

Healthy Waldo County



 A Local Healthy Maine Partnership



February 2010

American Heart & Cancer Prevention Month

How Heart Disease Happens

Both high blood pressure and high cholesterol contribute to a gradual disease process called atherosclerosis. Fatty materials called plaque builds up inside your arteries (the tubes that carry blood from your heart). The arteries become scarred, hardened, narrower, and they have a hard time supplying enough blood to the body. Over time an artery may become blocked by plaque, or by a clot caught in a narrow spot. If the blood supply to the heart is blocked, it causes a heart attack. If the blocked artery brings blood to the brain, it causes a stroke. The wall of an artery may become weak and break, causing bleeding in the brain, or the artery can break causing internal bleeding or aneurysm.

Why Should You Care

Heart disease is the number one cause of death in the USA. High blood pressure and high cholesterol are major risk factors for heart disease, yet many people do not know if they have them.

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www.americanheart.org & www.stroke.org

How does inflammation relate to heart disease and stroke risk?

"Inflammation" is the process by which the body responds to injury or an infection. Laboratory evidence and findings from clinical and population studies suggest that inflammation is important in atherosclerosis. C-reactive protein (CRP) is one of the acute phase proteins that increase during systemic inflammation. It's been suggested that testing CRP levels in the blood may be an additional way to assess cardiovascular disease risk.

Cancer What You Want to Know

American Cancer Society's lifestyle summary, what you can do to reduce health risks.

www.cancer.org



Friday, February 5, 2010, is National Wear Red Day®—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness.

Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.®"

"®National Wear Red Day is a registered trademark of HHS and AHA."



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Reducing Your Risks

Even though heart disease and heart attacks are common, they are not inevitable. You can take steps to reduce your risk of heart disease. Teach children from an early age how to live

Heart Healthy.

- **Diet**
Eat lots of vegetables, fruits, beans and whole Grains.
Reduce saturated fats like sausage, fatty meat, hamburgers, butter, cheese and cream.
- **Exercise**
Recommended is at least 30 minutes a day, it doesn't have to be strenuous, try 3 ten minute walks to start.
- **Smoking**
Quitting tobacco is the best thing you can do for your heart. Call the Maine Tobacco Helpline 1-800-207-1230
Take smoking outside to protect non-smokers
- **Reduce Stress**
Spend time each day doing things you enjoy. Practice mindfulness, observe yourself.
- **Know your numbers**
Blood Pressure & Cholesterol
If you have high blood pressure reduce salt in your diet, reduce or eliminate alcohol, take blood pressure medication as directed. Know your cholesterol, eat a diet with lots of fruits and vegetables and limit saturated fats. Maintain a healthy weight and exercise. Some people may need medication to keep cholesterol low.
- **Diabetes**
If you have diabetes follow your primary health care provider's recommendations.



<http://www.healthymainepartnerships.org>

Maine Cardiovascular Health Program, for information on how to recognize heart attack and stroke.



Children love to help; get them in the kitchen with you, try new healthy recipes. Make it fun, make it a family event. Everyone loves good cookin'.

Chicken Strips with Honey Mustard Sauce

Serves 4

Dietitian's Tip: By using skinless, boneless chicken breasts you cut fat and saturated fat by half. Reduce salt if you have high blood pressure.

Ingredients:

- 4 chicken breast cut into 3 inch strips
 - 1/4 cup fat-free milk
 - 1/4 cup all-purpose (plain) flour
 - 1/4 teaspoon salt
 - 1/4 teaspoon cracked black pepper
 - 2 tablespoons canola oil
- For the dipping sauce
- 1/2 cup honey
 - 1/4 cup Dijon mustard

Directions:

In a large bowl, add the chicken strips. Pour milk over the chicken and mix to coat well. Place in a single layer on wax paper.

In a small bowl, mix together the flour, salt and pepper. Sprinkle over the chicken strips, turning the chicken to coat evenly. Shake to remove excess.

In a large, nonstick frying pan, heat the canola oil over medium-high heat. Place the chicken strips in an even layer in the pan. Sauté, turning once on each side until golden brown, about 2 minutes. Remove and place on paper towels to drain.

To make the dipping sauce, combine the honey and Dijon mustard in a small bowl. Stir to mix evenly.

