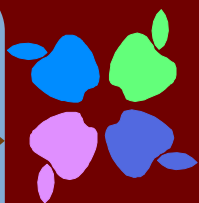


A newsletter  
for Simply  
Health  
graduates and  
partners



# Simply Health

## NEWSLETTER

VOLUME 3, ISSUE 2

MAR 2009-MAY 2009

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## Heart Healthy Eating Guidelines

### Watch your weight

Don't get caught up in the high-protein, low-carbohydrate diet hype. The best way to maintain a healthy weight is to consume the right number of calories (from healthful foods) for your age, size and lifestyle. Familiarize yourself with the calorie contents of foods and what "reasonable" portions look like. Aim for 30 minutes of moderate exercise (e.g., brisk walking) nearly every day. If you can't devote 30 minutes all at once, break it up into 10-minute intervals.

### Eat your vegetables—and fruits

Research links diets rich in fruits and vegetables with a lower risk for heart disease. Eat a variety, focusing on deeply colored vegetables and fruits (e.g., spinach, carrots and berries). They tend to be more nutritious than paler picks (e.g., potatoes and corn).

### Fill up on fiber

Eat 25 to 30 grams of total fiber daily. There are two kinds of fiber: soluble and insoluble. Research shows that soluble fiber, found in oats, beans, barley and citrus, helps reduce "bad" LDL cholesterol levels. Studies suggest that insoluble fiber—found in whole-wheat breads and cereals and vegetables—also helps protect your heart. Fiber extends the time food stays in your stomach, which may help you feel full for longer on fewer calories.

### Eat fish twice a week

Fish—especially "oily" kinds, such as salmon—are rich in the omega-3 fatty acids that, studies suggest, protect the heart.

### Keep an eye on salt

Limit daily sodium intake to 2,300 milligrams (about 1 teaspoon). As salt intake increases, so does blood pressure. Your heart has to work harder to pump the added fluid your body retains from sodium. Reducing sodium intake can prevent hypertension and help reduce blood pressure.

### Hold the (unhealthy) fats

Keeping a cap on saturated fats, trans fats and dietary cholesterol helps reduce risk of heart disease primarily by lowering "bad" LDL cholesterol. Limit intake of saturated fats (in butter, full-fat dairy products and fatty meats). Avoid the artificial trans fats that are commonplace in fast foods and processed snacks, such as crackers and cookies. Try replacing whole-fat dairy with skim or 1% dairy products and replacing fatty meats with lean meats, fish and plant-based proteins, such as beans.

(Source: [www.eatingwell.com](http://www.eatingwell.com))





Joy Olson,  
Health Promotion  
Director, RHNSCNY

## Greeting From Joy

Welcome to another issue of the Simply Health newsletter. This issue is dedicated to the most important muscle in the body, the heart. Heart health is seemingly at the forefront of the news these days, and with good reason; cardiovascular disease claims about as many lives each year as cancer, chronic lower respiratory diseases, accidents and diabetes mellitus combined (*NCHS. Compressed mortality file: underlying cause of death, 1979 to 2004*; <http://wonder.cdc.gov/mortSQL.html>).

According to the federal Centers for Disease Control and Prevention, approximately 37% of adults in the United States reported having two or more of six risk factors for heart disease and stroke (high blood pressure, high cholesterol, diabetes, current smoking, physical inactivity, and obesity).

Take a second look at the risk factors listed above. For most of us, they are modifiable, which means you have the ability to reduce your risk for developing heart disease.

How, you ask...well, by following through with healthy lifestyle changes like those we talk about in the Simply Health program. Page one of this Newsletter gives you some great reminder tips.

Heart health is such an important reason for achieving our everyday health goals. We hope you will find this issue informative and encouraging in your quest towards good health.

Enjoy!

