Healthy Heart Newsletter

'Unhealthy' Heart Fact

In 2009, an estimated 785 000 Americans will have a new coronary attack, and about 470 000 will have a recurrent attack. It is estimated that an additional 195 000 silent first myocardial infarctions occur each year. About every 25 seconds, an American will have a coronary event, and about every minute someone will die from one.

Learn About Your Heart & How it Works

http://www.heartsite.com/html/the_heart.html

understanding treating preventing Heart Disease

WORDSEARCH

```
K  H  E  S  A  E  S  I  D  T  R  A  E  H  C
F  N  M  G  E  T  P  H  Y  S  I  C  A  L  H
I  G  O  R  E  D  F  O  R  W  O  M  E  N  O
T  X  H  W  H  O  L  E  G  R  A  I  N  P  L
N  H  W  S  Y  S  T  A  E  M  N  A  E  L  E
E  K  I  I  I  O  E  X  E  R  C  I  S  E  S
S  T  I  U  R  F  U  P  U  K  C  E  H  C  T
S  B  L  O  O  D  P  R  E  S  S  U  R  E  E
N  O  I  T  I  R  T  U  N  W  A  T  E  R  R
G  N  I  K  O  M  S  T  I  U  Q  S  M  H  O
Y  R  O  T  S  I  H  Y  L  I  M  A  F  R  L
T  H  E  A  L  T  H  C  A  R  E  B  M  I  T
E  X  G  L  S  E  L  B  A  T  E  G  E  V  R
I  E  Q  S  R  O  T  C  A  F  K  S  I  R  S
D  T  W  N  O  I  T  N  E  V  E  R  P  N  S
```

AGE	BLOODPRESSURE
CHECKUP	CHOLESTEROL
EXERCISE	FAMILYHISTORY
FITNESS FRUITS	GETPHYSICAL
GOREDFORWOMEN	HEALTH
HEALTHCARE	HEART
HEARTDISEASE	QUITSMOKING
KNOWYOURNUMBERS	LEANMEATS
PREVENTION	RISKFACTORS
VEGETABLES	DIET
WATER	WHOLEGRAIN
BMI	WOMEN
FISH	NUTRITION

Myth Buster

Myth: "I just pop a couple of multivitamins a day. That's all you need."
Truth: Some people seem to believe that vitamins can prevent or cure everything. If only that were so. On the other hand, vitamin-rich foods are part of the heart-healthy diet. Vitamin E, a well-known anti-oxidant, has been shown in at least two large studies to reduce the incidence and severity of blocked arteries and heart attacks. The data on Vitamin C is suggestive, but less convincing. Recently, an amino acid (the building blocks of proteins) called "homocysteine" has been shown to be elevated in many people with blocked arteries. Although not all of the data is in yet, it appears that this substance may be as important cholesterol in causing injury and eventual blockage of arteries. And yes, levels of homocysteine can be substantially reduced with the vitamins folic acid (folate), B-6, and B-12.

Healthy Heart Recipe

Chicken Stir-Fry

2 boneless, skinless chicken breasts
1 box long grain and wild rice
1 tbsp. olive oil
1 cup broccoli florets
2 cloves garlic, crushed
1/8 tsp. pepper
1 tsp. reduced-sodium soy sauce
1 cup cauliflower florets
1 tsp. Worcestershire sauce
1/8 tsp. tarragon
1 cup carrots, sliced
1 cup zucchini, sliced
1 cup mushrooms, sliced

Cut chicken into 1-inch pieces. Saute in oil with crushed garlic. Add soy sauce, Worcestershire sauce, pepper, and tarragon. Cook rice according to instructions on box. Add chopped vegetables to chicken. Stir occasionally. Simmer covered until vegetables are tender. Add cooked rice and continue to cook for 5-10 minutes.

Nutritional Analysis:
Calories: 235
Grams Fat: 3.82

Sources: http://www.heartpoint.com , http://www.americanheart.org/presenter.jhtml?identifier=1200009 , http://www.heartsite.com/ , http://www.cardassoc.com/recipes/index.asp , http://www.wordsearchfun.com/73465_Healthy_Heart_Word_Search_wordsearch.html