

# HEALTHY Prescriptions



## REDUCING HEART ATTACK RISK

The risk of having a heart attack can be reduced even if you already have coronary heart disease or have had a previous attack. Taking the following six steps will reduce your risk of having a heart attack:



- **Stop smoking!**

Quitting smoking greatly reduces the risk of heart attack. One year after quitting, the

risk drops to about one-half that of current smokers and gradually returns to normal in persons without heart disease.

- **Lower high blood pressure!**

Hypertension makes the heart work harder. It increases the risk of developing heart disease, as well as kidney disease and stroke.



- **Reduce high cholesterol!**

When there is too much cholesterol in the blood, it builds up in the walls of arteries and causes them to become narrowed. This



narrowing slows blood flow and the result is a heart attack.

- **Aim for a healthy weight!**

If you are overweight, even a small weight loss of just 10 percent of your current body weight will help lower your risk.



- **Increase physical activity!** You only need to do 30-40 minutes of moderate-intensity activity (a brisk walk) 5-7 days per week. If you have been inactive, you should start slow and increase activity as time goes on.



- **Manage diabetes!**

Because of the link with heart disease, it is important for diabetics to follow their health care providers instructions (taking prescribed medications and eating properly).



*An Old Time Favorite with a Heart Healthy Twist:*

### OVEN FRIED CHICKEN

2 cups cornflakes or 1/2 cup dry bread crumbs  
1 egg  
1 cup milk  
1/2 tsp. salt  
1/4 tsp. pepper  
2 1/2 to 3 lbs. broiler/fryer chicken, cut-up, skin removed

#### Directions:

1. Crush cornflakes to make 1 cup crumbs, set aside.
2. Beat egg in medium bowl.
3. Add milk, salt, and pepper.
4. Mix.
5. In small saucepan, melt butter or margarine.
6. Remove from heat.
7. Rinse chicken pieces; pat dry.
8. Dip in milk and egg mixture.
9. Roll chicken in crumbs to coat.
10. Lightly grease a shallow baking dish with non-stick spray or oil.
11. Arrange chicken in pan, meat side up, so pieces don't touch. Bake at 350 degrees F for 50 - 60 minutes.

\*Chicken is done when it is easily pierced with a fork. Season to taste.

*Makes 6 servings*

**References:** DIET AND THE PREVENTION OF CARDIOVASCULAR DISEASE, [www.jhbmc.jhu.edu/cardiology/rehab/diet.intro.html](http://www.jhbmc.jhu.edu/cardiology/rehab/diet.intro.html)

DIET AND THE PREVENTION OF CARDIOVASCULAR DISEASE, —University of Maryland Medicine

**website:** [www.umm.edu/cardiac/diet.htm](http://www.umm.edu/cardiac/diet.htm)

# 2003 NATIONAL HEALTH & NUTRITION OBSERVANCES

## May

Asthma & Allergy Awareness Month  
Better Hearing & Speech Month  
Clean Air Month  
Healthy Vision Month  
Hepatitis Awareness Month  
Huntington's Disease Awareness Month  
Lyme Disease Awareness Month  
Mental Health Month  
National Arthritis Month & Annual Arthritis Walk  
National Digestive Diseases Awareness Month  
National High Blood Pressure Education Month  
National Neurofibromatosis Month  
National Osteoporosis Prevention Month  
National Physical Fitness & Sports Month  
National Stroke Awareness Month  
National Teen Pregnancy Prevention Month  
National Trauma Awareness Month  
Skin Cancer Awareness Month  
Tuberous Sclerosis Awareness Month  
National SAFE KIDS Week (3rd-10th)  
Brain Tumor Action Week (4th-10th)  
Children's Mental Health Week (4th-10th)  
National Mental Health Counseling Week (4th-10th)  
Childhood Depression Awareness Day (6th)  
National Suicide Awareness Week (6th-12th)

National Anxiety Disorders Screening Day (7th)  
Food Allergy Awareness Week (11th-17th)  
National Running & Fitness Week (11th-17th)  
National Women's Health Week (11th-17th)  
National Alcohol & Other Drug Related Birth Defects Week (12th-18th)  
National Emergency Medical Services Week (18th-24th)  
Buckle Up America! Week (19th-26th)  
National Employee Health & Fitness Day (21st)  
National Schizophrenia Awareness Day (24th)  
National Missing Children's Day (25th)  
Older Americans' Mental Health Week (25th-31st)  
National Senior Health & Fitness Day (28th)  
World "No Tobacco" Day (31st)

