



# HEALTHY AT 80

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

February 2017

## BE HEART SMART

If only we were more aware about the symptoms & signs of heart disease. If only we could bring back those we loved & educate them on the #1 killer of both men and women over all cancers combined, all other diseases, & all other leading causes of death (including murder, suicide and accidents). Recently we have lost celebrities Alan Thicke, George Michael & Carrie Fisher to heart disease. In a matter of a year, we have lost more than 600,000 lives to this disease nationwide. We must bring more awareness to the #1 killer of both men & women. We, as a community, need to come together & discuss the issue of heart disease. What are the signs and symptoms?

### WARNING SIGNS OF A HEART ATTACK

- \* According to the American Heart Association, while **some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Don't wait to call 911 if you experience these symptoms.**
- \* Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- \* Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Other signs including breaking out in a cold sweat, nausea or lightheadedness.
- \* Shortness of breath with or without chest discomfort.
- \* Symptoms can be a bit different for women. As with men, their most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea or vomiting, and back or jaw pain.

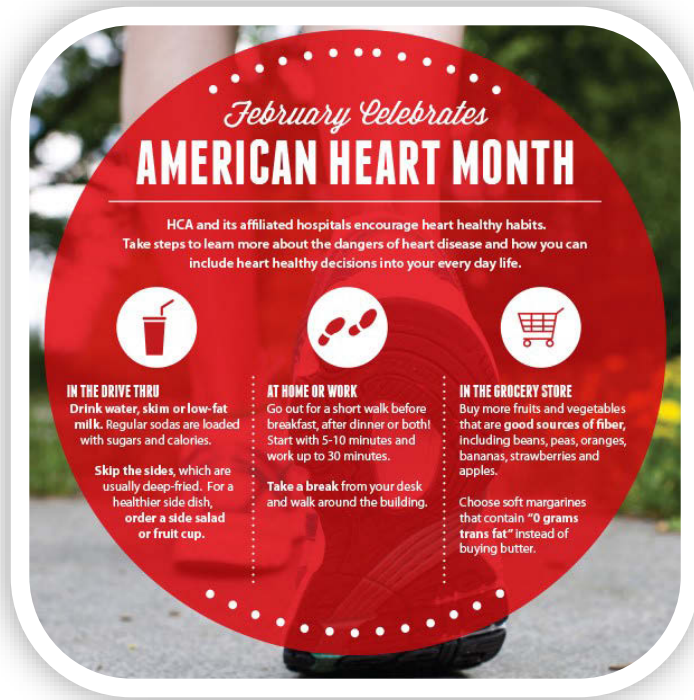
<http://www.cincinnati.com/story/opinion/contributors/2017/01/01/carrie-fisher-geroge-michael-reminders-heart-diseases-dangers/95996324/>



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website: [www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## SMALL CHANGE. BIG DIFFERENCE

*The perfect gift this Valentine's Day is the gift of heart health! February marks American Heart Month, a great time to take charge of your health & start one new, heart-healthy behavior that can help reduce your risk of heart disease & stroke.*

- ◇ **Schedule a visit with your doctor** to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick. Partner with your health care team to set goals for improving your heart health, & don't be afraid to ask questions & trust their advice.
- ◇ **Add exercise to your daily routine.** Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- ◇ **Increase healthy eating.** Cook heart-healthy meals at home at least 3 times each week & make your favorite recipes lower sodium. For example, swap out salt for fresh or dried herbs & spices.
- ◇ **Take steps to quit smoking.** If you currently smoke, quitting can cut your risk for heart disease and stroke.
- ◇ **Take medication as prescribed.** Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.

<https://www.cdc.gov/features/heartmonth/>

## STRONG PEOPLE MAKE HEART HEALTH A PRIORITY

After undergoing triple coronary bypass surgery in 1999, Louisiana native Clarence made the decision to make his heart health a priority. Before he had surgery, Clarence knew he had high cholesterol but had dismissed his doctor's advice on adopting a healthy lifestyle & taking his medication. Clarence's cardiologist taught him he could still live a long, healthy life if he committed to making a few changes.



By setting small, achievable goals & tracking those goals, Clarence made a big difference in his health. He learned the importance of taking his high blood pressure & cholesterol medications. With the help of his health care team, he started eating less fatty, salty, & greasy food & added more fruits & veggies. He also began walking 2-3 miles each day. Clarence encourages both men & women to be strong & commit to making one heart-healthy lifestyle change during American Heart Month.

