



NEWSLETTER [VOL.2 | ISSUE 2 | FEBRUARY 2011]

WHAT'S HAPPENING IN FEBRUARY

**FRIDAY, FEBRUARY 25
"Go Red For Women"**

Marathon Office, Marathon Estates Rd.
10:00a.m. – 3:00p.m.

The Bahamas Heart Association will be on site at our Marathon District Office to offer screening, sell "red dress" pins and hand out informational literature on heart disease.



About The Movement...

Go Red For Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke.

About The Movement... Learn The Basics.
www.goredforwomen.org



Curried Carrot Soup with Cornbread Croutons

By The Gluten Free Goodness, WebMD Recipe from Foodily.com

INGREDIENTS:

- Olive oil
- 1 clove garlic, chopped
- 1-2 teaspoons mild gluten-free curry powder, to taste (can substitute with regular curry powder)
- 1 leek
- 4 large carrots
- 1 sweet potato
- Half a banana squash {butternut will do as well}
- Fresh water, as needed
- Sea salt, to taste

Gluten-Free Cornbread Mix (can substitute with regular mix)

- 1/2 teaspoon sea salt
- 1 teaspoon chili powder
- 2 tablespoons chopped jalapenos

INSTRUCTIONS:

For the soup:

Plug in your slow cooker and turn it on to high. Pour a drizzle of olive oil into the bottom. Add in the chopped garlic and curry powder. Stir and cover. Let the curry infuse the oil as you chop the vegetables. Wash the leek, trim, and slice the white section. Peel, trim, and chop the carrots. Peel and chop the sweet potato and squash. Place all the chopped veggies into the warm crock and stir. Add just enough fresh water to cover them. Season the soup with sea salt to taste and cover.

If you keep the soup on high it will cook faster -- say, four hours or so, depending on your make and model. The soup is ready when the carrots are tender and split easily using a fork.

Puree the soup with an immersion blender until the soup is silky smooth. Taste test. If it cooked down too much and is a tad thick, add some liquid {for extra creaminess use a dash of coconut milk} and gently heat through for another 10-min. Serve with pan toasted croutons.

For the easy cornbread croutons:

Started with Gluten-Free Cornbread Mix. Follow the directions on the package, substituting the eggs, and using water and olive oil to keep it vegan.

Add the following ingredients to the mix:

- 1/2 teaspoon sea salt
- 1 teaspoon chili powder
- 2 tablespoons chopped jalapenos {skip if too spicy}

Baked the mix in a 9-inch cake pan and cooled it on a rack. Slice the cornbread into eight wedges; then wrap each one in recycled foil, and bag for freezing. Cut the cornbread into cubes. Heat a skillet over medium-high heat and drizzle in some olive oil. Add the cubes of cornbread. Gently toss them from time to time as they sizzle and get golden. Remove and serve atop soup.

What is Go Red For Women?

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created **Go Red For Women** – a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

The Bahamas Heart Association has since adopted this initiative, introducing it to The Bahamas in 2009.

What is the goal of Go Red For Women?

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.

In 2010, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health of all Americans by 20% by the year 2020.

The Bahamas Heart Association has set a similar goal for Bahamians, with the hopes of significantly reducing the risk of heart disease in men, women and children by 2020.

Why is the red dress the symbol of women & heart disease?

In 2003, the National Heart, Lung & Blood Institute (NHLBI), the American Heart Association and other organizations committed to women's health joined together to raise awareness of women and heart disease. The NHLBI introduced the red dress as a national symbol for women and heart disease awareness and the American Heart Association adopted this symbol to create synergy among all organizations committed to fighting this cause.

In 2010, BahamaHealth, in collaboration with the Bahamas Heart Association created a similar red dress with a Bahamian flare, as it's national symbol. The creation of a "Bahamian" red dress pin was in an effort to alert Bahamian women that heart disease was a disease that affected Bahamians as

well as, Americans and should be recognized and taken just as seriously.

Why do Go Red For Women and other red dress campaigns target women instead of men and women?

In the past, heart disease and heart attack have been predominantly associated with men. Historically, men have been the subjects of the research done to understand heart disease and stroke, which has been the basis for treatment guidelines and programs. This led to an oversimplified, distorted view of heart disease and risk, which has worked to the detriment of women.

Because women have been largely ignored as a specific group, their awareness of their risk of this often-preventable disease has suffered. Only 55 percent of women realize heart disease is their No. 1 killer and less than half know what are considered healthy levels for cardiovascular risk factors like blood pressure and cholesterol. The **Go Red For Women** movement works to make sure women know they are at risk so they can take action to protect their health.