## June

Myasthenia Gravis Awareness Month  
National Aphasia Awareness Month  
National Scleroderma Awareness  
Vision Research Month  
Fireworks Safety Month (through July 4)  
National Cancer Survivors Day (1st)  
National Headache Awareness Week (1st-7th)  
National Men's Health Week (9th-15th)  
Helen Keller Deaf-Blind Awareness Week (22nd-28th)  
Eye Safety Awareness Week (27th-5th)

## Resources/References:

1. National Institutes of Health (National Heart, Lung, and Blood Institute): [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
2. Campaign For Tobacco-Free Kids
3. <http://kickbuttsday.org>
4. Diet and the Prevention of Cardiovascular Disease,

5. [www.jhbmcc.jhu.edu/cardiology/rehab/diet.intro.html](http://www.jhbmcc.jhu.edu/cardiology/rehab/diet.intro.html)  
Diet and the Prevention of Cardiovascular Disease,  
—University of Maryland Medicine  
website: [www.umm.edu/cardiac/diet.htm](http://www.umm.edu/cardiac/diet.htm)

For Additional Resources contact

**Southern University Agricultural Research and Extension Center at (225) 771-2242.**

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**SU Agricultural Research and Extension Center**  
**c/o Healthy Prescriptions**  
Post Office Box 10010  
Baton Rouge, Louisiana 70813

# HEALTHY Prescriptions



## ACT IN TIME TO HEART ATTACK SIGNS

### What Is A Heart Attack?

The heart works 24 hours a day, pumping oxygen-and nutrient-rich blood to the body. Blood is supplied to the heart through its coronary arteries. In coronary heart disease (CHD), plaques or fatty substances build up inside the walls of the arteries. The plaques also attract blood components, which stick to the artery wall lining. This process develops gradually over a period of time and is known as atherosclerosis.

The fatty buildup or plaque can break open and lead to the formation of a blood clot that seals the break. The clot then reduces blood flow. The cycle of fatty buildup, plaque rupture, and blood clot formation causes the coronary arteries to narrow, reducing blood flow to the heart. This leads to an inadequate amount of blood reaching the heart (ischemia). As a result, a person may experience

chest pain or angina. The pain can be mild or severe enough to make normal daily activities difficult. However, some may not experience any symptoms, a condition called silent ischemia.

If a blood clot suddenly cuts off most or all blood supply to the heart, a heart attack results. Cells in the heart muscle that do not receive enough oxygen-carrying blood begin to die. The more time that passes without treatment to restore blood flow, the greater damage to the heart.

### Who Is At Risk?

Heart attacks strike both men and women.



Some persons are more likely than others to have a heart attack because of their "risk factors." Risk factors are behaviors or conditions that increase the chance of a disease. Some of the risk factors for heart attack are beyond your control, but most can be modified to help you lower your risk of having a first or repeat heart attack.

#### Factors you cannot control:

- Pre-existing CHD, including a previous heart attack, a prior



angioplasty or bypass surgery, or angina.

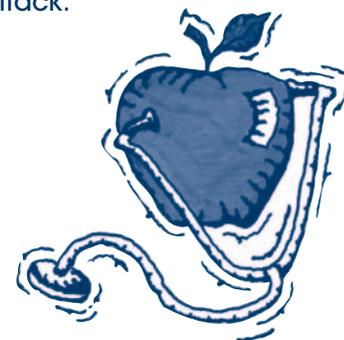
- Age- the risk increases after age 45 for men and age 55 for women.

- Family history of early heart disease-a father or brother diagnosed before age 55; or a mother or sister diagnosed before age 65.

#### Factors you can control:

- Smoking
- High blood pressure
- High cholesterol
- Overweight and obesity
- Physical inactivity
- Diabetes

Risk factors do not add their effects in a simple way. Rather, they multiply each other's effects. Therefore, it is very important to prevent or control risk factors that can be modified. If you have one or more of these factors, see your health care provider to find out how to reduce your risk of having a first or repeat heart attack.



