

BHS A.S.S.I.S.T. E-NEWS



American Heart Month

Heart disease is a major killer in the U.S., but it doesn't have to be. Many forms of heart disease can be prevented or treated with diet, exercise and other healthy lifestyle choices that target risk factors.

"Some of the risk factors for heart disease can be treated or controlled and some can't," says Robert Bonow, M.D., Chief Cardiologist at Northwestern Medical School in Illinois. "That's why it's important to know what yours are and change your lifestyle to reduce them."

The major risk factors that can't be controlled are:

- ♥ Increasing age
- ♥ Being male (men have a greater chance for heart attack than women, and have them earlier in life)
- ♥ Heredity (children of parents with heart disease and African Americans are more likely to develop heart disease)

To reduce the risk factors you can change:

♥ **Don't smoke and reduce your exposure to secondhand smoke.** Smokers are two to four times more likely to develop coronary heart disease as nonsmokers. Exposure increases the possibility of heart disease — even for nonsmokers. "The good news is when you stop smoking — no matter how long or how much — your risk for heart disease drops," says Dr. Bonow.

♥ **Lower high cholesterol.** As cholesterol rises, so does the threat of heart disease. When other risk factors are present, it increases even more. Optimal total cholesterol is less than 200 mg/dL. Higher cholesterol levels can usually be controlled by diet, exercise and, sometimes, medication.



♥ **Control high blood pressure.** High blood pressure increases the heart's workload, causing the heart muscle to increase in size. When high blood pressure exists with obesity, diabetes, high cholesterol or smoking, the threat of a heart attack increases several times.

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♥ **Get plenty of exercise.** An inactive lifestyle is a factor for heart disease. But regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease. The American Heart Association recommends a minimum of 30 minutes of physical activity at least five days a week.



♥ **Maintain a healthy weight.** People who have excess body fat — especially at the waist — are more likely to develop heart disease even if they have no other risk factors. Excess weight makes the heart work harder and raises blood pressure and cholesterol too. Eating a diet rich in fruits and vegetables, low-fat dairy and lean protein can help you lose weight. Avoiding trans fats and limiting saturated fat can directly reduce the likelihood of developing heart disease.

♥ **Control blood sugar.** Diabetes significantly increases the occurrence of heart disease. Maintaining a normal blood sugar most of the time can help reduce that risk.



♥ **Watch how much you drink.** The threat of heart disease in people who drink moderate amounts of alcohol is lower than in nondrinkers; however, drinking too much alcohol can raise blood pressure. Moderate drinking means no more than one drink a day for women and men age 65 and older, and no more than two drinks a day for those younger than 65. Ψ

Source: Krames Staywell



HEADS UP: CONCUSSIONS IN YOUTH SPORTS

A QUIZ FOR COACHES, ATHLETES AND PARENTS

Mark each of the following statements as True (T) or False (F). Check your answers on page 4.

- ___ 1. A concussion is a brain injury.
- ___ 2. You can't see a concussion and some athletes may not experience or report symptoms until hours or days after the injury.
- ___ 3. Following a coach's rules for safety and the rules of the sport, practicing good sportsmanship at all times and using the proper sports equipment are all ways that athletes can help prevent a concussion.
- ___ 4. Concussions can only be caused by a fall or by a bump to the head.
- ___ 5. A concussion can happen even if the athlete hasn't lost consciousness.
- ___ 6. Nausea, headaches, sensitivity to light or noise and difficulty concentrating are some of the symptoms of a concussion.
- ___ 7. Athletes who have a concussion can return to play, if they look ok.
- ___ 8. A repeat concussion that occurs before the brain recovers from a prior one can slow recovery and/or increase the likelihood of having long-term problems.



Fender Bender Follow-Up

If you've ever been involved in a car accident, you know things can happen in a flash. Being prepared by knowing what to do after a collision can calm your nerves. Here are some guidelines to follow:

- **Keep basic items in your vehicle.** A list of emergency contacts, pen or pencil, notepad, flashlight and proof of registration and insurance are some of the bare necessities.
- **Practice safety first.** If you cannot exit your vehicle because it would be unsafe to do so, stay in your car and call 911.
- **Hold your tongue.** If an accident occurs and it appears it was your fault, your first reaction might be to jump out and apologize. In today's lawsuit-happy world, however, many experts advise against this. Laws are complex and what may appear as your fault might not be.
- **Gather the facts.** Exchange information with the other driver: name, address, phone number, insurance company and policy number, driver's license number and license plate number. Write down a description of the other vehicle that includes make, model, year and color. Get names and phone numbers of any witnesses present.
- **Document the scene.** Make notes about the collision and take pictures of the accident with a camera or camera phone, if possible. If a law enforcement official is not dispatched (in some locations, officers only respond if injuries are reported), be sure to file an accident report with the police department. Ψ

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou



Financial News

The Internal Revenue Service has unveiled IRS2Go, its first smartphone application that lets taxpayers check on the status of their tax refund and obtain helpful tax information.

For more on this new resource, visit www.irs.gov and Search "Mobile App." Ψ

Learning How to Say that Dirty Two-Letter Word

There will always be someone who will ask you to do something that you don't have time to do. In an effort to please everyone, you may say "yes." While you may feel that this is honorable, it can also be a recipe for increasing your stress and falling short of completing any obligation well. So all might be better served if you just say "no." How can you do that? Start with this advice:

- **Take some time to think it over.** Don't commit to anything when you're on the spot.
- **Be direct.** Tell the truth about why you can't do what's asked of you. There's no need to make up what might be deemed a "better" reason.
- **Be polite, but firm.** Once you've made up your mind, stick to it. Avoid saying, "I'll try," which builds false hope and may still leave you feeling obligated.
- **Suggest alternatives.** Perhaps you know of someone who is better suited for the request; or maybe you will have time in the future. If so, try saying: "Janet may be the better person for that" or "I don't have time this week, but I can do it next Thursday if you can wait." Be honest, though. This tactic shouldn't be used merely to get the person off your back or to postpone an inevitable "no." Ψ

"A QUIZ FOR COACHES, ATHLETES AND PARENTS" Answer Key

1. True
2. True
3. True
4. False. A blow to the body can also cause a concussion.
5. True
6. True
7. False. Until athletes are symptom-free and have received approval from a doctor or health care professional, they should not return to play.
8. True

For more information and to order free materials visit:

www.cdc.gov/ConcussionInYouthSports



Apple Oat-Bran Muffins

from www.mealsmatter.org (© 2011 Meals Matter)

Ingredients:

Canola or olive oil for oiling the muffin pan
 2 large green cooking apples
 2 cups whole-wheat pastry flour
 1 cup unbleached white flour
 1 ¼ cups oat bran
 2 ½ tsp baking soda
 1 tsp cinnamon
 ½ tsp nutmeg
 1 12-oz can apple juice concentrate, thawed
 1 cup water

Servings: more than 10

Prep time: less than 15 minutes

Cook time: 25 – 30 minutes

Instructions:

- Heat oven to 325° and lightly oil muffin pan
- Peel and core apples, chop them coarsely and set aside
- In a mixing bowl, stir together pastry flour, white flour, oat bran, baking soda, cinnamon and nutmeg
- Add thawed apple juice concentrate, chopped apples and enough water to make a light batter
- Mix just enough to moisten all ingredients; divide batter among the muffin cups and bake until lightly browned, 25-30 minutes
- Remove muffins from cups while hot

Nutrition Information:

Calories: 265; Total Fat: 8g; Carbohydrates: 44g; Protein: 10g; Fiber: 5g