How does the Bahamas Heart Association (BHA) use funds from Go Red For Women activities?

The Bahamas Heart Association (BHA) uses all revenues from National **Go Red For Women** activities to support awareness, research, education and community programs to benefit women.

These funds allow us to help women by offering educational programs, advancing women's understanding about their risk for heart disease and providing tools and motivation to help women reduce their risk to protect their health. Based on our own research, a woman who "Goes Red" follows an exercise routine, eats healthier diet, visits her doctor for important tests and influences others by talking about heart health.

These funds also allow the BHA to provide life saving support to children born with heart defects.





A GUIDE TO HEART DISEASE

www.webMD.com

What is Heart Disease?

Bring up heart disease, and most people think of a heart attack. But there are many conditions that can undermine the heart's ability to do its job. These include coronary artery disease, cardiomyopathy, arrhythmia, and heart failure. Keep reading to find out what these disorders do to the body and how to recognize the warning signs.

What is a Heart Attack?

Every year, more than 1 million Americans have a heart attack – a sudden interruption in the heart's blood supply. This happens when there is a blockage in the coronary arteries, the vessels that carry blood to the heart muscle. When blood flow is blocked, heart muscle can be damaged very quickly and die. Prompt emergency treatments have reduced the number of deaths from heart attacks in recent years.

Heart Attack Symptoms

A heart attack is an emergency even when symptoms are mild. Warning signs include:

- Pain or pressure in the chest.
- Discomfort spreading to the back, jaw, throat, or arm.
- Nausea, indigestion, or heartburn.
- Weakness, anxiety, or shortness of breath.
- Rapid or irregular heartbeats.

Heart Attack Symptoms in Women

Women don't always feel chest pain with a heart attack. Women are more likely than men to have heartburn, loss of appetite, tiredness or weakness, coughing, and heart flutters. These symptoms should not be ignored. The longer you postpone treatment, the more damage the heart may sustain.

Signs of Coronary Artery Disease

A precursor to a heart attack, coronary artery disease or CAD occurs when sticky plaque builds up inside the coronary arteries. This narrows the arteries, making it more difficult for blood to flow through. Many people don't know they have CAD until a heart attack strikes. But there are warning signs, such as recurring chest pain caused by the restricted blood flow. This pain is known as angina.

Inside a Heart Attack

The plaque deposited in your arteries is hard on the outside and soft and mushy on the inside. Sometimes the hard outer shell cracks. When this happens, a blood clot forms around the plaque. If the clot completely blocks the artery, it cuts off the blood supply to a portion of the heart. Without immediate treatment, that part of the heart muscle could be damaged or destroyed.

Don't Wait to Be Sure

The best time to treat a heart attack is as soon as symptoms begin. Waiting to be sure can result in permanent heart damage or even death. If you think you may be having a heart attack, call 911. And don't try driving yourself to the hospital. When you call 911, the EMS staff can start emergency care as soon as they reach you.

SLIDESHOW

24 Foods That Can Save Your Heart

www.webMD.com



FRESH HERBS

Fresh herbs make many other foods heart-healthy when they replace salt, fat, and cholesterol. These flavor powerhouses, along with nuts, berries — even coffee — form a global approach to heart-wise eating. Read on for 23 more delicious ways to fight heart disease, stroke, high blood pressure, high cholesterol, and diabetes.

FACT: *Rosemary, sage, oregano, and thyme contain antioxidants.*



BLACK BEANS

Mild, tender black beans are packed with heart-healthy nutrients including folate, antioxidants, magnesium for lowering blood pressure, and fiber — which helps control both cholesterol & blood sugar levels.

TIP: *Canned black beans are quick additions to soups and salads. Rinse to remove extra sodium.*



RED WINE & RESVERATROL

If you drink alcohol, a little red wine may be a heart-healthy choice. Resveratrol and catechins, two antioxidants in red wine, may protect artery walls. Alcohol can also boost HDL, the good cholesterol.

TIP: *Don't exceed one drink a day for women; one to two drinks for men — and talk to your doctor first. Alcohol may cause problems for people taking aspirin and other medications. Too much alcohol hurts the heart.*



SALMON: SUPER FOOD

A top food for heart health, it's rich in the omega-3s EPA and DHA. Omega-3s lower risk of rhythm disorders, which can lead to sudden cardiac death. Salmon also lowers blood triglycerides and reduces inflammation.