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Healthy Prescriptions is a bi-monthly newsletter published by the Southern University Agricultural Research and Extension Center. The newsletter is compiled by **Shantell Smith Jones**, Assistant Specialist-Health and **DéShoin York Friendship**, Assistant Specialist- Nutrition. Design and Layout by **Donna Charles Badon**, Creative Specialist.

# Heart Attack Warning Signs

## CAUTION

A heart attack can be a very scary event, and most people don't give it a second thought. However, learning the signs of a heart attack and what to do when signs occur can be a life-saver for you or someone else. Many people think the signs of a heart attack are sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over. The truth is, many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may also come and go. Even those who have had a heart attack may not recognize their symptoms, because the symptoms of the next attack may be different. It is important that everyone know the following warning signs of a heart attack:

- **Chest discomfort.** Takes place in the center of the chest and lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** Associated with chest discomfort and may occur before chest discomfort.
- **Other symptoms.** Breaking out in a cold sweat, nausea, or light-headedness.



If you are not sure you are experiencing heart attack warning signs, you should still seek medical attention. Acting in time to heart attack signs can save lives.

**Disclaimer:** The Southern University Agricultural Research and Extension Center is providing this information for educational purposes only. It is not substitute for medical advice. We strongly recommend that you consult your physician and other health care providers for medical advice.

## Women and Heart Attacks

Women account for nearly half of all heart attack deaths. However, most women may not believe their chances of suffering a heart attack is high as that of men. Heart disease is the number one killer of both men and women. Women and men tend to respond to a heart attack differently. Women are less likely than men to believe they're having an attack and more likely to delay seeking emergency treatment.



Although women are about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure. Therefore, it is important that they get proper treatment quickly and know the heart attack warning signs discussed earlier. In addition, if you feel heart attack symptoms, do not wait for more than a few minutes (5 minutes at most) to call 9-1-1.



## "IT'S A MATTER OF HEART"

by DeShoin York -Friendship  
Nutrition Specialist

Large quantities of saturated fat and cholesterol in the typical American diet can raise blood cholesterol by 40 to 50 mg/dl above desired levels. A diet high in fat and cholesterol also raises the low-density lipoprotein (LDL) cholesterol, "the bad cholesterol". Blood cholesterol levels above 200 mg/dl significantly increase risk of heart disease.

Heart disease continues to be the leading health problem in America today. Men and women, young and old, as well as young children and adolescents should know their cholesterol levels.

By lowering dietary saturated fat and cholesterol, total and LDL cholesterol in the blood can be reduced. Eating less fat is also the best way to lose body fat. The closer an individual is to his or her ideal body weight, the lower the risk of heart disease.

The following is an outline created by the U.S. Department of Agriculture (USDA) to help us understand the components of an ideal, heart-healthy diet.

▲ Fats, oils and sweets - found at the top of the pyramid, should be eaten sparingly.

▲ The ideal diet, according to the USDA also consists of two to three daily servings of dairy products - milk, yogurt and cheese, and protein - meat, poultry, fish, dried beans, eggs and nuts.'

▲ Three to five daily servings of vegetables, and two to four servings of fruit daily are recommended.

▲ Six to 11 servings of grains (i.e. bread, cereal, rice or pasta) should be eaten each day.

Following a heart healthy diet doesn't mean a lifestyle of self-deprivation. Food doesn't have to be bland or boring. Instead of eating a hefty bowl of ice cream, try reducing the amount or even substituting a nice fruit cup. Also, when cooking foods such as gumbos and soups, after cooking and properly cooling - refrigerate the gumbo or soup and then lift off the excess fat that has hardened on top. Don't neglect your health - create new ways to prepare your foods and try new recipes.



# Kick Butts Day 2003

**K**ick Butts Day, held on April 2, 2003, is an annual initiative that encourages activism and leadership among elementary, middle and high school students. It's the day America's kids stand up to tobacco, and America's adults stand up for kids. Kick Butts Day rallies and events take place in every state, and several nations, showing that kids are powerful voices in the fight against tobacco. Scholastic, Inc. and many other partners assist by promoting the day and distributing materials to thousands of teachers and youth leaders.



