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CITY OF MISSION  
February 2015



# Health & Wellness Highlights

WELCOME TO THIS MONTH'S EDITION OF *HEALTH & WELLNESS HIGHLIGHTS*. IN THIS ISSUE, WE WILL BE HIGHLIGHTING THE IMPORTANCE OF:

## Heart Health

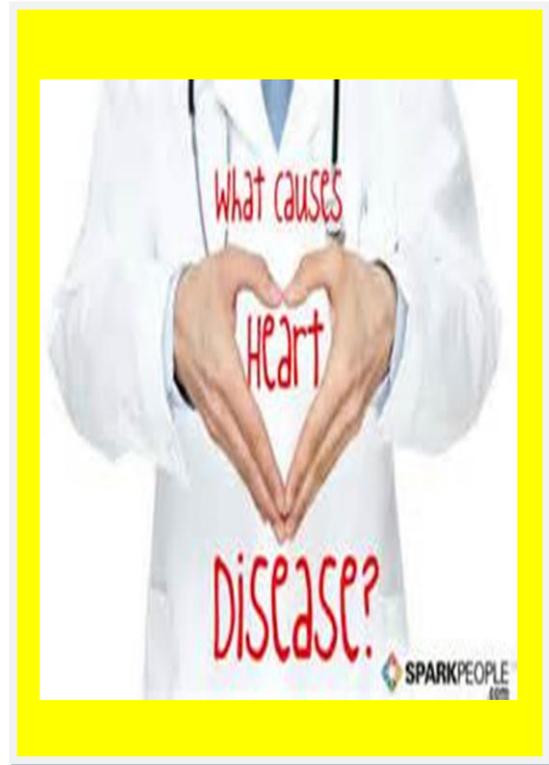
### *A Change of Heart*

Are you at risk for heart disease? You could be, considering that heart disease is the leading killer of Americans today. You have the power to control many of the risk factors that can lead to this life-threatening condition. Change isn't always easy, but when you get support from health care providers, family and friends and helpful resources, you can introduce healthy habits into your daily routine.

**Don't be a risk-taker.** If you have more than one risk factor for heart disease or stroke, start making smart lifestyle choices now to help reduce your risk. Begin with small changes, and as you adopt healthy, new habits, keep making more changes to work toward improving your health. The American Heart Association recommends the following lifestyle changes to increase your protection against heart disease:

- ♥ Have your blood cholesterol checked regularly. Take steps to lower it if it's high.
- ♥ Don't smoke. Smokers have more than twice the risk of heart attack as nonsmokers do. Even if you don't smoke, being exposed to tobacco smoke daily puts you at higher risk.
- ♥ Have your blood pressure checked regularly. Take steps to lower it if it's high.
- ♥ Be physically active. Try to get at least 30 minutes of physical activity on most or all days of the week.
- ♥ Recognize and treat diabetes.
- ♥ Maintain a healthy weight. Take steps to lose weight if needed.
- ♥ Eat healthy foods low in saturated fat, cholesterol and sodium.
- ♥ Don't drink too much alcohol. It can increase your blood pressure.

Source: American Heart Association



### A Heart Doctor's Guide To Fats

Polyunsaturated and monounsaturated fats are rich in antioxidants that can help lower your risk for heart disease. Easy ways to include these "heart-healthy fats" in meals include:

- ♥ Top salads with avocados, olives, and walnuts.
- ♥ Use olive, canola, or flaxseed oils in salad dressings and cooking.
- ♥ Eat salmon or other fatty fish high in omega-3 oils twice a week.
- ♥ Snack on sunflower seeds and nuts like almonds.

Aim to keep total fat calories to no more than 30% of all the calories you eat, and limit saturated fats like those found in red meat, butter, and whole-fat dairy products.

Sources: The Michigan Health System; American Heart Association



Take care of yourself,  
watch your weight,  
see your doctor



## *Beat Congestive Heart Failure*

### Take Care of Yourself

- ♥ Stop smoking because it damages your blood vessels, reduces the amount of oxygen in your blood and makes your heart beat rapidly. Ask your physician to recommend a program to help you quit.
- ♥ Extra body weight makes your heart work harder. If you are overweight, talk to your physician about ways to get your weight within an acceptable range.

