



Wish You Well



February 2012

February is American Heart Month

Did you know... that the average human heart beats 100,000 times a day and pumps 2,000 gallons of blood? In a 70 year lifetime, that's 2.5 billion beats. Statistics show that heart disease and stroke are the number one cause of death and disability among people with type 2 diabetes. The number four cause of death is a stroke, which is a disease that affects the arteries leading to and within the brain. There are several different types of heart conditions a person could have and also many different health problems that can lead to heart conditions. There are also several things you can do to prevent heart problems with dieting and exercise being the main ones. According to the American Heart Association, exercising 30 minutes a day can help reduce your risk of heart disease. Studies show that for every hour of walking, you may increase your life expectancy by two hours. An easy goal to remember is to exercise at least 30 minutes a day 5 days a week.

Source: American Heart Association



QUIT NOW VIRGINIA

Tobacco User Quitline • 1-800-QUIT-NOW

One of the best things you can do for heart health is **stop smoking.**

For more information on smoking cessation call **1-800-QUIT-NOW.**

Friday, February 3rd is National Go Red Day. Make sure to wear **RED in support of heart health.**

Give Blood... It Saves Lives!

Don't Forget!

Twin County Regional Hospital will host the Blood Mobile located behind the hospital on February 22nd. Anyone who would like to donate, please call Darlene Sawyers at 236-1690 for an appointment or come at your convenience between 10 am and 3 pm.



What's Happening at TCRH:

FEBRUARY 2012

Bariatric Support Group

February 16th at 6 pm. For more information, call 238-3527

Newborn Care Class

February 22nd at 6 pm. For more information, call 236-1707

Cardiac Support Group

February 21st at 3 pm. For more information, call 236-1763

Stroke Support Helpline

For anyone needing information on stroke, stroke survivors and their families, call 236-1783

Healing Hearts Grief Support Group

Held every month on the 4th Monday at Pizza Plus in Independence at 11 am and every 4th Tuesday at Shoney's at 10 am in Hillsville. For more information, call 236-0973

Chili

Serves 8

Ingredients

1 pound extra-lean ground beef, 1/2 cup chopped onion, 2 large tomatoes (or 2 cups canned, unsalted tomatoes), 4 cups canned kidney beans, rinsed and drained, 1 cup chopped celery, 1 teaspoon sugar, 1 1/2 tablespoons chili powder or to taste, water, as desired, 2 tablespoons cornmeal, jalapeno peppers, seeded and chopped, as desired

Directions

In a soup pot, add the ground beef and onion. Over medium heat, sauté until the meat is browned and the onion is translucent. Drain well.

Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.

Ladle into warmed bowls and garnish with jalapeno peppers, if desired. Serve immediately.

Nutritional Analysis

(per serving)

Calories 254	Cholesterol 40 mg
Protein 20 g	Sodium 348 mg
Carbohydrate 27 g	Fiber 10 g
Total fat 8 g	Potassium 378 mg
Saturated fat 3 g	Calcium 74 mg
Monounsaturated fat 3 g	

Source: MayoClinic.com



Ten Commandments for Blood Pressure Control

1. Know your blood pressure. Have it checked regularly.
2. Know what your weight should be. Keep at that level or below.
3. Don't use excessive salt in cooking or at meals. Avoid salty foods.
4. Eat a low-fat diet according to American Heart Association regulations.
5. Don't smoke cigarettes or use tobacco products.
6. Take your medicine exactly as prescribed. Don't run out even for one single day.
7. Keep your appointments with your doctor.
8. Follow your doctors advice about exercise.
9. Make certain family members have their blood pressure checked regularly.
10. Live a normal life in every other way!

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

For more information on the Faith Community Nursing program, please call (276) 236-5433

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org, find TCRH on Facebook or call (276) 236-1654