Kids in Louisiana took center stage in the fight against tobacco on April 2nd as they joined thousands of young people nationwide for the eighth annual Kick Butts Day. "On Kick Butts Day, kids stand up against the tobacco companies, and it's important that elected officials across this country stand with them by supporting proven tobacco prevention measures," said Matthew L. Myers, President of the CAMPAIGN FOR TOBACCO-FREE KIDS,



which sponsors Kick Butts Day. "States that have increased cigarette taxes and funded comprehensive prevention programs have dramatically cut smoking among both kids and adults, saved lives by reducing lung cancer and heart disease, and saved millions of dollars in health care costs. Even in these difficult budget times, tobacco prevention is a good investment for Louisiana's kids and taxpayers."

In Louisiana, 25 percent of high school students smoke, and 12,600 kids become daily smokers every year. Smoking-caused health care costs Louisiana and its taxpayers \$1.15 billion a year.

Nationwide, the tobacco industry spends \$9.6 billion a year - \$26 million a day - marketing their deadly products, often in venues such as magazines and convenience stores that are effective at reaching kids.

On Kick Butts Day, Louisiana kids take their turns as leaders in the fight against tobacco.

References:  
Campaign For Tobacco-Free Kids  
<http://kickbuttsday.org>



## Youth Smoking Rates

Almost 90 percent of adults who have ever been regular smokers began smoking at or before 18.

The Centers for Disease Control and Prevention report smoking rates for students in grades 9-12 increased from 27.5 percent in 1991 to 34.8 percent in 1999.

If you or your organization would like to participate in Kick Butts Day activities or coordinate activities, please visit [www.kickbuttsday.org](http://www.kickbuttsday.org) for more information. Our lives depend on it.

For state-specific tobacco facts visit the Centers for Disease Control and Prevention's web site ([www.cdc.gov/nccdphp/losh/data.htm](http://www.cdc.gov/nccdphp/losh/data.htm))

# “Act in Time to Heart Attack Signs” Quiz

- Discomfort or a heavy feeling in the chest can signal a heart attack.
  - True
  - False
- Women do not frequently experience heart attacks.
  - True
  - False
- African-American women die of heart attacks at the same rate as white women.
  - True
  - False
- Some people who are experiencing the symptoms of a heart attack often wait hours or even days before seeking needed medical care.
  - True
  - False
- Being treated within about an hour of the first symptoms can make a significant difference.
  - True
  - False
- Many heart attack victims say their heart attack wasn't what they'd expected.
  - True
  - False
- A family member, such as a spouse, can persuade a loved one having a heart attack to seek help immediately.
  - True
  - False
- Calling 9-1-1 for chest pain alone would probably turn out to be a waste of the emergency medical personnel's time.
  - True
  - False
- Most heart attacks occur in people over 65.
  - True
  - False
- The major issue in delay is how long it takes for emergency medical personnel to find the address and deliver the patient to the hospital.
  - True
  - False

*(See answers below)*



## Resources/References:

National Institutes of Health (National Heart, Lung, and Blood Institute): [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

For Additional Resources contact the Southern University Agricultural Research and Extension Center at (225) 771-2242.

*“Linking Citizens of Louisiana with Opportunities for Success”*

## For Additional Information Contact:

## Answers to Quiz

- (True) Chest pain is the most commonly reported heart attack symptom. But the pain may not feel severe or “stabbing.” It may feel more like a discomfort.
- (False) Heart disease is the number one killer of American women, and nearly half of all heart attack deaths each year happen to women. Furthermore, women are less likely to survive a heart attack than men.
- (False) African-American women's death rates from heart attacks are a third higher than the rates for white women.
- (True) Many people do not recognize their symptoms as life threatening. That's why it is important to know the warning signs and take action quickly.
- (True) Heart attack deaths and heart damage can often be avoided when treatment begins within an hour or when the symptoms started.
- (True) Most people expect a heart attack to be a sudden intense pain, but can't portion of delay time is due to patient delay, the time it takes for an individual to decide to ask for help.
- (True) But studies tell us that family members should expect lack of awareness or denial of the seriousness of the symptoms, and resistance to calling for help.
- (False) It is better to be safe than sorry, and sometimes chest pain—even mild chest pain—is the only indicator of a heart attack beginning. Call right away—do not wait longer than 5 minutes from when symptoms start. And even if the call turns out to be a false alarm, running the risk of feeling a little embarrassed is better than running the risk of dying or having a permanently damaged heart.
- (True) However, 45 percent or nearly half of all heart attacks occur in people under age 65. Five percent occur in people under age 40.
- (False) The most significant portion of delay time is due to patient delay, the time it takes for an individual to decide to ask for help.