### See Your Physician

- ♥ Keep regular appointments with your physician, so that he or she can monitor your condition and adjust your medications, if necessary, to help minimize your symptoms. If you notice a new symptom or if others get worse, call your physician immediately.

### Keep Track of Your Weight

- ♥ Weigh yourself once each morning and log the number.
- ♥ If you gain two pounds or more in one day, call your physician right away. Rapid weight gain may be a sign that you are retaining fluids, and your physician may prescribe a treatment plan.

*Source: Blue Cross Blue Shield*

## *Taking Blood Pressure Screening to Heart*

Do you have high blood pressure? The only way to find out is to have a blood pressure check. High blood pressure, also known as hypertension, is one of the most common diseases in the United States. Uncontrolled high blood pressure can lead to serious risks including stroke, heart attack and heart and kidney failure. Controlling your weight, following a low-fat, low-sodium diet and avoiding ongoing stress and a sedentary lifestyle can improve your odds of keeping your blood pressure in check.

**Silence isn't golden.** Known as the "silent killer," high blood pressure has no visible symptoms – until it's too late. Your physician or another qualified health professional should check your blood pressure at least every two years and more often if it's high. Saying the name of the medical instrument that measures blood pressure – sphygmomanometer – is probably the hardest part of this quick and painless test. A rubber cuff is wrapped around your arm and inflated, and when the cuff is released, the person measuring blood pressure listens with a stethoscope, watches the instrument gauge and records the blood pressure reading.

A blood pressure reading of less than 120 over 80 is considered "normal." Pre-hypertension is a reading between 120-139 systolic (the top number in blood pressure reading) and 80-89 diastolic (bottom number). Fortunately, high blood pressure can be detected with this simple test, and once you know about it, you can work with your physician to control it.

*Source: American Heart Association*





## Set Your Heart On Lower Cholesterol

Lowering your number can reduce heart attack risk. A major contributor to these statistics is high cholesterol, which is measured as total cholesterol of 200 mg/dL or higher.\*

To control your cholesterol:

- ♥ Get a cholesterol screening
- ♥ Eat foods low in saturated fat and cholesterol
- ♥ Maintain a healthy weight
- ♥ Exercise regularly
- ♥ Follow your physician's recommendations

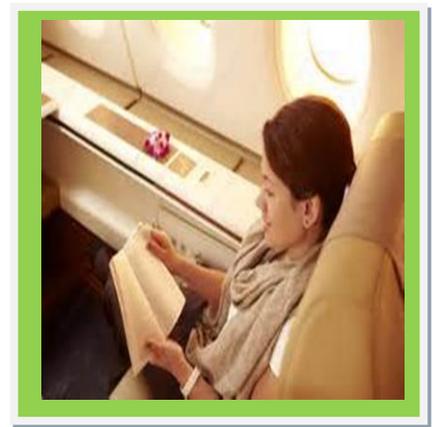
Take lower cholesterol to heart by making positive lifestyle changes now to reduce your risk of heart disease.

*Source: American Heart Association*

## Travel and Heart Disease

Traveling to a faraway place doesn't need to be off limits because you have heart disease or are a caretaker of someone who has had a cardiac event like heart attack or stroke. In fact, a few simple precautions can help make your trip a smooth one.

An obvious step is to be as equipped for your vacation or business trip as you would be at home. "Make sure when you travel that you have your medicine," said Winston H. Gandy Jr., M.D., chief medical marketing officer and cardiologist at Piedmont Heart Institute in Atlanta. Some people feel more comfortable bringing a copy of their original prescriptions in case they lose their medication. That's fine, Gandy said, but it's sufficient to have a list of your medications and your cardiologist's phone number. It's also a good idea to let your cardiologist or internist know where you'll be. Your doctor might know physicians or reputable heart institutes in the area if help is needed. "Chances are your cardiologist is going to know someone there, either personally or by reputation," said Gandy, a spokesman for the American Heart Association.



