

healthy heart

HEALTH NEWS AND INFORMATION

Web site helps you lose weight

There are two parts to losing weight: diet and exercise.

For free online feedback on how you're faring in both areas, simply go to www.mypyramidtracker.gov. Part of the government's new food pyramid Web site, this interactive tool can help you move your scale in the right direction.

My Pyramid Tracker assesses your diet and exercise patterns and lets you know if you're burning enough calories to lose weight. It also suggests ways to improve.

So, no more excuses. Personalized nutrition and exercise advice are only a few clicks away.



waist size

A MEASURE OF GOOD HEALTH

Portion sizes: Keep them in mind

To help control how much you eat:

- Don't eat while watching TV.
- Don't eat straight out of the package. Put a serving on a plate.
- Don't skip meals.
- Take seconds of veggies instead of meats or sweets.
- At restaurants that serve large portions, share a meal or order a half portion.
- Slow down. Your brain needs time to recognize when your stomach is full.

Source: National Institutes of Health



WE OFTEN LINK WEIGHT GAIN with concern about appearance. But it can be a health issue too.

Many serious health problems—including heart disease, high blood pressure and diabetes—are associated with excess weight.

Too much fat stored around your waist is a bigger health threat than fat that accumulates more around your hips and thighs, even if your weight is normal in relation to your height, according to the National Institutes of Health (NIH).

There's an easy way to check whether your waist size might signal trouble, and you'll only need a tape measure.

Place it snugly around your bare belly, just above your hip bones. Now relax, breathe out and measure. If your waist measures more than 35 inches (women) or more

Even modest weight loss can reduce your health risks.

than 40 inches (men), you may be at increased risk for health problems, the NIH reports.

Even modest weight loss can help. The best approach? Aim for lasting changes that can help you consume fewer calories than you burn, like controlling portion sizes and boosting your activity level.

HEALTHY facts

BLOOD PROTEINS USED TO GUIDE HEART TREATMENT

Some people with clogged coronary arteries are at higher risk for a fatal heart attack than others. High levels of two proteins in the blood—troponin T (TnT) and NT-proBNP—may help identify these people. Those with high levels may benefit from aggressive action to treat blocked arteries.

—*Journal of the American College of Cardiology*

GOOD CHOLESTEROL SUFFERS FROM JUST ONE HIGH-FAT MEAL

Even one meal high in saturated fat can reduce the body's ability to protect itself from heart disease. Temporary effects: Arteries become less elastic, and HDL (good cholesterol) becomes less effective at protecting the arteries from plaque.

—*American College of Cardiology*



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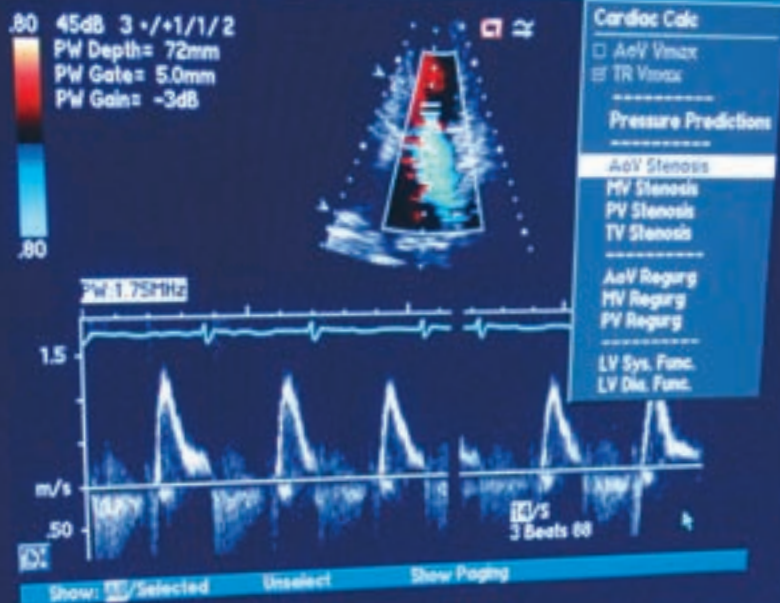
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HEARTS IN motion

ECHOCARDIOGRAPHY SHOWS BEATING HEART

SOUND WAVES CAN MAP THE ocean floor and show babies moving inside the womb. They can also show a beating heart with a test called an echocardiogram.

Echocardiography, or echo, uses ultrahigh frequency sound waves to show possible heart problems. As a technologist moves a probe over your chest, images of your heart are displayed on a computer screen. The test does not use x-rays and has no side effects.

An echocardiogram can show such things as the size and shape of your heart and its pumping strength and efficiency.

Your doctor may schedule this test to check how you're

responding to a treatment. You may also have one if you have a heart murmur or have had a heart attack.

Echocardiograms can also show if you have:

- A heart defect that's been present since your birth.
- A heart valve problem.
- Heart muscle problems, known as cardiomyopathy.

Sometimes an echo is done before and after you exercise on a treadmill or exercise bike. It's then called stress echocardiography. During another form of the test—transesophageal echocardiography—a small probe is passed down your throat. This puts the

probe closer to your heart, which gives a clearer picture.

