



HEALTHY AT 80

www.communityhealthdayton.org

February 2018

IN THE MOOD FOR LOVING... YOUR HEART!

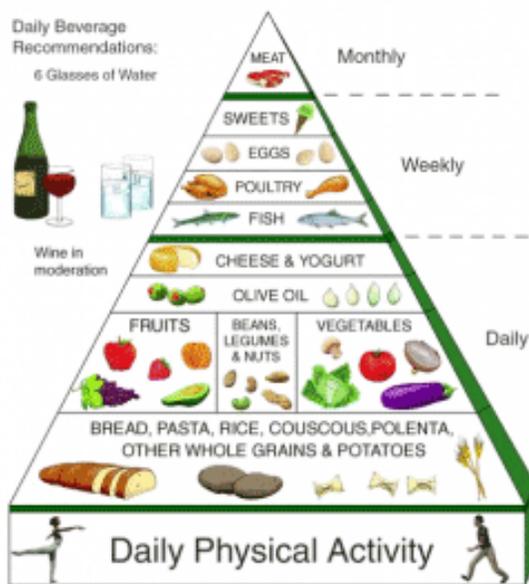
February is Heart Health Month! Heart disease is the leading cause of death for both men & women in the United States. The good news? It is also one of the most preventable.

Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups, and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

What exactly is a heart healthy lifestyle?

- ⇒ Engage in regular moderate aerobic exercise for at least 30 minutes five days a week or more vigorous workouts at least 20 minutes three times a week.
- ⇒ Adopt a diet low in salt, saturated and trans-fats and high in unsaturated fats (fish, avocado, etc.)
- ⇒ Maintain a normal body weight with caloric adjustment.
- ⇒ Avoid smoking and recreational drug use.
- ⇒ Imbibe no more than 1/2 to 1 alcoholic beverage per day.

<https://theheartfoundation.org/heart-disease-facts/reducing-your-risk/>



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

IN THIS ISSUE

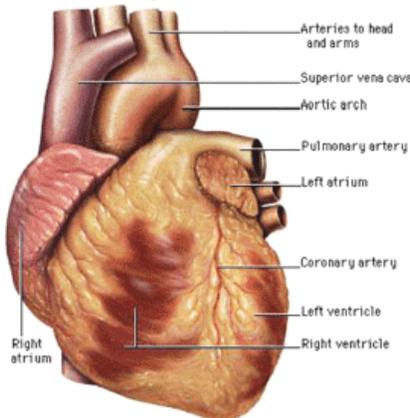
- Heart Health Month
- What is Heart Disease?
- Heart Attack Symptoms & How to Help
- Heart Disease Myth-Busters
- Nutrition Bites! Fry Not!
- Nutritious & Delicious: Slow Cooker Creamy Tomato Indian Chicken

JUST WHAT IS HEART DISEASE?

In fact, there are numerous answers to this question. Heart disease is actually a broad term used for a wide variety of diseases of the heart and blood vessels, heart rhythm disorders, and defects of the heart present at birth.

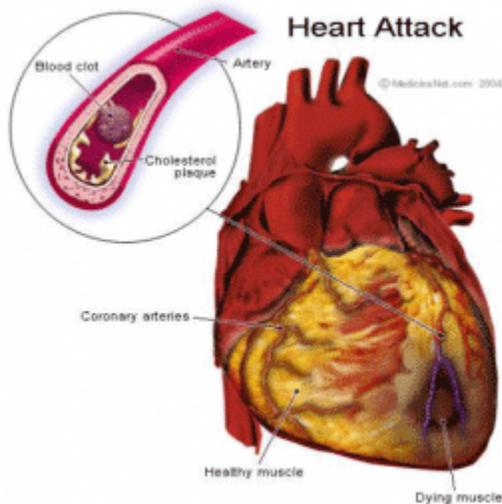
When most people use the term heart disease, they are primarily referring to coronary artery disease, also called coronary heart disease or cardiovascular disease. This is a condition in which plaque, which is made up of fat, cholesterol, calcium & other substances in the blood, builds up inside the coronary arteries that supply oxygen-rich blood to the heart muscle.

Exterior structures of the heart



This plaque build-up is called atherosclerosis. A plaque can grow large enough to reduce or completely block blood flow through an artery. More frequently, a plaque may rupture, causing a blood clot to form that either blocks the artery or breaks off and travels somewhere else in the body causing a blockage at another site. When the blockage takes place in a blood vessel that feeds the heart, the result is a heart attack.

If the plaque build-up or blood clot resulting from the plaque rupture occurs in the carotid arteries on either side of the neck, this is called Carotid Artery Disease and can result in a



stroke. Peripheral Arterial Disease is when the major arteries that supply blood to the legs, arms or pelvis are obstructed. If blood flow to any of these areas of the body is reduced or blocked, numbness, pain and sometimes dangerous infections such as gangrene can occur.

HEART ATTACK SYMPTOMS & HOW TO HELP

Symptoms of a heart attack can vary greatly from person to person, but these are some of the most common:

Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.

A person with angina (temporary chest pain) may begin to find that it takes less and less physical activity to trigger the pain. Any change in the pattern of angina should be taken very seriously and brought to the attention of your physician.

