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HEALTHY WOMAN™ TODAY

How Well Do You Know Your Heart?

Take this opportunity to test your health I.Q. about heart disease. Let's start with myth number one: heart diseases is mostly a man's disease. An equal number of men and women die of heart disease each year. In fact, heart disease is the leading cause of death for women age 65 and older; the second leading cause of death for women ages 45 to 64 and the third leading cause of death for women ages 25 to 44. Women are six times more likely to die of heart disease than breast cancer.

The Centers for Disease Control and Prevention reports these startling facts:

- Heart disease is the leading cause of death for women in the U.S. In 2006, 315,930 women died from heart disease.
- Twenty-six percent of the women who died in 2006 – more than one in four – died of heart disease.
- Thirty-six percent of women (more than one in three) who died from heart disease did not perceive themselves to be at risk, according to a 2005 survey.
- Heart disease is the leading cause of death for women of most racial/ethnic groups in the U.S., including African Americans, American Indians or Alaska Natives, Hispanics and Caucasians. For Asian American women, heart disease is second only to cancer.
- In 2006, about 6.9 percent of all Caucasian women, 8.8 percent of African American women, and 6.6 percent of Mexican American women were living with coronary heart disease.
- Almost two-thirds of the women who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

Risk factors for coronary artery disease include high cholesterol, high blood pressure and obesity; and affect both women and men. Ninety percent of heart disease patients have at least one risk factor.

Several medical conditions and lifestyle choices can put women at a higher risk for heart disease, including:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Being overweight and/or obese
- Poor diet
- Physical inactivity
- Alcohol use

Some simple lifestyle changes can reduce your risk and improve your heart health:

- Eat a balanced diet low in salt, saturated fat and cholesterol
- Exercise 30 to 60 minutes a day, most days of the week
- Maintain a healthy weight
- Manage high blood pressure, high cholesterol and diabetes
- Don't smoke

For more information about heart disease, talk to your health care professional or visit the Centers for Disease Control (www.cdc.org) or the American Heart Association (www.heart.org).



Eat Your (Fruits and) Veggies!

September is Fruit and Veggies Matter More Month. As sources of important vitamins and minerals, fruits and vegetables should be part of your balanced diet – not only in September, but all year long!

This simple key nutrients chart can help as a reference tool for making good choices in your diet. For more information, visit www.pbhfoundation.org or www.fruitsandveggiesmorematter.org.



Fiber	
Diets rich in dietary fiber have many benefits including decreased risk of coronary artery disease.	Vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
Folate*	
An adequate intake of folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Excellent vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus
Potassium	
Diets rich in potassium may help to maintain a healthy blood pressure.	Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
Vitamin A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections	Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
Vitamin C	
Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy	Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

Foods named as good sources contain 10 to 19 percent of the Daily Value per reference amount.

Those referenced as excellent sources contain 20 percent or more of the Daily Value per reference amount.

**The Institute of Medicine recommends that women of childbearing age who may become pregnant consume 400 micrograms of synthetic folic acid per day to supplement the folate they receive from a varied diet. Synthetic folic acid can be obtained from eating fortified foods or taking a supplement.*

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