Ultrahigh frequency sound waves are used to help diagnose heart problems.

Source: American Heart Association

TRY A LITTLE TLC TO LOWER CHOLESTEROL

WHEN BLOOD CHOLESTEROL levels are out of whack and threaten the health of your heart, health experts recommend a little TLC.

TLC stands for therapeutic lifestyle changes—specifically, changing how you eat, how often you exercise and how much you weigh in order to lower your cholesterol and your risk for heart disease.

Change your eating plan

Three nutrients in your diet increase your LDL, or bad, cholesterol levels, according to the National Heart, Lung, and Blood Institute (NHLBI):

Saturated fat is found mostly in animal products. It's also in some vegetable oils as well as coconut and palm oil.

Trans fat is often found in such things as crackers, cookies, dough-

nuts and food fried in hydrogenated shortening.

Cholesterol, like saturated fat, occurs in animal products. Organ-

For cholesterol information, visit www.cholesterol低down.org.

meats, egg yolks and whole dairy products all contain cholesterol.

To lower your intake of these potentially harmful nutrients, the NHLBI recommends that you:

- Eat more fruits and vegetables.
- Choose whole-grain breads and pasta.
- Eat more fish and skinless poultry than red meat.
- Choose lean cuts when you eat red meat.

Adjust activity levels

HDL cholesterol is often called good cholesterol. Regular exercise can help boost HDL while lowering LDL.

Exercise has other benefits too, such as helping you control your weight, lower blood pressure and reduce your risk for diabetes.

The TLC exercise goal is a minimum of 30 minutes of moderately intense activity every day of the week. (Brisk walking is moderately intense.)

If you haven't exercised much lately, talk to your doctor beforehand.

Control weight

All the above can help you lose pounds or control your weight. Ask your doctor about a realistic goal for weight loss.



Do you know your triglyceride level? Aim for a number less than 150

Want to impress your doctor?

The next time he or she suggests you have your blood lipids tested, nod in agreement and say, I hope my triglycerides are less than 150.

Triglycerides are a type of fat, or lipid, found in your blood. A lipid profile measures how much of various

fats you have in your blood as a way to assess your risk for heart disease.

Triglyceride and cholesterol levels are included in a standard lipid profile.

Less than 40 percent of adults know that, according to a recent survey conducted by the National Lipid Association (NLA). And only 13 percent know

that a normal triglyceride level is less than 150 mg/dL of blood.

Having high triglycerides can more than double your risk for heart disease, according to the NLA. It's especially important for people with heart disease or diabetes to be aware of their triglyceride levels, the NLA says.



HEALTHY. recipe

Roasted asparagus

Ingredients

- 1 pound fresh asparagus, trimmed
- 8 ounces whole mushrooms, cleaned and sliced
- 2 teaspoons olive oil
- ¼ teaspoon dried rosemary, crushed
- Black pepper
- Garlic powder
- 4 cups wild rice, cooked

Instructions

1. Preheat oven to 500 degrees.
 2. Place first four ingredients in a plastic bag and shake until asparagus and mushrooms are coated lightly with oil.
 3. Arrange asparagus and mushrooms in a single layer on a large baking sheet.
 4. Sprinkle with pepper and garlic.
 5. Bake about 10 minutes.
 6. Serve on a bed of wild rice.
- Makes four ¾-cup servings.
Nutrition facts include 1 cup of wild rice per serving.

Nutrition facts (per serving)	
Calories 244	Calories from fat 36
Percent Daily Value*	
Total fat 4g	6%
Cholesterol 0mg	0%
Sodium 9mg	0%
Carbohydrate 41g	14%
Protein 11g	
Percent of calories from fat 15	

*Percent Daily Values are based on a 2,000-calorie diet. Adapted from Quick & Easy Cookbook (Random House, 1995) with permission.



celebrate
YOUR HEART

CELEBRATE YOUR HARD-WORKING heart! High-five it with five heart-healthy strategies. The American Heart Association and the American College of Cardiology recommend that you:

- 1. Quit smoking if you smoke,** and avoid secondhand smoke.
- 2. Control your blood pressure** with weight management, exercise, and a diet that reduces sodium and includes plenty of fresh fruits, vegetables and low-fat dairy products. Take medicine if necessary.
- 3. Keep your LDL cholesterol and triglyceride levels under control.** Weight management, exercise and reducing saturated fat, trans fatty acids and cholesterol in your diet will help. You may need to make other dietary changes and take medicine as well.
- 4. Stay active.** Aim for 30 to 60 minutes of moderate-intensity aerobic activity, such as brisk walking, on most—preferably all—days of the week. Consider adding resistance training two days a week.
- 5. Manage your weight.** Talk to your doctor if your waistline is more than 35 inches (women) or more than 40 inches (men).

Diabetes is a major risk factor for heart disease. The things you do to control other risk factors can help you control diabetes as well.

Aim for 30 to 60 minutes of moderate exercise on most days of the week.