During a heart attack, a person may feel pain in the middle of the chest which can spread to the back, neck, jaw or arms. The pain may also be felt only in the back, neck, jaw or arms rather than the chest.

How to Help

Half of the deaths from heart attack occur in the first 3 or 4 hours after the onset of symptoms, so it is important to know and recognize the warning signs. If you think that you or someone in your presence is having a heart attack, call 911 immediately.

HEART DISEASE MYTH -BUSTERS

Myth: Heart disease is for men, and cancer is the real threat for women

Fact: Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease is the cause of one out of every three deaths. That's roughly one death each minute.

Myth: Heart disease is for old people

Fact: Heart disease affects people of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries.

Myth: Heart disease runs in my family, so there's nothing I can do about it.

Fact: Although people with a family history of heart disease are at higher risk, there's plenty you can do to dramatically reduce it. Talk with your health care provider about an action plan to keep your heart healthy.

NUTRITION BITES!

Fry Not! Want to bring out all the natural flavor and nutrition of your colorful fruits and veggies and lean proteins? Instead of smothering them in flour, salt and fat, try one of these easy, better-for-you cooking techniques:

- ⇒ **Bake:** Cook foods slowly in dry heat like an oven.
 - ⇒ **Blanch:** Boil the food briefly (about 30 seconds) then plunge into ice water to stop the cooking. This is especially cool for veggies you want to keep a little bit crisp or almost-raw.
 - ⇒ **Braise:** Cook food using both dry heat – from an oven or the stovetop – and wet heat from liquid.
 - ⇒ **Broil:** Cook directly under a heat source at high temperature.
 - ⇒ **Grill:** Cook directly over a heat source.
 - ⇒ **Poach:** Cook by immersing food in simmering liquid like water, broth or wine.
 - ⇒ **Roast:** Cook uncovered in the oven.
 - ⇒ **Sauté:** Cook food in a pan over direct heat using a small amount of liquid like vegetable stock, fruit juice, wine, healthy oil or cooking spray, or even water.
 - ⇒ **Steam:** Cook in a covered pot over boiling water. Foods will retain more of their shape, texture and flavor.
 - ⇒ **Stir-fry:** Use a wok or large pan to cook food quickly over very high heat in a small amount of liquid or oil. Stir constantly to prevent sticking or burning.
- ⇒ You can also look for dishes prepared in these ways when you eat out.

How you cook your food can make a difference

to the amount of fat it contains. For each serving of the following food types, you can cut down the fat content by at least half by choosing a healthier cooking method.

Type of food	Fat content (g/teaspoons)	Type of food	Fat content (g/teaspoons)
Chicken		Egg	
Deep fried	26 	Fried	11 
Roasted	11 	Boiled	6 
Steamed	8 	Potato	
Fish		Chips	11 
Fried	9 	Mashed	5 
Steamed	4 		

Delicious & Nutritious

SLOW COOKER CREAMY TOMATO INDIAN CHICKEN

Serve this tender spice-packed chicken over brown rice or with whole-wheat pita bread or naan. Spice blends like garam masala and curry powder are great options to increase oomph into a dish without added fat or salt. Also, yogurt and spices can be combined for a great marinade for meats.

- 1, (28-ounce) can no-salt-added, diced tomatoes
- 2 Tbsp garam masala
- 2 Tbsp mild curry powder
- 2 teaspoons fresh, minced ginger
- 1 teaspoon fresh, minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 Tbsp water
- 3 Tbsp cornstarch (divided)
- 2 lb boneless, skinless chicken breasts
- 1 cup fat-free, plain yogurt
- 2 Tbsp. dried cilantro, to garnish



- ⇒ Into the bowl of a slow cooker, add canned tomatoes, garam masala, curry powder, ginger, garlic, salt and pepper. Stir to combine.
- ⇒ In a small bowl, make a cornstarch slurry by adding 3 tablespoons water to 2 tablespoons cornstarch. Stir vigorously until the cornstarch is dissolved. Stir slurry into the tomato mixture.
- ⇒ Add chicken into the slow cooker, making sure the chicken is halfway covered in the tomato mixture.
- ⇒ Cover with lid and cook 4 hours on high or 8 hours on low.
- ⇒ When chicken is fully cooked, turn off the heat. In a small bowl, stir in remaining 1 tablespoon cornstarch into the yogurt. Stir mixture into the slow cooker. Top with cilantro, if desired, and serve - The chicken can be served in whole pieces, shredded, or cut into chunks when it is finished in the slow cooker .

<https://recipes.heart.org/recipes/2056/slow-cooker-creamy-tomato-indian-chicken>

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:
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Charles Drew Health Center

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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
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Victor Cassano Health Center

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Dental Center

East Dayton Dental Center

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

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Nutrition Facts

Calories	249
Total Fat	4.3 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	1.3 g
Cholesterol	97.8 mg
Sodium	321 mg
Total Carbohydrate	14.4 g
Dietary Fiber	1.8 g
Sugars	7.3 g
Protein	35.8 g

Dietary Exchanges
4 1/2 lean meat, 1/2 starch, 1 vegetable

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