Maintain Your Heart Health All Year Round

Heart health does not end in February. Making some changes can have a big impact on your heart and your general health.

The American Heart Association (AHA) reminds us that 1 out of 4 individuals have heart disease. You can make small changes that have a big impact on your heart that can last you year round. The AHA suggests these 7 simple steps to improve your cardiovascular health to help you start living your best.

Get Active
Finding time in overscheduled lives for exercise is a challenge for all busy Americans, especially for those who are caregivers or are working full-time or both. But the benefits far outweigh the sacrifices it takes to carve out that time. You may find that you have much more energy, and are able to do more than before you started exercising regularly.

Control Cholesterol
Cholesterol, a soft, fat-like, waxy substance found in the bloodstream and in all your body’s cells, is an important part of a healthy body because it is used for producing cell membranes and some hormones, and serves other needed bodily functions. However, too much cholesterol in the blood is a major risk for coronary heart disease and stroke.

Eat Better
A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths regarding healthy eating. It is best to get information from credible sources so you can make smart choices in your diet.

Manage Blood Pressure
Hypertension is the single most significant risk factor for heart disease, sometimes called “the silent killer” because it has no symptoms. One in three adults has high blood pressure, yet, about 21% don’t know they have it. Of those with high blood pressure, only 69% are receiving treatment.

Lose Weight
Among Americans age 20 and older, 145 million are overweight or obese. Obesity is now recognized as a major, independent risk factor for heart disease. If you have too much body fat, especially around your waist, you are at higher risk for high blood pressure, high blood cholesterol and diabetes. If you are overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

Reduce Blood Sugar
The American Heart Association considers diabetes to be one of the six major controllable risk factors for cardiovascular disease. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. While diabetes can increase your risk of heart disease and stroke, the condition is treatable.

Stop Smoking
Smoking is the most preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis, which is the buildup of fatty substances in the arteries which can lead to coronary heart disease. Smokers are also at a higher risk for heart attack and stroke.

To learn how you can begin maintaining or improving your heart health, visit the American Heart Association’s website at www.heart.org.

Visit one of the no-cost health screenings that will be offered throughout the year. A full list of screenings can be found at the FSAP Website at www.fsap.emory.edu. You can also learn more at the Virtual Heart Health Fair available on the Step UP Emory’s website at www.stepup.emory.edu.

Eddie Gammill, BA, MSN, RN, Manager of Wellness Programs
Source: American Heart Association, 2010
Wellness and Lifestyle

The Public Health Corner:
Preventing Unintentional Injuries

Unintentional injury is the number one cause of mortality for Americans between the ages of 1-44, and is the fifth leading cause of death among all age groups in the United States. In 2006, of all unintentional injuries, motor vehicle accidents and unintended poisoning (primarily as a result of misuse or abuse of prescription and illicit drugs), impacted individuals ages 1-64 most severely (CDC). Unintentional injury is such an important health issue that it is one of Healthy People 2010’s leading health indicators.

Despite being accidental, many injuries are actually preventable if the right precautions are taken.

Motor Vehicle Safety Tips
• Use age and size appropriate car and booster seats for children and have youngsters ride in the back seat.
• Cell phones and other wireless technology cause drivers to be distracted and greatly increase the chances of an accident. Avoid or limit the use of these products.
• Always wear your seatbelt and insist that your passengers do as well.
• Use a designated driver if alcohol consumption has occurred during social or professional activities.

Poisoning Prevention Tips
• Make sure that all possible poisons (medications, chemical products, etc.) are out of sight and reach of children, and keep these products in their original containers. Have the nationwide poison control center phone number (1-800-222-1222) on hand in case of emergency.
• Talk to your healthcare provider about all of your prescribed medications, including the correct dosage and any possible interactions that may occur with other prescribed or non-prescribed drugs.
• Be aware of the risks of illicit drug use. FSAP is here to help. To schedule an appointment, call 727-WELL or go to our website for more information.

For more information about injury prevention, go to the CDC’s National Center for Injury Prevention and Control: http://www.cdc.gov/injury/index.html. To learn more about what Emory is doing related to injury prevention, go to Emory’s Center for Injury Control: http://www.emorycenterforinjurycontrol.org.

Alyssa Lederer, MPH, CHES, Health Educator

Spring Cleaning a Great Time for a Home Safety Check

This year as you do your spring cleaning, why not take some time to think about the safety of your home? Injury in the home is extremely common, accounting for approximately one-third of all injuries and more than 20 million medical visits each year. Many safety projects you can do in and around the home are simple and can be completed in a day or less, and can go a long way towards keeping the people you love protected from accidents.

According to The State of Home Safety in America™ (2004) conducted by the Home Safety Council, falls are the leading cause of unintentional home injury death. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year. The Home Safety council recommends taking the following precautions to prevent falls and possible injuries:

Around the house
• Tape small rugs to the floor (or don’t use them at all).
• Have night lights in the bedroom, hall and bathroom.
• Keep the stairs clear.
• Have several lights at the top and bottom of the stairs.

In the Bathroom & Kitchen
• Use a mat (or non-slip strips) and grab bars in the tub and shower.
• Have a bath mat with a non-skid bottom on the floor.
• Wipe up spills when they occur.

Outside the home
• Put bright lights over all porches and walkways.
• Keep sidewalks and paths clear, so you don’t trip.
• Fix broken or chipped steps and walkways.
• Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

For additional information on injuries and safeguarding your home visit www.cdc.gov or www.homesafetycouncil.org.

