

# AMH Inside Out

## Heart Health Awareness

*Adapted from National Heart Lung and Blood Institute by Kris Welch, RN*

February 1<sup>st</sup> is designated as National Wear Red Day. It is a day when Americans nationwide show their support for women's heart disease awareness and to encourage women's actions of changing their risk factors for heart disease. AdvanceMed is reaching out to all Hanford employees to **wear red** to promote the wake-up message of *The Heart Truth*: "Heart Disease Doesn't Care What You Wear- It's the #1 Killer of Women!" National Wear Red Day gives everyone an opportunity in promoting this life-saving awareness movement by wearing a favorite red tie, shirt, dress or pin. It was started in 2002 by the National Heart, Lung, and Blood Institute with the symbol of the Red Dress.

### The Heart Truth

- Heart disease is the leading cause of death among women, accounting for 43% of all female deaths. About 500,000 women will die of cardiovascular disease (heart disease and stroke) compared to 44,000 deaths from breast cancer.
- According to a 2006 survey by American

### More on Heart Health...

American Heart Association

[www.americanheart.org](http://www.americanheart.org)

US Department of Human

Health Services

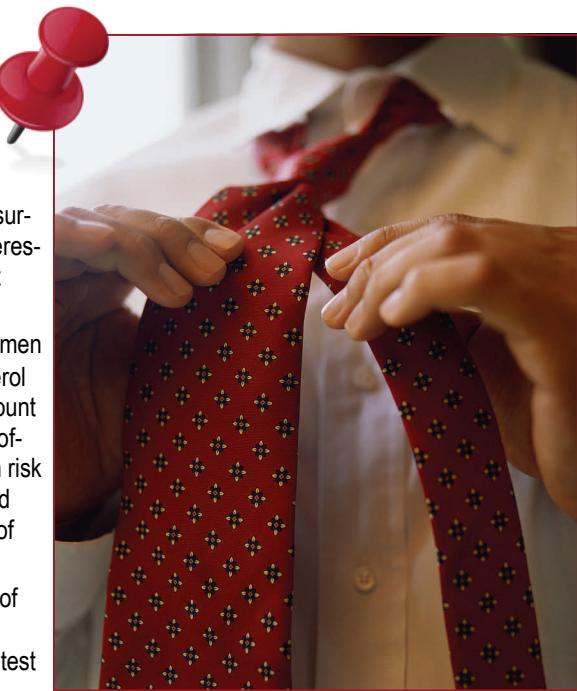
[www.nih.gov](http://www.nih.gov)

Heart Association, 57% of American women acknowledged that heart disease is their #1 killer. Yet the survey showed that 1/3 of the women underestimated their own personal risk for heart disease.

- Survey also showed that 80% of the women respondents did not know their cholesterol numbers nor placed an appropriate amount of significance on risk factors. Women often fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease.
- Although heart disease is the #1 cause of death among women, the majority of women hold breast cancer as their greatest fear.

### Facts Remain:

- More women than men die from heart disease each year. Women usually have heart disease about 10 years later, but it is much more severe.
- Women are more likely than men to have other complicating medical conditions such as diabetes, clinical depression, and heart failure.
- Since women generally have 'atypical' heart attack symptoms of nausea, fatigue, back and jaw pain, anxiety and shortness of breath, women delay response to the symptoms and prolong getting to the hospital.



### What Cannot be Changed and What Can Be Done:

Risk factors that cannot be changed:

- **Age** - risk increases greatly at age 55
- **Family History** - if dad/brother had heart disease before age 55 or if mother/sister had heart disease before age 65
- **Pre-existing heart disease history** - coronary artery disease, bypass surgery or angina.

