



# Essential Ingredients

## Your monthly Anthem wellness newsletter

### Learn to Love Your Heart!

Heart disease is the number one cause of death for men and women in the United States. However, there are steps you can take to prevent heart disease and lower your risk of a heart attack. Here's how:

1. **Get your cholesterol checked.** Talk to your doctor about how often you should be tested.
2. **Have your blood pressure checked.** If you are 18 or older, have your blood pressure checked at least once every two years. High blood pressure doesn't have signs or symptoms.
3. **If you smoke, quit.** This will lower your risk of having a heart attack.
4. **Find out about your family's health history.** Your risk for a heart attack is affected by your family history.
5. **Eat healthy and watch your weight.** This includes heart-healthy, high fiber foods such as (whole grains, fresh fruits and veggies and fats such as those in olive oil and fish.
6. **Stay active.** Even 10 minutes a day is worthwhile. Try tracking your steps with 10,000 steps a day as goal.

### Signs & Symptoms of a Heart Attack

If you are having any one of the symptoms described below that lasts for more than 5 minutes, seek emergency treatment:



**12 Possible Heart Symptoms Never to Ignore**

1. Anxiety
2. Chest discomfort
3. Cough
4. Dizziness
5. Fatigue
6. Nausea or lack of appetite
7. Pain in other parts of the body
8. Rapid or irregular pulse
9. Shortness of breath
10. Sweating
11. Swelling
12. Weakness

## Go Red For Women



Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women. Heart disease and stroke kill 1 in 3 women – more than all cancers combined. In fact, heart disease and stroke account for over 30% of all female deaths in Connecticut. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. To learn more about heart disease in women and keys to prevention, go to [www.goredforwomen.org](http://www.goredforwomen.org).

The American Heart Association will host its Go Red For Women Luncheon on March 15, 2016 at the Connecticut Convention Center. The annual event is designed to empower women with the information, education and awareness needed to reduce their risk of heart disease and stroke. The event will feature a wellness health area, enlightening breakout sessions, a heart healthy luncheon and keynote speaker Joy Bauer of NBC's Today Show.

Women from all walks of life are encouraged to attend the Go Red For Women Luncheon and learn how to take charge of their heart health. For more information on the 2016 Hartford Go Red For Women Luncheon, or for sponsorship information, call Caitlin Iorillo at 203-303-3325 or go to <http://hartfordgoredluncheon.ahaevents.org>. Find your local event by going on heart.org and looking up your local page by zip code or state.

### Seven Signs of a Woman's Heart Attack

1. Unusual Fatigue
2. Sleep Apnea/Sleep disturbance
3. Indigestion or gas-like pain
4. Nausea or vomiting
5. Discomfort or pain between the shoulders
6. Chest or abdominal discomfort or pain spreading to the shoulders, neck, arm, or jaw
7. Shortness of Breath

### Warning Signs for a Stroke

Stroke is the fourth leading cause of death in the United States and is a major cause of adult disability. On average, one American dies from a stroke every **4 minutes**.



# Fats 101!

**Mono and polyunsaturated:** The GOOD FATS! Both types may help improve your blood cholesterol:

- Fish (Salmon, trout, herring, sardines, halibut)
- Avocado
- Olives
- Walnuts
- Vegetable oils (olive, safflower, sunflower)

**Saturated Fats:** No more than 5 to 6 percent of total daily calories:

- Fatty red meat (T-bone, skirt, flank, hanger steak)
- Baked goods & fried foods
- Palm and kernel oil
- Butter, cream, cheese
- Poultry with skin
- Other dairy products made from whole or 2 percent milk

**Trans Fats:** AKA “Partially hydrogenated oils”. Keep low as possible:

- Fried food
- Baked goods (pie crust, pastries, cookies, crackers)
- Coffee creamers (Coffee-mate)
- Peanut Butter (Skippy, Jiffy)
- Fast Food
- Frosting
- Margarine
- Bisquick

## Did you know!

According to the American Heart Association, products can be listed as “0 grams of *trans* fats” if they contain 0 grams to less than 0.5 grams of *trans* fat per serving. You can also spot *trans* fats by reading ingredient lists and looking for the ingredients referred to as “*partially hydrogenated oils*.”

*Get in the habit of reading labels*

## Prevention

### Diet

A healthy diet and lifestyle is key to preventing heart disease. Eating a healthy diet is not just about eating a few healthy foods. You need to practice moderation and eat a variety of foods and engage in physical activity.

### Eat less of:

- Red meat
- Trans fats
- Saturated fats
- Processed foods
- Refined carbs (white bread, white rice, pastries, donuts)
- Sugary foods and beverages
- Foods high in sodium
- Watch portion sizes

### Eat more of:

- Fresh fruit and vegetables
- Whole grains (Whole wheat bread, brown rice, oatmeal)
- Lean protein (Chicken, turkey, fish, nuts)
- Low fat dairy products

## Exercise

To improve cardiovascular health, the American Heart Association recommends:

### For Overall Cardiovascular Health:

- At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week for a total of 150 minutes.**

### OR

- At least **25 minutes of vigorous** aerobic activity at least **3 days per week for a total of 75 minutes;** or a combination of moderate- and vigorous-intensity aerobic activity.

### AND

- **Moderate- to high-intensity muscle-strengthening activity** at least **2 days per week** for additional health benefits.