**Eat This!**  
**Yield: 12 servings**  
**Serving: 1**  
**Calories: 210**  
**Protein: 5 g**  
**Carbs: 46 g**  
**Fiber: 3 g**  
**Sodium: 20 mg**  
**Fat: 1 g**  
**Cholesterol: 0 mg**

## Eat This! Heart Healthy Fruit Pasta

3 cups uncooked medium pasta shells  
1 medium apple, chopped  
1 (20 oz.) can unsweetened pineapple chunks, drained  
1 large firm banana, cut into ¼-inch slices  
1 large navel orange, peeled, halved and sectioned  
1 (8 oz.) carton plain yogurt  
1 cup red grapes, halved  
¼ cup orange juice concentrate with calcium  
1 cup green grapes, halved  
(Source: <http://doh.sd.gov>)

**Directions:** Cook pasta, drain and rinse  
Place in a large bowl and add fruit  
Combine yogurt and orange juice  
Pour over salad and toss to coat  
Cover and chill for several hours

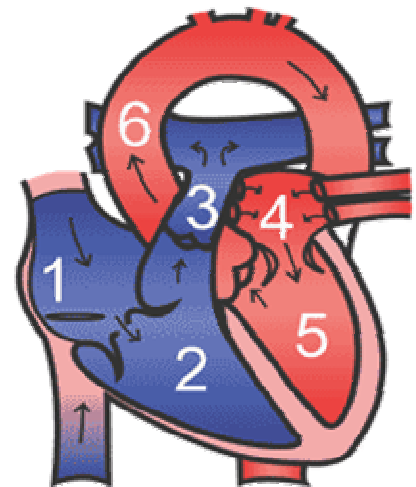


## Monthly Challenge

Since this issue is all about the heart, we want you to try and familiarize yourself with the anatomy of the heart. We would like you to become more informed about this miraculous muscle, and what the anatomy looks like. There is also a basic description of how the blood is pumped. Note that the blue signifies de-oxygenated blood, while red indicates the fresh oxygen that you breathe in. You have a whole month to dedicate this to your memory, and I know that you can! Good luck.

### Path of blood through the heart

Blood from the upper and lower body enters the Right Atrium (1), moves to the Right Ventricle (2), is pumped to the lungs via the Pulmonary Artery (3), returns to the Left Atrium (4), moves to the Left Ventricle (5), then is pumped throughout the body via the Aorta (6).





## Health: You Ask, We Answer

Here at the Rural Health Network, we know there are many questions that go unanswered as it relates to your health and well-being. For this reason, we have incorporated a new section to the newsletter specifically designed to help answer some of your lingering questions. If there is something on your mind that you would like us to answer, we will use our resources to get you the correct response. Each quarter we will select your inquiries and publish them here in this section. So go on, let's hear what is on your mind. You can reach us at P.O. Box 416, 2663 Main St., Whitney Point, NY 13862 or via email at [healthpromotion@ruralhealthnetwork.org](mailto:healthpromotion@ruralhealthnetwork.org)

**Question:** I keep hearing that fish is good for my heart, is this true? **Answer:** Fish and shellfish contain a type of fat called omega-3 fatty acids. Research suggests that eating omega-3 fatty acids lowers your chances of dying from heart disease. Fish that naturally contain more oil (such as salmon, trout, herring, mackerel, anchovies, and sardines) have more omega-3 fatty acids than lean fish (such as cod, haddock, and catfish). Be careful, though, about eating too much shellfish. Shrimp is a type of shellfish that has a lot of cholesterol. You can also get omega-3 fatty acids from plant sources, such as canola oil, soybean oil, walnuts, ground flaxseed (linseed) and flaxseed oil ([www.womenshealth.gov](http://www.womenshealth.gov))

**Question:** I always thought of heart disease as a man's disease, but lately I've been hearing that more women than men die from heart attacks. What's going on? **Answer:** Among all U.S. women who die each year, one in four dies of heart disease. In 2004, nearly 60 percent more women died of cardiovascular disease (both heart disease and stroke) than from all cancers combined. The older a woman gets, the more likely she is to get heart disease. But women of all ages should be concerned about heart disease. All women should take steps to prevent heart disease. Both men and women have heart attacks, but more women who have heart attacks die from them. Treatments can limit heart damage but they must be given as soon as possible after a heart attack starts. Ideally, treatment should start within one hour of the first symptoms. ([www.womenshealth.gov](http://www.womenshealth.gov))

## Cigarette Smoking and Cardiovascular Diseases

Cigarette smoking is the most important preventable cause of premature death in the United States. It accounts for more than 440,000 of the more than 2.4 million annual deaths. Cigarette smokers have a higher risk of developing several chronic disorders. These include fatty buildups in arteries, several types of cancer and chronic obstructive pulmonary disease (lung problems). Atherosclerosis (buildup of fatty substances in the arteries) is a chief contributor to the high number of deaths from smoking. Many studies detail the evidence that cigarette smoking is a major cause of coronary heart disease, which leads to heart attack.