TIP: *Bake in foil with herbs and veggies. Toss extra cooked salmon in fish tacos and salads.*



TUNA FOR OMEGA-3s

Tuna is a good source of heart-healthy omega-3s; it generally costs less than salmon. Albacore (white tuna) contains more omega-3s than other tuna varieties. Reel in these other sources of omega-3s, too: mackerel, herring, lake trout, sardines, and anchovies.

TIP: *Grill tuna steak with dill and lemon; choose tuna packed in water, not oil.*



EXTRA VIRGIN OLIVE OIL

This oil, made from the first press of olives, is especially rich in heart-healthy antioxidants called polyphenols, as well as healthy monounsaturated fats. When olive oil replaces saturated fat (like butter), it can help lower cholesterol levels. Polyphenols may protect blood vessels.

TIP: *Use for salads, on cooked veggies, with bread. Look for cold-pressed and use within six months.*



WALNUTS

A small handful of walnuts (1.5 ounces) a day may lower your cholesterol and reduce inflammation in the arteries of the heart. Walnuts are packed with omega-3s, monounsaturated fats, and fiber. The benefits come when walnuts replace bad fats, like those in chips and cookies — and you don't increase your calorie count.

TIP: *A handful has nearly 300 calories. Walnut oil has omega-3s, too; use in salad dressings.*



ALMONDS

Slivered almonds go well with vegetables, fish, chicken, even desserts, and just a handful adds a good measure of heart health to your meals. They're chock full of vitamin E, plant sterols, fiber, & heart-healthy fats. Almonds may help lower LDL cholesterol & reduce the risk of diabetes.

TIP: *Toast to enhance almonds' creamy, mild flavor.*

Continued... << See Overleaf >>

This and all information contained in this newsletter is not intended to replace the advice of a doctor. Family Guardian & BahamaHealth disclaim any liability for the decisions you make based on this information.



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A GUIDE TO HEART DISEASE *continued*

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Sudden Cardiac Death

Sudden cardiac death (SCD) accounts for half of all heart disease deaths in the U.S., but it's not the same as a heart attack. SCD occurs when the heart's electrical system goes haywire, causing it to beat irregularly and dangerously fast. The heart's pumping chambers may quiver instead of pumping blood out to the body. Without CPR and restoration of a regular heart rhythm, death can occur in minutes.

Arrhythmia: Erratic Heart Beat

Regular electrical impulses cause your heart to beat. But sometimes those impulses become erratic. The heart may race, slow down, or quiver. Arrhythmias are often harmless variations in rhythm that pass quickly. But some types make your heart less effective at pumping blood, and that can take a serious toll on the body. Let your doctor know if you've noticed your heart beating abnormally.

Cardiomyopathy

Cardiomyopathy is a disease involving changes in the heart muscle. These changes may interfere with the heart's ability to pump effectively, which can lead to a chronic condition called heart failure. Cardiomyopathy is sometimes associated with other chronic conditions, such as high blood pressure or heart valve disease.

Heart Failure

Heart failure doesn't mean your heart stops working. It means the heart can't pump enough blood to meet the body's needs. Over time, the heart gets bigger to hold more blood, it pumps faster to increase the amount of blood moving out of it, and the blood vessels narrow. The heart muscle may also weaken, reducing the blood supply even more. Most cases of heart failure are the result of coronary artery disease and heart attacks.

Congenital Heart Defect

A congenital heart defect is one that's present at birth. The problem could be a leaky heart valve, malformations in the walls that separate the heart chambers, or other heart problems. Some defects are not found until a person becomes an adult. Some need no treatment. Others require medicine or surgery. People with congenital heart defects may have a higher risk of developing complications such as arrhythmias, heart failure, and heart valve infection, but there are ways to reduce this risk.

Living With Heart Disease

Most forms of heart disease are chronic. In the beginning, symptoms may be too mild to affect everyday life. And in many cases, long-term treatment can keep symptoms under control. But if the heart begins to fail, patients may develop shortness of breath, fatigue, or swelling in ankles, feet, legs, and abdomen. Heart failure can be managed with medication, lifestyle changes, surgery, and in certain cases, a heart transplant.

Who's at Risk for Heart Disease?

Men have a higher risk of having a heart attack than women, and at an earlier age. But it's important to note that heart disease is the No. 1 killer of women, too. People with a family history of heart ailments also have a higher risk of heart trouble.

