



February 2011

February is American Heart Month!

Celebrate American Heart Month by taking control of your health to prevent heart disease or manage existing conditions. Learn how eating right and exercising, as well as working with your doctor, can keep your heart healthy and happy.

Twin County Regional Healthcare's Cardiac Rehabilitation and CardioDirect Program helps those who have heart disease. Contact them at 276-236-1763.



Power Foods for a Healthier Heart

Heart disease is the number one killer of men and women in the United States. Fortunately, a healthy lifestyle and heart health go hand-in-hand. You can lower your risk of heart disease by eating right, exercising regularly and maintaining a healthy weight.

The foods you eat directly impact your heart health. Every year, scientists learn more about the strong relationship between food and health.

The best thing you can do? Pile your plate with fruits and vegetables. They have more vitamins, minerals and health-enhancing compounds like antioxidants than any other food group. Nutrition and heart health expert Dr. Penny Kris-Etherton of Pennsylvania State University says, "We are at the tip of the iceberg in terms of identifying all of these bioactive compounds and how they work."

The latest Dietary Guidelines for Americans, Uncle Sam's prescription for healthy eating that is put together by a panel of the nation's top scientists, recommends eating two cups of fruit and two-and-a-half cups of vegetables each day. The potassium in these foods also can help control blood pressure.

Whole grains are another winner. They are low in calories and fat and a great source of complex carbohydrates, the primary fuel for our bodies. Research shows this powerful food can lower your risk of heart disease and diabetes. Some examples of whole grains are whole wheat, barley, brown rice, oats and corn (including popcorn). You should eat at least three one ounce servings of whole grain food each day. An ounce is about the same as a slice of bread, a cup of dry cereal or a half a cup of cooked rice or pasta.

Fruits, vegetables and whole grains are all rich in fiber. Studies have shown that fiber lowers cholesterol. It also makes you feel full, which can help in controlling your weight. You should aim to eat 25 to 38 grams of fiber each day, depending on your age and your sex.

Last but not least, health experts recommend eating at least two servings of baked or grilled fish each week because it's high in heart-healthy omega-3 fatty acids. Some fish to consider are salmon, herring, flounder, and halibut.

Source: www.foodfit.com (Health Central)

MAKE IT YOUR MISSION TO FIGHT HEART DISEASE IN WOMEN

Although many people think of heart disease as a man's problem, women can and do get heart disease. In fact, heart disease is the number one killer of women in the United States. 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 can take steps to prevent it by practicing healthy lifestyle habits.

Source: Mayo Clinic

Red Lentil and Vegetable Soup

- 1 tablespoon(s) olive oil
- 4 medium carrots, chopped
- 1 small onion, chopped
- 1 teaspoon(s) ground cumin
- 1 can(s) (14 1/2-ounce) diced tomatoes
- 1 can(s) (14 to 14 1/2-ounce) vegetable broth
- 1 cup(s) dried red lentils
- 1/4 teaspoon(s) salt
- 1/8 teaspoon(s) ground black pepper
- 1 bag (5oz) baby spinach



In 4-quart saucepan, heat oil on medium until hot. Add carrots and onion, and cook 6 to 8 minutes or until lightly browned and tender. Stir in cumin; cook 1 minute. Add tomatoes, broth, lentils, 2 cups water, salt, and pepper; cover and heat to boiling on high. Reduce heat to low and simmer, covered, 8 to 10 minutes or until lentils are tender. Stir in spinach. Makes about 7 1/2 cups.

Nutritional information (per serving – 1 3/4 cups): calories 265, fat 5g, saturated fat 1g, cholesterol 0, sodium 645 mg, total carbohydrate 41g, fiber 13g, protein 16g.

Source: Good Housekeeping

The Faith Community Nursing program was started in October of 2008 as an outreach of Twin County Regional Healthcare in Galax. The Faith Community Nurse program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community.

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org

The Faith Nursing Program would like to welcome **Camp Zion Church** into our program! We now have 14 churches participating!



We also want to congratulate First United Methodist Church in Hillsville. They have planted a new church called "Out of the Box" Worship Center located on Main Street in Hillsville. They have also begun a weekly Hispanic worship service. Congratulations!



What the world really needs is more love and less paper work.

~Pearl Bailey

Happy Valentine's Day!



Heart disease is the leading cause of the death in the U.S. Over one quarter of all deaths are from heart disease. It is also a major cause of disability. The risk of heart disease increases as you age. You have a greater risk of heart disease if you are a man over age 45 or a woman over age 55. You also are at greater risk if you have a close family member who had heart disease at an early age.

Fortunately, there are many things you can do reduce your chances of getting heart disease. You should

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Get tested for diabetes and if you have it, keep it under control
- Know your cholesterol and triglyceride levels and keep them under control
- Eat a lot of fruits and vegetables
- Maintain a healthy weight

Source: Medline Plus, National Institute of Health