Cigarette and tobacco smoke, high blood cholesterol, high blood pressure, physical inactivity, obesity and diabetes are the six major independent risk factors for coronary heart disease that you can modify or control. Cigarette smoking is so widespread and significant as a risk factor that the Surgeon General has called it "the leading preventable cause of

disease and deaths in the United States."

Cigarette smoking increases the risk of coronary heart disease by itself. When it acts with other factors, it greatly increases risk. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot. Smoking also increases the risk of recurrent coronary heart disease after bypass surgery.

Cigarette smoking is the most important risk factor for young men and women. It produces a greater relative risk in persons under age 50 than in those over 50.

Smoking decreases HDL (good) cholesterol. Cigarette smoking combined with a family history of heart disease also seems to greatly increase the risk.

Studies show that cigarette smoking is an important risk factor for stroke.

Inhaling cigarette smoke produces

several effects that damage the cerebrovascular system.

People who smoke cigars or pipes seem to have a higher risk of death from coronary heart disease (and possibly stroke), but their risk isn't as great as that of cigarette smokers. This is probably because they're less likely to inhale the smoke. Currently there's very little scientific information on cigar and pipe smoking and cardiovascular disease, especially among young men, who represent the vast majority of cigar users.

The link between secondhand smoke (also called environmental tobacco smoke) and disease is well known, and the connection to cardiovascular-related disability and death is also clear. About 22,700 to 69,600 premature deaths from heart and blood vessel disease are caused by other people's smoke each year. ([americanheart.org](http://americanheart.org))

**New York State Quitline: Contact 1-866-NY-QUITS (866-697-8487)**



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*We help make good health happen*



## Calendar of Events

### March 13-15

Farm Days At The Mall

Contact Laura Biasillo at 584-5007 or [lw257@cornell.edu](mailto:lw257@cornell.edu)

### March 16

Diabetes Support Group

O'Connor Hospital Cafeteria, Delhi

Contact Carol Gilbert at 746-0341

### March 21

TC Fitness Challenge - Chin-Up & Obstacle Course,

Owego Gymnastics at 8:30am, Barb Fay 659-4818

### March 27

Hearing Screening at 1pm

Southern Tier Hearing Services, Vestal

### March 31

Diabetes Support Group

Berkshire Congregational Church at 6pm, call 657-4479

### April 18

TC Fitness Challenge - Shoulder Press & Broad Jump

Tioga County Boys & Girls Club, Owego at 8:30am

Barb Fay 659-4818

### May 2

TC Fitness Challenge - 5K Run/Walk, Hickories Park,

Owego at 8:30am, Barb Fay 659-4818

### May 27

TRAILS Conference 9:30-2:00

SRAC, Waverly, NY

Call Rural Health Network at 607-692-7669 for more info

### May 30

Whitney Point Celebration of Hope 1-9pm

Contact Denise Woods at 607-766-6911

### 2009 TRAILS Conference

Susquehanna River Archaeological Center

May 27 in Waverly, NY 9:30-2:00

Guest Speakers, Breakout Sessions, Lunch, and more.

For more information, contact Michael Furnare at 607-692-7669 or email [healthpromotion@ruralhealthnetwork.org](mailto:healthpromotion@ruralhealthnetwork.org)



The Rural Health Network is recruiting members for the Rural Health Service Corps (RHSC). RHSC is an AmeriCorps National Service Program that provides service and learning opportunities for young adults ages 18-25 who are interested in improving the health and lives of those living in Broome, Tioga, Chenango, and Otsego Counties.

We have a number of part-time positions available immediately, and we are accepting applications for full and part-time positions for 2009-2010. Information available at: [www.ruralhealthnetwork.org](http://www.ruralhealthnetwork.org). Contact Danielle Berchtold: 607-692-7669, [dberchtold@ruralhealthnetwork.org](mailto:dberchtold@ruralhealthnetwork.org)