## HOW DO I TALK TO A DOC?

Delaying a conversation about your blood pressure & cholesterol is easy. But facing the consequences—such as heart attack or stroke—isn't. To get the most out of your medical visit, remember to *communicate early, often, & honestly*.

### Give Information.

Don't wait to be asked. You are the owner of your health history. Tell your healthcare provider about your health, including a list of medicines you take.

### Get Information.

Ask questions of your healthcare professional when at the office, & ask for information to take home with you. Remember to write a list of your questions & use it to jog your memory during your visit.

### Be Honest.

Communicate openly & honestly with your healthcare provider in order to receive the best care possible.

Follow Up. Always remember to make a follow-up appointment if your healthcare provider recommends one.

## Know your numbers

120/80  
OR LESS



## February is American Heart Month

One out of every four deaths in the United States can be attributed to some form of heart disease, including heart attack, angina, heart failure, arrhythmia and stroke.

Blood pressure can wreak havoc on the heart, arteries and other organs without exhibiting any symptoms.

Blood pressure can be dangerously high even though the individual feels fine.

Systolic, the top number and the higher number of the two scores, measures the pressure in the arteries when the heart beats, or contracts.

Diastolic, the bottom number and the lower number of the two, measures pressure in the arteries between heartbeats, when the heart is resting and refilling with blood.

The American Heart Association recommends that acceptable blood pressure be maintained at 120/80, or less.

715,000

Americans have a heart attack every year

600,000  
die from some form of heart disease

300 billion  
Overall cost of heart disease each year

SOURCE: AMERICANS HEART ASSOCIATION

GRAPHIC: RHEE TANNER/NEWS-REVIEW

## NUTRITION BITES!

### How to Eat Healthy without “Dieting.”

Eating healthy can be easy, tasty and inexpensive—just stick to some simple guidelines.

#### INCLUDE:

- ⇒ Fruits and vegetables
- ⇒ Whole grains
- ⇒ Beans and legumes
- ⇒ Nuts and seeds
- ⇒ Fish, skinless poultry, and plant-based alternatives like tofu & tempeh
- ⇒ Low-fat and fat-free dairy products
- ⇒ Healthier fats and non-tropical oils

#### LIMIT:

- ⇒ Sweets and added sugars, especially sugary drinks
- ⇒ Sodium and salt
- ⇒ Saturated fat
- ⇒ Fatty or processed meats – if you choose to eat meat, select leaner cuts

#### AVOID:

Trans fat and partially hydrogenated oils





# Delicious & Nutritious

This delicious, heart-healthy vegetarian stew will make meat-lovers forget there's no meat!

## FRENCH-STYLE BEAN STEW

- 2 medium dried bay leaves
- 6 cups water
- 8 oz. dried black beans, rinsed & drained
- 2 medium carrots (chopped)
- cooking spray
- 1/2 cup dry white wine (regular or nonalcoholic)
- 1 1/2 tsp. dried fennel seeds (crushed)
- 4 medium garlic cloves (crushed, minced)
- 8 oz. dried Great Northern beans or other dried white beans, rinsed & drained
- 1 large green bell pepper (chopped)
- 1/4 cup light or dark molasses
- 1 large onion (chopped)
- 1/2-3/4 tsp. crushed red pepper flakes
- 3 medium ribs of celery
- 1/2 tsp. salt
- 1/2 dried thyme (crushed)
- 16 oz. canned, no-salt-added tomato sauce
- 1 1/4 cups fat-free, low-sodium vegetable broth



- ⇒ In a Dutch oven or large pot, stir together the water and beans. Bring to a boil over high heat. Reduce the heat and simmer for 5 minutes. Remove from the heat. Let stand, covered, for 1 hour. Or, put the water and beans in a large bowl. Let stand, covered, for 6 to 12 hours. With either method, drain the beans in a colander, rinse, and drain again. Set aside.
- ⇒ When the beans are ready, dry the Dutch oven or soup pot and lightly spray with cooking spray. Cook the celery, carrots, bell pepper, onion, and garlic over medium heat for 20 minutes, or until tender, stirring occasionally. Stir in the remaining ingredients and the beans. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 2 1/2 to 3 hours, or until the beans are tender, adding water if necessary and stirring occasionally. Discard the bay leaves before serving the stew.

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Health Centers

**Appointment Line:**  
**937-461-6869**

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342  
Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402  
Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404  
Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45503  
Phone: 937-528-6850

#### Southview Health Center

25 Thorpe Drive Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402  
Phone: 937-558-0180

### Dental Center

#### East Dayton Dental Center

2123 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

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**Community Health Centers of Greater Dayton—Your Medical Home**