Do a little research. Be aware of a medical facility at your destination and understand what your health insurance covers. For instance, some insurance policies pay part of the cost of an emergency flight home from abroad. That can help you make quick decisions if a problem arises. Some healthcare providers recommend taking a copy of your pertinent medical records with you while traveling.

### High Altitudes, Exotic Spots

Traveling to higher altitudes shouldn't necessarily worry you, especially if your medical condition is well controlled, Gandy said. But be mindful of your fluid consumption and sodium (salt) intake if you have cardiomyopathy or a history of heart failure, he said. A balanced fluid intake is important with these conditions. High altitudes can make you more symptomatic if you have coronary artery disease because of the thin air and how oxygen is carried in your blood, Gandy said. He compared it to a train that's transporting smaller loads and making more trips. The engine — or in this case, your heart — has to work harder, especially if you already have blockage. Watch out for shortness of breath or other symptoms that could indicate you're tipping from a stable to an unstable state, he said. Consider making some adjustments, such as selecting an alternative destination in the same part of the world. Instead of a rural safari in Africa, choose a more populated part of the continent. "You might elect to go to Johannesburg and go to a game park for the day," Gandy said.

### Plane Precautions

Sitting immobile on long plane flights can slightly increase a normal person's risk of blood clots in the legs, but associated medical issues usually contribute to it. If someone has peripheral artery disease (PAD) also called vascular disease or a history of heart failure, the clot risk increases. Getting up and walking around when possible is recommended for long flights, just be sure the seatbelt light is not on when you do so. Tell your doctor about your travel plans to get the best advice on what precautions, if any, you may need to take. For example, some people might need compression stockings or additional oxygen. Others might need to watch fluids closely or avoid alcohol. And some may not be able to fly.

*Source: American Heart Association*

# Healthy Recipe

## Baked Eggs with Mushrooms & Spinach

There is nothing better than a hot breakfast on a cold morning. This earthy breakfast casserole recipe is an easy way to use cancer protective vegetables and whole grains. The combination of fiber and protein in this hearty dish will help satisfy any appetite.

**Per serving:** 209 calories, 9 g total fat (3 g saturated fat), 19 g carbohydrate, 13.5 g protein, 3.5 g dietary fiber, 309 mg sodium.

### Ingredients:

- ♥ 6 slices whole-grain bread
- ♥ Canola oil cooking spray
- ♥ 1Tbsp extra virgin olive oil
- ♥ 1 med. Onion, chopped
- ♥ 6 green onions, chopped
- ♥ 2 cups sliced mushrooms
- ♥ Salt & ground black pepper
- ♥ 6 cups baby spinach leaves
- ♥ 6 large eggs
- ♥ ½ cup almond milk
- ♥ ½ reduced fat cheddar
- ♥ 1 tbsp chopped parsley

### Directions:

1. Preheat oven to 350 degrees F.
2. In toaster, lightly toast bread. Coat a 9x13-inch baking pan with cooking spray. Arrange toast in flat layer without overlapping.
3. In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes.
4. Add mushrooms and cook until they begin to brown, about 2-3 minutes. Season to taste with salt and pepper. Cook another 4 minutes. Stir in spinach and let wilt, about 2-3 minutes.
5. Evenly spread mushroom and spinach mixture over toast.
6. Crack an egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese.
7. Bake until egg whites are set, about 28-30 minutes. Garnish with parsley or chives. Cut into 6 sections and serve hot.



## Mission In Motion

*Our mission is to promote health awareness and to encourage healthy lifestyles.*

### Upcoming Events

February 19, 2015 – Healthy Heart Seminar  
2:30 p.m. – 3:30 p.m.  
City Council Chambers

Please register with the Human Resources Department by  
Wednesday, February 18, 2015 at 580-8631.

Noemi Munguia	Human Resources Director
Nereyda Peña	Benefits Coordinator
Catherine N. Hernandez	Human Resources Coordinator
Anais Chapa	Insurance Benefits Specialist