Serving size: 3 chicken strips and 3 tablespoons sauce

Calories	380	Cholesterol	75 mg
Protein	30 g	Sodium	210 mg
Carbohydrate	42 g	Fiber	0 g
Total fat	10 g	Potassium	274 mg
Saturated fat	2 g	Calcium	35 mg
Monounsaturated fat	4 g		

Simple Braised Leafy Greens

Servings will vary depending on type of green
 Shopping Tip: Check for specials, pick bright green veggies



Ingredients:

A bunch of either
 Swiss Chard, Kale, Chicory, Cabbage, Spinach
 Clove of garlic minced or 1/2 onion sliced thin
 Enough water to just cover the bottom of pan
 1/2 teaspoon of reduced sodium bouillon, (optional)
Shopping tip: Try the brand "Better Than Bouillon" in comes in a glass jar; you can control how much you want to use.



Directions:

- Wash and cut greens into 1 - 2 inch strips
 Chop garlic or slice onion
 Put water and bouillon in cooking pan, add garlic or onion
 simmer for 5 minutes
 Add greens, simmer another 1 - 10 minutes depending on the toughness of your greens;
- Spinach just add to water and turn heat off, serve.
 - Kale/ collards/cabbage add to simmering water and cook 5-10 minutes covered, then serve.

Try a little olive oil and balsamic vinegar on Kale or Collards.

Dark green leafy vegetables are nutrient rich and low in calories.

They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, Including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems. Dark green leaves even contain small amounts of Omega-3 fats, a heart healthy fat.

Healthy and Delicious



Look for color and variety in vegetable choices.
 Limit vegetables that have added salt and/or oil.
 Rinse canned veggies thoroughly before using them.
 Limit vegetables that have been cooked in oil or butter.
 Limit high-fat dressings and creamy sauces.
Choose Heart Healthy

Children's Dental Health Month

Feb. 6 Give Kids a Smile Day

<http://givekidsasmile.ada.org>

Heart Health is linked to dental health, healthy smile, healthy heart!

Brush & Floss Everyday



The ADA recommends the following for good oral hygiene:

- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste. Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Clean between teeth daily with floss or an interdental cleaner. Decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional cleanings and oral exams.



Diet Tip:
 Eat All the Greens you Want!

Share red fruits with your Valentine on February 14th.

Let's Go Waldo Message

February is Heart Health Month, eat 5 veggies a day!

Colorectal Cancer



<http://www.maine-cancer-consortium.org>

Colorectal cancer is the second leading cause of both new cancer cases and cancer deaths in Maine.

The primary risk factor for colorectal cancer is age, with more than 90% of cases diagnosed in individuals older than 50. Risk is also increased by a personal or family history of colorectal cancer and/or polyps, as well as smoking, alcohol consumption, physical inactivity, poor nutrition, and being overweight. Both men and women are at increased risk for colorectal cancer.

Routine screening can reduce the number of people who die of colorectal cancer by as much as 60% or more. Several national organizations recommend colorectal screening for average risk adults age 50 and over. There are several approved screening methods, including fecal occult blood test, flexible sigmoidoscopy, and colonoscopy. In 2002, a Medical Advisory Committee of the Maine Cancer Consortium's Colorectal Cancer Task Force developed a consensus statement on colorectal screening, which stated that any form of colorectal cancer screening is preferable to no screening.

Talk with your primary health care provider about colorectal cancer screening.

Recommendations by the American Cancer Society; people who have no identified risk factors (other than age) should begin regular screening at age 50. Those who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about starting screening at a younger age and/or getting screened more frequently.

www.cancer.org

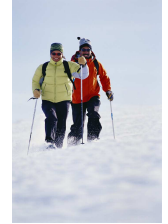


To get more information on colorectal cancer and other types of cancer visit www.cancer.org Or call 1-800-227-2345



For more information on the different ways you can be tested, call 1.800.227.2345 or visit www.cancer.org/NYNJ.

Nutrition and physical activity guidelines for cancer prevention:



Maintain a healthy weight throughout life.

- ✦ Balance calorie intake with physical activity.
- ✦ Avoid excessive weight gain throughout life.
- ✦ Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.

- ✦ **Adults:** Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.
- ✦ **Children and adolescents:** Engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

Eat a healthy diet, with an emphasis on plant sources.

- ✦ Choose foods and drinks in amounts that help achieve and maintain a healthy weight.
- ✦ Eat 5 or more servings of a variety of vegetables and fruits each day.
- ✦ Choose whole grains over processed (refined) grains.
- ✦ Limit intake of processed and red meats.

If you drink alcoholic beverages, limit your intake.

Drink no more than 1 drink per day for women or 2 per day for men.

Can't exercise outside? Look into a Waldo County YMCA membership. Try it for a day, with a YMCA Day Pass.



Healthy Waldo County www.healthywaldocounty.org

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