### For Lowering Blood Pressure and Cholesterol

- An average **40 minutes of moderate- to vigorous-intensity** aerobic activity **3 or 4 times per week.**

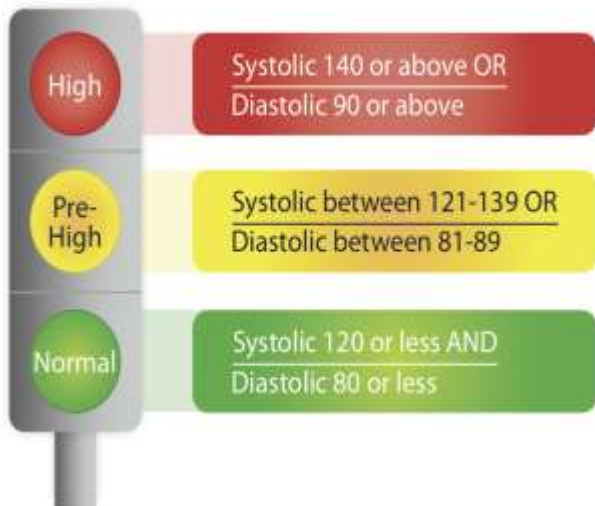


## Try Cholesterol Food Substitutions

Instead of this:	Try this:
Whole or 2% milk and cream	1% or skim milk
Fried foods	Baked, steamed, broiled or grilled
Lard, butter, palm and coconut oils	Unsaturated vegetable oils like corn, olive, canola, safflower, sesame, soybean, sunflower or peanut
Fatty cuts of meat	Leaner cuts of meat like poultry, fish, pork and beef with extra visible fat trimmed off before cooking
One whole egg in a recipe	Two egg whites
Creamy or butter-based sauces, salt	Season foods with herbs and spices
Hard cheeses, processed cheeses	Reduced fat cheeses with lower salt per serving
Salted potato chips	Low-fat, unsalted tortilla and potato chips, unsalted pretzels and popcorn
Sour cream and mayonnaise	Plain low-fat yogurt, low-fat cottage cheese or low-fat sour cream

## Have you checked your Blood Pressure Lately?

Uncontrolled high blood pressure is the leading cause of heart disease and stroke. High blood pressure often shows no signs or symptoms, so getting regular checks is important. Work with your doctor to learn what your blood pressure should be and how to reach this number. If you are prescribed medications, take them as directed at a consistent time each day. Sodium and smoking raise blood pressure, for more tips and information on these visit [cdc.gov](http://cdc.gov) or [anthem.com](http://anthem.com)



## Stress and Cardiovascular Disease



If stress itself is a risk factor for heart disease, it could be because chronic stress exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline (increases blood pressure) and cortisol (chronic elevated levels may increase blood pressure, abdominal fat, and a lowered immune system). Living a stressful life can lead people to adopt poor habits like smoking and eating poorly which in turn are risk factors for cardiovascular disease. When stress is excessive, it can contribute to high blood pressure, asthma, and irritable bowel syndrome. Manage stress by following these simple tips:

- Exercise
- Use positive self-talk
- Start a daily meditation and mindfulness practice
- Try yoga
- Unplug from work and technology
- Do something fun!
- Get more rest
- Talk to a counselor or therapist

## Don't Forget! Condition Care: Heart Disease, Heart Failure

If you have congestive heart failure or coronary heart disease (CAD), Anthem offers a ConditionCare program for its members. Members get one-on-one support from a nurse coach – at no extra cost.

**Get help managing your condition**

**To learn more or to join ConditionCare, call us toll free at 866-596-9812**

## Healthy Habits are Changing Lives



Employees at USA Hauling & Recycling have been working hard to create a healthier future. By including healthy habits into their lives, they've lost weight and improved their health. Their stories are inspiring — here are a few:

One employee lost 100 pounds and says he's "100 times happier." He lost the weight by eating less, walking more and taking a mindful approach to each day. Some of the simple changes he made were to eat more organic food, drink red wine instead of beer and practice yoga. Another employee was overweight and smoking two packs of cigarettes a day. Her doctor was concerned. She worked hard to cut down her smoking and eat more fruits and vegetables (and no fried food!). She quit drinking soda and juice. She's already lost 50 pounds and now enjoys working out at a gym three times a week. Her doctor is thrilled! Another employee made lifestyle changes in order to avoid taking more medicine. By losing 25 pounds through daily walks, eliminating starches and adding fish oil and vitamins to his diet, he was able to get his cholesterol and blood pressure under control in less than three months — without medicine!

## Heart Healthy Recipe of the Month

### Overnight Oatmeal



When you're shopping for oats avoid any instant or quick cooking oats and oatmeal packets. Instead look for steel cut oats also called Scotch, or Irish oats. Steel cut oats are the least processed type of oat cereal and rank lower on

the glycemic index than rolled oats. The reason is that it takes longer for digestive enzymes to reach the starch inside the thicker pieces, slowing down its conversion to sugar. Oats are a good source of soluble fiber. Soluble fiber is known to help reduce cholesterol and helps keep blood sugar levels steadier.

**Yield: 4-6 servings**

### Ingredients

- 4 cups water
- 1 cup Steel cut oats groats
- 1 tsp vanilla
- 1/4 cup walnuts
- optional ingredients: cinnamon, nutmeg, goji berries, and raisins*

### Preparation

- Bring water and oats to a boil.
- Boil for 1-2 minutes and remove from heat.
- Transfer to a container (or leave in the pot).
- Add vanilla, walnuts and other desired ingredients and stir in.
- Cover and allow to sit overnight in refrigerator.
- Stir to fluff and serve with toppings like coconut milk, almond milk, fresh berries, hemp seeds.

## Join Your Local Heart Walk!

The Heart Walk is the American Heart Association's premiere event to save lives from this country's No. 1 and No. 4 killers - heart disease and stroke. Sign up here: [Heartwalk.org](http://Heartwalk.org)

# Heart Walk®



*My Heart. My Life.*