



Matters of the Heart

A monthly newsletter about cardiovascular disease prevention and wellness promotion.

Tri-County Health Network is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

Stress and Your Heart

The Holiday season brings joy and fun, but it can also be a source of stress. Travel, buying presents, and family gatherings can be difficult to add to one's normal schedule. Expectations can run high as parents try to find the perfect gift or hosts try to throw the perfect party. It's important to monitor your stress to prevent it from spoiling your holidays and hurting your health. "When stress is excessive, it can contribute to everything from high blood pressure, also called hypertension, to asthma to ulcers to irritable bowel syndrome," said Ernesto L. Schiffrin, M.D., Ph.D., physician-in-chief at Sir Mortimer B. Davis-Jewish General Hospital, and professor and vice chair of research for the Department of Medicine at McGill University in Montreal. According to the American Heart Association, more research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating.



Tips for reducing stress:

- Ask yourself, "Are my expectations realistic?"
- Eliminate unnecessary chores.
- Develop shared family goals.
- Eat, drink, and spend in MODERATION.
- Acknowledge and express your feelings.
- Stay physically active.

Winter Heart Attacks

Researchers have noticed a disturbing pattern – there is a spike in heart attacks during the winter. “We certainly know that there are certain risk factors for coronary artery disease. There’s obviously smoking, hypertension, dyslipidemia [high cholesterol], diabetes, lack of exercise, and age,” says Robert A. Kloner, MD, PhD, a researcher at Good Samaritan Hospital in Los Angeles and a professor at the Keck School of Medicine at the University of Southern California. “But we’re also learning that there are certain triggers for cardiovascular events,” he adds, “including time of the year and seasons. If we can get a true handle on the seasonal variation, we could knock down death from coronary disease.” Heart attacks are caused by coronary artery disease. This arises from atherosclerosis, a condition in which fatty plaques constrict the arteries to the heart. When a plaque ruptures, it can produce a blood clot that leads to a heart attack. Cold weather is hard on the heart. Blood pressure can rise due to blood vessels becoming constricted. Cold weather increases stress on the heart, and too much physical effort can exacerbate the problem and cause a heart attack. For example, many people have a heart attack during or after strenuous snow shoveling. There are some things you can do to prevent a heart attack during winter. These include:

- wearing enough layers to stay warm,
- reducing physical exertion, and
- managing holiday stress through relaxation techniques.

It is also important to keep an eye on one’s diet – avoid the following:

- salt,
- saturated fats,
- added sugars, and
- excessive alcohol use.

If you do notice signs of a potential heart attack, seek help immediately by calling 911. Don’t delay asking for help – give yourself the gift of health.

Healthy Holiday Food

Get your social calendar ready – it’s time to party! Whether you are celebrating Christmas or Hanukkah, throwing a party for your kids or having out of town family and friends visit, there are some easy ways to make the food for your celebrations delicious and healthy. Taste doesn’t have to be sacrificed in order to make a dish healthy – just swap out a few ingredients and watch the fat and calories disappear.

- Use two egg whites in place of one egg to reduce cholesterol.
- Substitute low-sodium, fat free chicken broth for butter or margarine when making mashed potatoes.
- Use applesauce instead of oil, butter, or margarine in muffins and quick breads.
- Try sliced almonds as a crunchy topping to your green beans instead of fried onion rings.
- Choose reduced-fat or low-fat cheeses for salads and casseroles.
- Add color to your dishes by using plenty of fresh and cooked fruits and vegetables.

Have fun and stay healthy this winter season!

Free Confidential Health Screenings

Cholesterol
Blood glucose
Blood pressure
Height & Weight

Contact one of TCHNetwork’s Community Health Workers to schedule an appointment or home visit:

Norwood, Naturita, Nucla & Paradox

Deon Tempfer 970.327.4004

Olathe & Delta

Darlene Mora 970.708.4719

Ridgway, Ouray & Telluride

Nicole Gans 707.273.7027

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Apple Glazed Sweet Potatoes



Ingredients

2 cups unsweetened 100% apple juice
1 teaspoon ground cinnamon
1 teaspoon salt
2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze.

Nutrition information per serving:

Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg **Makes 4 servings** - $\frac{1}{2}$ cup per serving. **Prep time:** 10 minutes
Cook time: 30 minutes

Spinach and Corn Casserole

Ingredients

1 (16-ounce) package chopped frozen spinach
 $\frac{1}{2}$ cup finely chopped white onion
2 (14.-ounce) cans creamed corn
1 tablespoon margarine
2 teaspoons vinegar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon ground black pepper

Topping

$\frac{1}{2}$ cup bread crumbs
2 tablespoons grated Parmesan cheese
1 tablespoon margarine

Preparation

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. Serve while hot.

Nutrition information per serving:

Calories 100, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 419 mg **Makes 12 servings.** $\frac{1}{2}$ cup per serving.

Prep time: 10 minutes **Cook time:** 20 to 30 minutes



Why Wait Until January to Join a Gym?

A gym membership is a great gift for yourself and your loved ones. Joining a gym is a way to make sure you have physical activity options regardless of the weather. Here are some local options:

Ouray

Ouray Hotsprings & Fitness Center
9709-325-7073.

Hypoxia Gym

Contact Alan at 970-708-7119 or info@hypoxiagym.com

Ridgway

Chipeta Fitness Center
800-633-5868.

Telluride

8750 ALT
970-708-0721.

Telluride Gymnastics and CrossFIT

970-728-4622.

Telluride Gravity Works

970-728-4143.

Fuel

Call Becca at 970-708-1590 or email becca@telluridefuel.com.

Norwood

Peak Fitness Center
70-327-4900.

Olathe

Jungle Gym Fitness & Tanning
970-323-6645

Montrose

Gold's Gym
970-240-4653

Snap Fitness

970-252-1771

Anytime Fitness

970-249-5557

High Country Fitness



970-240-7999

Curves for Women



970-252-0488






The Centers for Disease Control recommend that the average American adult participates in:

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|  | 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and |
|  | muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). |

OR

| | |
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|  | 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and |
|  | muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). |

OR

| | |
|--|---|
|   | An equivalent mix of moderate- and vigorous-intensity aerobic activity and |
|  | muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). |