SLIDESHOW continued

24 Foods That Can Save Your Heart

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helps with

cholesterol • triglycerides

EDAMAME

These green soybeans are moving beyond Japanese restaurants, where they're a tasty appetizer. They're packed with soy protein, which can lower blood triglyceride levels. A half cup of edamame also has 9 grams of cholesterol-lowering fiber — equal to four slices of whole-wheat bread.

FACT: Try frozen edamame, boil, and serve warm in the pod.



helps with

cholesterol • triglycerides

TOFU

Make soy protein the main attraction more often at dinnertime by cooking with tofu instead of red meat. You gain all the heart-healthy minerals, fiber, and polyunsaturated fats of soy — and you avoid a load of artery-clogging saturated fat.

TIP: Chop firm tofu, marinate, then grill or stir-fry, going easy on the oil. Add tofu to soups for protein with no added fat.



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diabetes • general heart health

SWEET POTATOES

Sweet potatoes are a hearty, healthy substitute for white potatoes for people concerned about diabetes. With a low glycemic index, these spuds won't cause a quick spike in blood sugar. Ample fiber, vitamin A, and lycopene add to their heart-healthy profile.

TIP: Enhance their natural sweetness with cinnamon and lime juice, instead of sugary toppings.



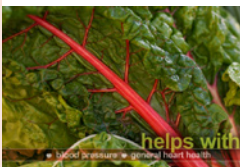
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ORANGES

This sweet, juicy fruit contains the cholesterol-fighting fiber pectin — as well as potassium, which helps control blood pressure. A small study shows that OJ may improve blood vessel function and modestly lower blood pressure through the antioxidant hesperidin.

TIP: A medium orange averages 62 calories, with 3 grams of fiber.



helps with

blood pressure • general heart health

SWISS CHARD

The dark green, leafy vegetable is rich in potassium and magnesium, minerals that help control blood pressure. Fiber, vitamin A, and the antioxidants, lutein and zeaxanthin, add to the heart-healthy profile.

TIP: Serve with grilled meats or as a bed for fish. Saute with olive oil and garlic until wilted, season with herbs and pepper.



helps with

diabetes • cholesterol

CARROTS

The latest research on carrots shows these sweet, crunchy veggies may help control blood sugar levels and reduce the risk of developing diabetes. They're also a top cholesterol-fighting food, thanks to ample amounts of soluble fiber — the kind found in oats.

TIP: Sneak shredded carrots into spaghetti sauce and muffin batter.



helps with

cholesterol • cholesterol

BARLEY

Try this nutty, whole grain in place of rice with dinner or simmer barley into soups and stews. The fiber in barley can help lower cholesterol levels and may lower blood glucose levels, too.

TIP: Hulled or "whole grain" barley is the most nutritious. Barley grits are toasted and ground; nice for cereal or as a side dish. Pearl barley is quick, but much of the heart-healthy fiber has been removed.



helps with

diabetes • cholesterol

OATMEAL

Oats in all forms can help your heart by lowering LDL, the bad cholesterol. A warm bowl of oatmeal fills you up for hours, fights snack attacks, and helps keep blood sugar levels stable over time — making it useful for people with diabetes, too.

TIP: Swap oats for one-third of the flour in pancakes, muffins, and baked goods. Use oats instead of bread crumbs in cooking.



helps with

cholesterol

FLAXSEED

This shiny, honey-colored seed has three elements that are good for your heart: fiber, phytochemicals called lignans, and ALA, an omega-3 fatty acid found in plants. The body converts ALA to the more powerful omega-3s, EPA and DHA.

TIP: Grind flaxseed for the best nutrition. Add it to cereal, baked goods, yogurt, even mustard on a sandwich.

Continued... << See Overleaf >>



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A GUIDE TO HEART DISEASE *continued*
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Risk Factors You Can Control

High cholesterol and high blood pressure are major risk factors for heart disease. Being overweight, obese, or physically inactive all increase your risk. So does diabetes, especially if your glucose levels are not well controlled. Discuss your risks with your doctor and develop a strategy for managing them. There are many steps you can take to protect your heart.

Smoking and Your Heart

If you smoke, your risk of heart disease is 2 to 4 times greater than a nonsmoker's. And if you smoke around loved ones, you're increasing their risk with secondhand smoke. Each year in the U.S., more than 135,000 people die from smoking-related heart disease. But it's never too late to quit. Within 24 hours of quitting, your heart attack risk begins to fall.

