

Information for Healthy Living

A newsletter to keep you healthy and informed.

February 2016

February is American Heart Month. This issue features information you can use to spread the word about the importance of good heart health.

Recipe Corner

Baja Turkey Chili

Here is a heart-healthy chili that is every bit as satisfying as the traditional beef-based version.

Ingredients:

- 2 Tbs. Olive Oil
- 2 C. Onion, chopped
- 2 C. Celery, chopped
- 2 Qts. Pulled or Cooked Turkey (or Chicken) Breast, chopped
- 50 Oz. White Kidney Beans, rinsed and well drained
- 44 Oz. White Shoepeg Corn, undrained
- 8 Oz. Green Chiles, chopped
- 2 Qts. Turkey Broth
- 2 tsp. Ground Cumin
- 3 C. Monterey Jack Cheese, shredded
- 1 bunch Fresh Cilantro Sprigs

Directions

1. In a medium stock pot, heat oil over medium heat.
2. Add onion and celery, cook and stir until vegetables are tender.
3. Stir in turkey, beans, corn, chiles, broth and cumin. Combine well.
4. Cover and cook about 20-30 minutes, stirring occasionally until heated through.
5. Garnish with cheese and cilantro.
6. Serve with tortilla chips, if desired

Nutritional Information Per 8-oz. Serving

Calories: 259; Protein: 21g; Fat:6g; Sodium:263mg; Cholesterol:37mg; Carbohydrates:29g

Taking Control of Your Health Manage Your Health, Lower Your Health Risk Ten Heart Symptoms You Should Never Ignore!

If something went wrong with your heart, would you know it?

Not all heart problems come with clear warning signs. There is not always an alarming chest clutch followed by a fall to the floor like you see in movies. Some heart symptoms don't even happen in your chest, and it's not always easy to know what's going on. Heart attack symptoms may begin slowly, causing mild pain and discomfort. They can occur at rest or while you're active. Depending on your age, gender and other medical conditions, symptoms may be more or less severe.

Heart disease is the leading cause of death for men and women in the U.S. and includes a number of conditions, such as congestive heart failure, congenital heart disease, coronary artery disease and heart attack. Your odds of having a heart attack increase with age, and men are more likely to have one than women. A family history of heart disease also increases your risk. So does high blood pressure, high cholesterol levels, diabetes, and being obese.

Because minutes matter, it is important to know the following symptoms of a heart attack and to take decisive action to seek professional medical attention:

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| ◆ Chest discomfort | ◆ You get exhausted easily |
| ◆ Nausea, indigestion, heartburn, or stomach pain | ◆ Cold sweat |
| ◆ Feel dizzy or lightheaded | ◆ A cough that won't quit |
| ◆ Pain that spreads to the arm | ◆ Irregular heart beat |
| ◆ Throat or jaw pain | ◆ Swelling of legs, feet and ankles |

If you or someone you are with has any of these symptoms, call 9-1-1 immediately. Avoid the temptation of driving an emergency patient to the hospital. Calling 9-1-1 links you with trained dispatcher who can provide immediate assistance over the phone. The emergency medical services team can begin treatment upon arrival on the scene, including reviving someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

If you have questions about heart health contact your Total Lifestyle Counselor (TLC) at 1-800-432-8421 or visit the American Heart Association website at: www.heart.org.

Ready to Start Your Heart-Healthy Diet?

Although you might know that eating certain foods can decrease your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are seven heart-healthy diet tips.

1. **Control your portion size.** How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should.
2. **Eat more vegetables and fruits.** Vegetables and fruits are good sources of vitamins and minerals, are low in calories, and rich in dietary fiber.
3. **Select whole grains.** Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. Substitute whole grain wheat, oats, barley, couscous and quinoa for refined grain products such as white bread, pasta, white rice, crackers and snack foods.
4. **Limit unhealthy fats.** Limit unhealthy fats commonly found in fried foods and prepackaged snacks as an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. Substitute frozen yogurt for ice cream; choose fish and lean white meats instead of red meat.
5. **Choose low-fat protein sources.** Lean meat, poultry, fish, low-fat dairy products and eggs are some of your best sources of protein.
6. **Reduce the sodium in your food.** Sodium contributes to high blood pressure. Reduce the salt you use at the table and while cooking. Substitute herbs and spices for salt to enhance flavor. Choose low sodium processed foods.
7. **Plan ahead: Create daily menus.** Restaurant food is a major source of high sodium and unhealthy fats. Make meal preparation at home easier by creating heart-healthy menus and shopping lists featuring healthy ingredients.

Save a Life "Hands Only" CPR!

Many people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. If you see a teen or adult suddenly collapse, follow these two steps recommended by the American Heart Association.

Call 9-1-1. You will be asked for your location. Be specific, especially if you're calling from a mobile phone as that is not associated with a fixed address. Answering the dispatcher's questions will not delay the arrival of help.

Give Hands-Only CPR. Simply push hard and fast in the center of the chest 100 times per minute. How fast is that? Keep pace with the classic disco song "Stayin' Alive" and you will have the right beat. This form of CPR can more than double a person's chance for survival.

Click [here](#) a short entertaining video and more information on "Hands Only" CPR.

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 432-8421 for personalized tools and resources to help you maintain your good health.