



HEALTHY TODAY

www.communityhealthdayton.org

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LOVE YOUR HEART

Heart disease is a leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

⇒ **What parts of your self-care routine help your heart?**

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of **physical activity**, such as a brisk, 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

file:///C:/Users/chava/Desktop/_sites_default_files_publications_SelfCareTips-for-HeartHealth-508.pdf



What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's **heart-healthy living**.

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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LISTEN TO YOUR HEART: WOMEN AND HEART DISEASE

Heart disease is the leading cause of death in women of all ages, races, and shapes and sizes in the United States. But women sometimes experience heart disease differently than men. Healthy eating and physical activity go a long way to preventing heart disease, and keeping it from getting worse if you already have it.

⇒ **Symptoms of a Heart Attack:**

Women are somewhat less likely than men to experience chest pain. Instead, they are more likely to experience: Dizziness, Fatigue, Nausea, Pressure or tightness in the chest, Stomach pain.



⇒ **Women are also more likely than**

men to have no symptoms of coronary heart disease. Because women and their doctors may not recognize coronary heart disease symptoms that are different from men's, women may not be diagnosed and treated as quickly as men. It is important to seek care right away if you have symptoms of coronary heart disease.

⇒ **Risk factors for heart disease:** Family history of early heart disease is a risk factor that can't be changed. If your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself. You may wonder: If I have just one risk factor for heart disease—say, I'm overweight or I have high blood cholesterol—aren't I more or less "safe"? Unfortunately, no. Each risk factor greatly increases your chance of developing heart disease. But having more than one risk factor is especially serious, because risk factors tend to "gang up" and worsen each other's effects. Every woman needs to take her heart disease risk seriously—and take action now to reduce that risk.

⇒ **Pregnancy and Heart Disease:** Preeclampsia—high blood pressure during pregnancy with signs of damage to another organ system such as the kidneys—is another heart disease risk factor you can't control. However, if you've had the condition, you should take extra care to try to control other heart disease risk factors. This is because preeclampsia raises your risk for heart and blood vessel problems later in life. Aside from preeclampsia, having heart disease or heart problems before pregnancy can raise your risk for pregnancy complications or pregnancy-related death during or after childbirth.

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>

PUT YOUR HEART INTO GETTING ACTIVE

Heart disease is the leading cause of death among Americans, & physical inactivity is one of the major risk factors.

You don't have to spend all day at the gym!

Aim for a total of 2 hours and 30 minutes of moderate-intensity aerobic activity each week— spending at least 10 minutes at a time. This level of activity can reduce your risk for heart disease & your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight. Other lifestyle benefits include providing energy, reducing stress, and building confidence.

A complete exercise program has 3 types of activity:



- 1) Aerobic activity like brisk walking, jogging, dancing or biking gets your heart rate up.
- 2) Resistance training (like doing pushups) firms, strengthens, and tones muscles.
- 3) Flexibility exercises stretch and lengthen muscles so you're more flexible— think yoga.

<https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/heart-truth-put-your-heart-getting-active-tip-sheet-2>

NO GOOD EXCUSES

There are no good excuses for not being active. You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.



Choose activities that suit your style.

While some people like to exercise alone, others benefit from the support of group classes or team sports. Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day you feel most energetic, so you'll stick with it.

Stay Active!

If you get bored with an activity, try something new by joining a gym or the YMCA. Set short- and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day—that way, you'll make it a priority.

#HEARTHEALTH

Heart disease is the leading cause of death in the United States. Did you know Americans suffer more than 1.5 million heart attacks and strokes every year? Coronary heart disease, which includes heart attacks, causes 1 of every 7 deaths, but many of those deaths can be prevented.

Anyone, including children, can develop heart disease, but what factors can increase your risk?

- ◆ Smoking
- ◆ Eating an unhealthy diet
- ◆ Not getting enough exercise
- ◆ Having high cholesterol, high blood pressure, and / or diabetes

Signs and symptoms can vary depending on the type of heart disease, but the following are common and prompt immediate evaluation:

- ◆ Chest discomfort or pain that doesn't go away after a few minutes
- ◆ Pain or discomfort in the jaw, neck, or back
- ◆ Weakness, light-headedness, nausea, or a cold sweat
- ◆ Pain or discomfort in the arms or shoulder
- ◆ Shortness of breath

If you suspect that you or someone you know is having a heart attack, call 9-1-1 immediately.

Knowing the signs of stroke is also important. If you act fast, you could reduce the effects of a stroke and / or save a life! Look out for sudden onset of any of these symptoms:

- ◆ Numbness or weakness of the face, arm or leg, especially on one side of the body
- ◆ Confusion, trouble speaking, or understanding
- ◆ Trouble seeing in one or both eyes
- ◆ Trouble walking, dizziness, loss of balance or coordination
- ◆ Severe headache with no known cause

F.A.S.T is an easy way to remember how to recognize a stroke and what to do.

F: face drooping
A: arm weakness
S: speech difficulty
T: time to call 9-1-1

- Lina Washington

About
677,000
people in Ohio
have coronary
heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2019.



Delicious & Nutritious

CHICKPEA AND POTATO CURRY

This fast Indian-style curry comes together with ingredients you most likely have on hand, like frozen peas and canned tomatoes and chickpeas. Plus, using these spices shows how simple it is to make a curry sauce for an easy vegetarian recipe. Serve with whole-wheat naan to sop it all up.
(Serves 4)

- 2 1 pound Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 3 tablespoons grapeseed oil or canola oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 teaspoons curry powder
- 3/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 (14 ounce) can no-salt-added diced tomatoes
- 3/4 cup water, divided
- 1 (15 ounce) can low-sodium chickpeas, rinsed
- 1 cup frozen peas
- 1/2 teaspoon garam masala



- ⇒ Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and steam until tender, 6 to 8 minutes. (You can also use a microwave steamer.) Set the potatoes aside. Dry the pot.
- ⇒ Heat oil in the pot over medium-high heat. Add onion and cook, stirring often, until soft and translucent, 3 to 5 minutes. Add garlic, curry powder, salt and cayenne; cook, stirring constantly, for 1 minute. Stir in tomatoes and their juice; cook for 2 minutes. Transfer the mixture to a blender or food processor. Add 1/2 cup water and puree until smooth.
- ⇒ Return the puree to the pot. Pulse the remaining 1/4 cup water in the blender or food processor to rinse the sauce residue. Add to the pot along with the reserved potatoes, chickpeas, peas and garam masala. Cook, stirring often, until hot, about 5 minutes.

<https://www.eatingwell.com/recipe/276347/chickpea-potato-curry/>

Nutrition Facts

Serving Size: 1 1/4 Cups **Per Serving:** 321 calories; protein 8.9g; carbohydrates 46.5g; dietary fiber 8.8g; sugars 6.6g; fat 11.6g; saturated fat 1.1g; vitamin a iu 968.5IU; vitamin c 28.9mg; folate 35.2mcg; calcium 77.6mg; iron 2.4mg; magnesium 64.2mg; potassium 795.6mg; sodium 532.8mg. **Exchanges:** 2 Fat, 2 Starch, 1 1/2 Vegetable, 1/2 Lean Protein

Community Health Centers of Greater Dayton

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

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

Alex Central Health Center

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

Charles Drew Health Center

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