### Risk Factors To Control!

- High Blood Pressure
- High Blood Cholesterol
- Smoking
- Overweight and Obesity
- Physical Inactivity
- Diabetes



Heart Health Awareness



### Watch for upcoming events with AMH

Select a link or visit our website

#### FEBRUARY

- \* [Wear RED Day 1st](#)
- \* [Exercise Challenge](#)  
(see page 2 for details)

#### MARCH

- \* [Site Health Fairs](#)
- \* [Exercise Challenge](#)  
(see page 2 for details)

#### APRIL

- \* [Nutrition Challenge](#)  
(details to come)
- \* National Humor Month
- \* National Alcohol Awareness Month

[www.hanford.gov/amh](http://www.hanford.gov/amh)

# Calories Count

By Shannon Haselhuhn, MS

Are you looking for a way to shed those holiday pounds? If your new year's resolutions include losing the extra weight, then put away your book on the latest diet gimmick and start reading food labels. Forget the latest fads (they never work); the secret to weight loss is to eat fewer calories than your body burns.

Calories are a measure of energy, and when you consume more calories than you use, you store them as fat. Conversely, when you use more energy than you consume, your body pulls energy from those calories, previously stored as fat and burns them. By paying attention to portion sizes and calories consumed, you can turn your body into a fat burning machine each day.



One pound of fat is equal to 3,500 calories, meaning for every 3,500 "extra" calories that you burn, you will lose one pound of fat. By cutting your caloric intake by 500 calories per day, you will set your body on pace to burn 1-pound of fat per week. In an "instant gratification" society, this doesn't seem like much, but how would you feel if you were 52 pounds lighter in 2009?

Cutting those 500 calories each day can be as simple as giving up your morning latte, eliminating regular soda, or cutting out your late evening snack. Also

consider making lower calorie choices, such as skim milk, low-fat yogurt, or light cheese. Finally,

don't forget about keeping your diet balanced with lean proteins, complex carbohydrates, and unsaturated fats...and make sure to get your fruits and vegetables.

Food	Calories
Starbucks grande (16 oz) caffe latte	190
1 bottle (16 oz) lemon-lime soda	202
1 slice thick-crust pepperoni pizza	286
1 large glazed doughnut	299
4-in cinnamon-raisin bagel with 2 tbsls cream cheese	344
1 snack bag (3 oz) nacho-flavored tortilla chips	424
2 cups chocolate ice cream	570

- USDA National Nutrient Database

## Healthy Recipes...

### MINESTRONE

Serves 10-1 cup per serving

1 cup dried white navy beans  
1/2 cup whole-wheat pasta (shells or elbow macaroni)  
2 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, chopped  
2 medium carrots, chopped  
2 stalks celery, chopped  
2 potatoes, peeled and cubed  
4 tomatoes, cubed  
1 small zucchini, cubed  
1/2 pound fresh green beans, sliced  
1 teaspoon freshly ground black pepper, or to taste  
8 cups water  
1 tablespoon dried basil  
1 clove garlic, whole  
2 tablespoons grated Parmesan cheese

Rinse and soak navy beans according to package instructions. Discard water and add fresh water. Cook according to package instructions, omitting salt. Set aside.

Cook pasta according to package instructions, omitting salt. Drain and set aside.

Heat oil in a large, heavy pan over medium-high heat. Add onion, chopped garlic, carrots and celery. Sauté until onion is translucent.

Add potatoes, tomatoes, zucchini, green beans, pepper and water. Reduce heat and simmer 30 minutes. Add navy beans and pasta. Add more water if soup is too thick.

In a blender or the work bowl of a food processor fitted with a metal blade, combine basil, 1 whole clove of garlic and 1 cup of soup from the pot. Process until smooth. Return this mixture to the soup, mix well and serve hot.

**Calories:** 143  
**Protein:** 6 g  
**Carbohydrates:** 24 g  
**Total Fat:** 3 g  
**Saturated Fat:** 1 g  
**Polyunsaturated Fat:** 0 g  
**Monounsaturated Fat:** 2 g  
**Cholesterol:** 1 mg  
**Sodium:** 48 mg

[~ deliciousdecisions.org](http://deliciousdecisions.org)

EXERCISE HEALTH CHALLENGE Jan 28 - Mar 7



HEALTH CHALLENGE TRACKER