ Heart disease is the leading cause of death for men in the United States (about one in every four male deaths.)
- ♦ Heart disease is the leading cause of death for men of most racial/ethnic groups in the United States. This includes African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- ♦ About 8.5% of white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- ♦ Half of the men 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.
- ♦ Between 70 and 89% of sudden cardiac events occur in men.

Most people associate heart attacks with men. A heart attack occurs when the flow of blood to the heart is blocked, most often by a buildup of fat or cholesterol, which forms a plaque in the arteries that feed the heart (coronary arteries). The interrupted blood flow can damage or destroy part of the heart muscle.



Common signs and symptoms of heart attack (also known as myocardial infarction) include:

- * Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw, or back
- * Nausea, indigestion, heartburn, or abdominal pain
- * Shortness of breath
- * Cold sweat
- * Fatigue
- * Lightheadedness or sudden dizziness



Keep in mind that not all people who have heart attacks have the same symptoms or the same severity of symptoms. Some people have no symptoms. However, the more signs of symptoms you have, the greater the likelihood you're having a heart attack.

Some heart attacks occur suddenly but many people have warning signs and symptoms hours, days, or even weeks in advance. The earliest warning may be recurrent chest pain (angina) that's triggered by exertion and relieved by rest. Angina is caused by a temporary decrease in blood flow to the heart.

If you do have any of these symptoms, call for emergency medical help. If your doctor has prescribed nitroglycerin, take it as instructed while waiting for emergency help. Taking aspirin during a heart attack can reduce damage to your heart by helping to keep your blood from clotting.



Your heart is a muscle. Therefore, exercise strengthens your heart just like it strengthens other muscles. Regular physical activity can also help you maintain a healthy weight, which is another way to protect yourself from cardiovascular disease. The following list are some simple ways to add some activity.

- Drive or walk to a nearby high school and go around the track: 4 laps equals approximately 2000 steps
- Pass by the drive thru window at the bank and walk inside
- Stroll the halls while waiting for your doctor's appointment
- Listen to books on tape or music while walking
- Invite friends to join you for a walk instead of a cup of coffee
- Walk your grandchildren to school
- Walk to a nearby store or post office to accomplish your errands
- Walk to church for services
- Walk to a friend's house for a visit
- Focus on walking distance over speed; it's better to get in more steps at a comfortable pace than to burn out quickly
- Keep a walking journal; in addition to tracking your steps jot down how you feel to keep you motivated
- Benefit a good cause by joining a charity walk
- Sleep better at night by taking a brisk walk a few hours before you go to bed



- Exit the bus one or two stops early and walk the remainder of the way to your destination
- Walk around the campus of a nearby college
- Circle around a craft fair before selecting your purchases
- Vary your pace while walking; start out slowly then increase your speed, include short bursts of speed walking, then cool down with a slower pace at the end of your walk
- Explore nature by keeping a field guide handy when walking
- Skim the newspaper for upcoming events you can walk to, such as a garden tour, high school play, or a concert in a park
- Stroll around the field while watching your grandchildren's sporting events
- Play a round of golf but pass on the cart
- Don't forget household activities, such as scrubbing the floors or vacuuming
- Pace around your house while talking on the phone
- Tour a museum, zoo, or nature preserve
- Walk on a wilderness trail
- Volunteer to walk dogs at an animal shelter



Remember that one pound is equal to approximately 3,500 calories. Therefore, in order to lose one pound over the course of a week (which is a reasonable weight loss goal) you would need to cut your caloric intake by 500 calories daily. If you cannot cut your caloric intake, you can try adding enough exercise to burn 500 calories.

Here is a heart healthy recipe that is light and relatively easy to make!

Penne with Chicken and Asparagus

- 1 (16 ounce) package dried penne pasta
- 5 tbs olive oil, divided
- 2 skinless, boneless chicken breast halves-cut into cubes
- salt and pepper to taste
- garlic powder to taste
- 1/2 cup low sodium chicken broth



- 1 bunch slender asparagus spears, trimmed, cut on diagonal into 1 inch pieces
- 1 clove garlic, thinly sliced
- 1/4 cup Parmesan cheese

Bring a large pot of lightly salted water to boil, Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Warm 3 tbs olive oil in a large skillet over medium high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.

Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is tender, about 5 to 10 minutes. Return chicken to the skillet and warm through.

Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tbs olive oil, stir again, then sprinkle with Parmesan cheese.

HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

Furnace Repair/Replacement is open for this HEAP season now.

Emergency open 1/2/18.

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