

JANUARY/FEBRUARY 2011

MINDFUL NUTRITION COUNSELING

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“Unbreak My Heart”

Take this to Heart...

Are you feeling a little bit of indigestion and fatigue after all of that holiday partying? These are common complaints that women have this time of the year after the last house guest has finally bid farewell. Fortunately, getting back on track with your regular healthful eating habits, physical activity, and adequate sleep can leave you feeling as good as new. Lingering fatigue, indigestion, and other vague symptoms, however, can signal something more ominous such as heart disease.



Click here to learn how to reduce your risk for heart disease!



According to research conducted by the National Institutes of Health, fewer than 30 percent of women reported chest pain prior to an acute myocardial infarction (AMI). Of the 515 women studied, 95-percent said they experienced new or different symptoms a month or more before experiencing their heart attack. The most commonly reported early symptoms of a pending heart attack included:

- *Unusual fatigue - 70%
- *Sleep disturbance - 48%
- *Shortness of breath - 42%
- *Indigestion - 39%
- *Anxiety - 35%

Read the full text from the NIH study of women and AMI's.

<http://circ.ahajournals.org/cgi/content/full/108/21/2619>

Men are more likely to exhibit classic symptoms of an AMI such as chest pain and pressure, and neck, jaw, or arm pain. In addition, they are more apt to seek immediate life-saving treatment. Women often ignore their symptoms and are more likely to die from AMI's than men. As a woman nears menopause she increases her risk of having a heart attack or other cardiovascular event. Prior to entering menopause, the rate of heart attacks in women is three times less than in men due to estrogen's cardio-protective effects. A post-menopausal woman's risk for heart attack rises with age. After the age of 65, women equal men in terms of heart attack risk. Sadly, cardiovascular disease is now the leading cause of death in women and one in three will die annually from the illness.

Just the Facts, Ma'am

- 42** Million women are living with some form of heart disease.
- 5 x** As many women die from heart attacks than breast cancer, annually.
- 8 %** Of primary care physicians in 2005 knew that heart disease kills more women than men.
- 27 %** Of participants in heart-related clinical studies are women.
- 1** In 500 people have Hypertrophic Cardiomyopathy, the most common genetic heart disorder. To learn more visit: <http://www.4hcm.org/hcm/overview/3007.html>

February is American Heart Month!



The American Heart Association created **Go Red For Women**— an educational initiative designed to empower women to take charge of their heart health. Learn more about heart disease and help save your and a loved one's life by visiting <http://goredforwomen.org>



Don't be a Statistic!

Lower your risk for heart disease



Heart disease can strike a woman at any age, even in those in their twenties. If you have already suffered a heart attack or stroke, or have risk factors for heart disease, don't despair. Heart disease can be managed and in some cases, even reversed through lifestyle changes and medical intervention.

△ Know your numbers

Cholesterol: Total cholesterol is the sum of all the cholesterol in your blood. The higher your total cholesterol, the greater your risk for heart disease.

Less than 200 mg/dL – Desirable

200 to 239 mg/dL – Borderline-high

240 mg/dL and above – High. A person with this level has more than twice the risk of heart disease compared to someone whose cholesterol is below 200 mg/dL.

HDL Cholesterol: The "good" cholesterol. HDL carries cholesterol in the blood from other parts of the body back to the liver, which prevents it from clogging the arteries.

<40 mg/dL is considered low and a major risk factor for heart disease.

40 to 59 mg/dL is considered normal. The higher your HDL, the better.

60 mg/dL and above is excellent and can be protective against heart disease.

LDL cholesterol: The "bad" cholesterol

<100 mg/dL is ideal for people who have a higher risk of heart disease (those who have or have a family history of heart disease, diabetes, high blood pressure).

100 to 129mg/dL is near optimal.

130 to 159 mg/dL is borderline high.

160 mg/dL or more means you're at a higher risk for heart disease.

Blood pressure

<120/80 mmHg is normal

120/80 - 139/89 mmHg is considered pre-hypertensive

140/90 mmHg and above is considered hypertensive

△ Engage in 30 minutes of physical activity most days of the week

△ Do not smoke, and stop if you already smoke


Smoking triples your risk of heart attack or stroke.


△ Maintain a healthy weight

△ Eat a diet that is low in saturated fat, and rich in whole grains, fruits, vegetables and lean proteins (see side bar).





Heart-Smart Eating. Start Today!


 Swap the white stuff (pasta, white potatoes) with quinoa, brown rice and other fiber-rich, cholesterol-lowering grains.

 Become a vegetarian for a day or two a week. Animal protein is loaded with saturated fat. Go easy on the cheese and use beans, nuts, and soy products for protein.

 Eat a handful of almonds a day. They are loaded with cholesterol-lowering omega 3 fatty acids.

 Think of fruits, vegetables and whole grains as the stars of your plate, and lean proteins as the guest.

 Go fishing at your favorite market and have it for meals at least twice a week.

 Have a glass of wine with dinner but don't get too crazy. Red grapes are loaded with resveratrol, an antioxidant known to increase HDL cholesterol. Grape juice is just as effective.

The following web sites are excellent resources for information on heart disease and women:

<http://www.womenheart.org/index.cfm>

<http://goredforwomen.org>

<http://health.howstuffworks.com/diseases-conditions/cardiovascular/heart>