

# Healthy Heart Newsletter

Issue 2

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## Healthy Heart Fact

Each year over \$33 billion in medical costs and \$9 billion in lost productivity due to heart disease, cancer, stroke and diabetes are attributed to poor nutrition.

(Ervin RB, Wright JD, Wang CY, Kennedy-Stephenson J. Dietary intake of fats and fatty acids for the United States population: 1999-2000. Advance Data from Vital and Health Statistics; no 348. Hyattsville, Maryland: National Center for Health Statistics, 2004)

## Start! Walking for a healthier lifestyle

<http://www.americanheart.org/presenter.jhtml?identifier=3053031>

understanding  
preventing  
treating  
Heart Disease

## Myth Buster

**Myth:** "That pain can't be from my heart . . . it isn't severe enough" (or "it doesn't go to my left arm", or "it's just indigestion", or any number of others).

**Truth:** These myths are probably among the most prevalent . . . and the most dangerous. That "little discomfort" in your chest while walking up the stairs may be the warning sign of the heart attack around the corner. The "indigestion" that is "just a little worse than usual" may be the signs of a heart attack in progress, one whose effects could be minimized by prompt therapy. The best time to treat heart disease is before muscle damage occurs. If you're having a heart attack, dramatic improvements can be made in limiting its effects if you get to the hospital as early as possible. Most medical people are scared of these things too, so they will not think that you are anything but smart to get them checked out early. (For more on the symptoms of a heart attack, check out the link to [www.cdc.gov](http://www.cdc.gov) below.

## Heart Healthy Recipe

### Low Fat Chocolate Chip Cookies

1/2 cup light margarine  
2 1/2 cups flour  
1 egg yolk  
1 cup sugar  
1/2 tsp. Salt  
2 tsp. Vanilla  
1/2 cup brown sugar  
1 tsp. Baking powder  
1 cup chocolate chips  
2 egg whites  
1 tsp. Baking soda  
4 tbsp. evaporated skim milk

In large mixing bowl, cream together the margarine, sugar and molasses. Add eggs, vanilla and dry milk. Mix together dry ingredients and add to sugar-egg mixture. Add chocolate chips and mix well. Drop by teaspoonfuls on cookie sheet about 2 inches apart. Bake 10 minutes at 350 degrees. Makes 50 (1 cookie) servings.

Nutritional Analysis:  
Grams Fat: 2  
Cholesterol: 4.2 mg



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Sources: <http://www.heartpoint.com>, <http://www.cardassoc.com/recipes>, <http://www.americanheart.org>, [http://www.cdc.gov/DHDSP/announcements/american\\_heart\\_month.htm](http://www.cdc.gov/DHDSP/announcements/american_heart_month.htm), [http://images.google.com/imgres?imgurl=http://www.glasbergen.com/images/fit308.gif&imgrefurl=http://www.glasbergen.com/fit.html&usq=\\_\\_QLroXtaQyCFFGiF77w04ZtvMK8=&ch=484&w=612&sz=28&hl=en&start=6&sig2=caTCeLFBf11VrF5slibRKg&um=1&tbnid=futMJpWAU-](http://images.google.com/imgres?imgurl=http://www.glasbergen.com/images/fit308.gif&imgrefurl=http://www.glasbergen.com/fit.html&usq=__QLroXtaQyCFFGiF77w04ZtvMK8=&ch=484&w=612&sz=28&hl=en&start=6&sig2=caTCeLFBf11VrF5slibRKg&um=1&tbnid=futMJpWAU-)