Life After a Heart Attack

It is possible to regain your health after a heart attack. By avoiding cigarettes, becoming more active, and watching what you eat, you can give your heart and overall health a big boost. One of the best ways to learn how to make these changes is to take part in a cardiac rehab program. Ask your doctor for recommendations.

Heart Disease Prevention

The key to preventing heart disease is a healthy lifestyle. This includes a nutritious diet, at least 30 minutes of exercise most days of the week, not smoking, and controlling high blood pressure, cholesterol, and diabetes. If you drink alcohol, do so in moderation – no more than one drink a day for women, two drinks a day for men. Ask your friends and family for help in making these changes. They'll benefit, too.

Diet and Your Heart

What you eat makes a difference. Be sure you get plenty of whole grains, vegetables, legumes, and fruits to help keep your heart healthy. Plant oils, walnuts, other nuts, and seeds can also help improve cholesterol levels. And don't forget to eat fish at least a couple of times each week for a good source of heart-healthy protein.



Despite appearing to be in great shape, "I have heart disease, and I found out about four or five years ago," said Braxton, who was appearing in Broadway's *Aida* at the time she saw the doctor – and was under the impression she felt the way she did simply because she was exhausted.

She found out she had pericarditis, an inflammation of the sac surrounding the heart. "And," she said, "I've also been diagnosed with hypertension."

Of course, the news came as a shock. "I was disappointed. I didn't get it," she remembers reacting. But she did spring into action. "I had to make lifestyle and diet changes."

Now, she says, "I eat relatively well, but sometimes having those pizzas and burgers late at night – I had to change that."

TONI BRAXTON:
"I'm a Heart Disease Survivor."

SLIDESHOW continued

24 Foods That Can Save Your Heart

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LOW-FAT YOGURT

While low-fat dairy is most often touted for bone health, these foods can help control high blood pressure, too. Milk is high in calcium and potassium and yogurt has twice as much of these important minerals. To really boost the calcium and minimize the fat, choose low-fat or non-fat varieties.

FACT: Use milk instead of water in instant oatmeal, hot chocolate, and dried soups.



FOODS FORTIFIED WITH STEROLS

Want the heart-healthy power of vegetables in your milk or on toast? Margarine, soy milk, or orange juice can deliver — when they're fortified with cholesterol-fighting sterols and stanols. These plant extracts block cholesterol absorption in the gut and can lower LDL levels by 10% without affecting good cholesterol.

TIP: Consume at least 2 grams of sterols a day.



COFFEE

Coffee and tea may help protect your heart by warding off type 2 diabetes. Studies show that people who drink 3-4 cups a day may cut their risk by 25% — and even decaffeinated coffee works. Caution is due, however, for those who already have diabetes or hypertension; caffeine can complicate these conditions.

TIP: Choose black coffee or a non-fat latte to limit fat and calories.



CAYENNE CHILI PEPPER

Shaking hot chili powder on food may help prevent a spike in insulin levels after meals. A small study in Australia showed that simply adding chili to a hamburger meal produced lower insulin levels in overweight volunteers.

TIP: Chili powder is a blend of five spices, while dried chili pepper comes from a single hot pepper. Both are good substitutes for salt in recipes.



KOSHER SALT

This may be worth a try for people trying to control high blood pressure. It has half the sodium of table salt, thanks to its large crystals. You'll still need to measure carefully; a teaspoon of Kosher salt has 1,120 milligrams of sodium -- not too far below the 1,500-milligram daily limit.

TIP: Mix with your favorite herbs for a homemade, low-salt spice blend.



CHERRIES

Cherries are packed with anthocyanins, an antioxidant believed to help protect blood vessels. Cherries in any form provide these heart-healthy nutrients: the larger heart-shaped sweet cherries, the sour cherries used for baking, as well as dried cherries and cherry juice.

TIP: Sprinkle dried cherries into cereal, muffin batter, green salads and wild rice.



BLUEBERRIES

The list of healthy nutrients in blueberries is extensive: anthocyanins give them their deep blue color and support heart health. Blueberries also contain ellagic acid, beta-carotene, lutein, vitamin C, folate, magnesium, potassium, and fiber.

TIP: Add fresh or dried blueberries to cereal, pancakes, or yogurt. Puree a batch for a dessert sauce.



Contact **The Bahamas Heart Association** at telephone number +242 327-0806 for more information and/or ways to stay heart-healthy.

This and all information contained in this newsletter is not intended to replace the advice of a doctor. Family Guardian & BahamaHealth disclaim any liability for the decisions you make based on this information.

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