Melissa Morgan, MS, HFS, Wellness Specialist
Getting Good Nutrition from the Ground Up!

It’s common knowledge that a healthful diet is an important part of a healthy lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. During National Nutrition Month, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up. To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Pick fruits, vegetables and whole grains more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

Here are 10 Tips to help you get started:

1. **Variety abounds** when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. **Get saucy** with fruit. Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. “**Sandwich**” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apples, peppers, cucumbers and tomatoes as fillings.
4. **Heat leftover** whole-grain rice with chopped apple, nuts and cinnamon.
5. **Wake up to fruit.** Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
6. **Add grated,** shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
7. **Grill colorful vegetable kabobs** packed with tomatoes, green and red peppers, mushrooms and onions.
8. **Microwave a cup** of tomato or vegetable soup for a quick afternoon snack.
9. **Add color** to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. **Stock up.** Fill your fridge with raw vegetables and fruits—“nature’s fast food”—cleaned, fresh and ready to eat.

Source: American Dietetic Association, [www.eatright.org](http://www.eatright.org)

Reviewed by Tara Cox, MPH, RD, Wellness Specialist

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**Green Smoothie**

Enjoy this tasty treat as breakfast or an afternoon snack; it’s as easy as 1-2-3 and provides important nutrients like vitamins C and K, calcium, and iron! You can use any of your favorite fruits and vegetables.

1 cup local spinach, raw or frozen
1 medium banana
½ cup blueberries, raw or frozen
½ cup low fat yogurt
½ cup apple juice
½ cup ice (optional)

Directions: Add all ingredients to a blender (add ice if desired). Blend until smooth. Pour into your favorite cup and enjoy!

Recipe and Nutrition Analysis provided by Leah R. Agnew, M.A., Dietetic Intern

Makes 2 servings. Nutritional information per serving: Calories 200, Calories from Fat 24, Total Fat 2.7 g, Sat Fat 1.3 g, Cholesterol 7.5 mg, Sodium 100 mg, Total Carbohydrate 40 g, Fiber 4 g, Protein 8 g

**NOTE:** If you’re feeling creative, try adding more seasonal fruit and vegetables, like local carrots (which provide vitamin A), or substituting the spinach for local collards.

If you want to add more protein, add in your favorite nuts or seeds (remember, these add calories, too).
**Wellness Calendar**

**BLOOD PRESSURE SCREENINGS**

- **March 4**
  B Jones Building, Suite 310
  11 a.m.-12:30 p.m.

- **March 11**
  Emory Parking Office Conf. Room
  1 p.m.-2 p.m.

- **April 8**
  Development & Alumni Relations,
  1762 Clifton Road, Suite 2402
  11 a.m.-12:30 p.m.

- **April 15**
  Decatur Plaza, 2nd Floor Lobby
  101 W. Ponce De Leon Ave., 30030
  11 a.m.-12:30 p.m.

**BLOOD GLUCOSE SCREENINGS**

- **March 24**
  Blomeyer Fitness Center
  1525 Clifton Rd, 5th Floor Conf. Room
  4:30 p.m. – 6:00 p.m.

- **April 14**
  Goizueta Business School, Room 401
  11:00 a.m. – 12:30 p.m.

- **April 28**
  Blomeyer Fitness Center
  1525 Clifton Rd, 5th Floor Conf. Room
  4:30 p.m. – 6:00 p.m.

**FSAP Programs**

**Parenting Solo: Tips for Single Parents**

- **Date:** Monday, April 12, 2010 (**Registration Deadline:** Wednesday, April 7, 2010)
- **Time:** Noon – 1:30 p.m.
- **Facilitator:** Dr. Paula Gomes, Director, FSAP and Dr. Janice Harewood, Post-Doctoral Fellow, FSAP
- **Location:** 1599 Clifton Rd., Room 3A

Parenting solo provides unique challenges and positive opportunities for single parents. This workshop will highlight the psychological and emotional aspects of single parenting and will provide helpful strategies for managing various challenges as well as discovering the positive effects of parenting solo.

**Surviving and Thriving During Times of Change and Transition**

- **Date:** Tuesday, April 13, 2010 (**Registration Deadline:** Friday, April 9, 2010)
- **Time:** 11:30 a.m. – 1 p.m.
- **Facilitator:** Dr. John Wilson, Psychologist, FSAP
- **Location:** 1599 Clifton Rd., Room 1A

Being and staying resilient during our ever-changing times is challenging. This workshop will focus on the emotional reactions to change and practical strategies for developing a resilient attitude and managing change effectively.

**Caring For The Caregiver**

- **Date:** Wednesday, April 21, 2010 (**Registration Deadline:** Friday, April 16, 2010)
- **Time:** Noon – 1:30 p.m.
- **Facilitator:** Pat Rich, LPC, Geriatric Care Manager, Wesley Woods Center
- **Location:** 1599 Clifton Rd., Room 4A

Serving as a caregiver (whether for an elderly parent, an ill spouse or a physically or developmentally challenged child) can be quite taxing physically and psychologically. This workshop will focus on strategies to avoid “caregiver burnout.” Resources for caregivers to seek ongoing support/self-care will be provided.

To register, please call FSAP at 404-727-4328.

**Improve Your Health with FSAP**

**Wellness Fairs**

- **March 18**
  School of Nursing, Plaza Level
  8:30 a.m.-1 p.m.

- **April 20**
  Oxford College, Student Activities Center
  8:30 a.m.-1 p.m.

For more information, call 404-727-4328 or visit www.fsap.emory.edu

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