

Cholesterol Counts!

Knowing what your blood cholesterol levels are is one of the best ways to determine whether or not you are at risk for heart disease. Clinical evidence and research have shown that the higher your cholesterol numbers, the greater the chances that you may develop heart disease or even have a heart attack.

What you need to know.

Cholesterol is a fat-like substance that can build up in your blood and attach itself to the walls of your arteries. This process narrows the arteries and the flow of blood to the heart is slowed down and sometimes blocked. If your heart doesn't get enough blood flow it does not get enough oxygen. You may experience chest pain or, in the worst case, a heart attack. Usually, you won't have any symptoms or discomfort until this process is well advanced so it is critically important to have your blood cholesterol tested.

What to do.

It is important to find out what your blood cholesterol levels are so you and your doctor can take action to prevent a heart crisis from occurring. See your physician and ask about getting a cholesterol screening or check the Events Calendar at MyMethodist.net for the free cholesterol screening that Methodist offers throughout our community. When it comes to knowing your cholesterol levels, knowledge truly is power. Look into it today!

7 Easy Steps to a Healthier Heart

1 Walk 30 minutes a day every day, no matter what.

2 Know your blood pressure and do whatever it takes to get it down to 120/80.

3 Eat an ounce of nuts a day. Nuts raise HDL good cholesterol and decrease inflammation. They have healthy omega-3 fatty acids, healthy protein and some fiber. Nuts that are raw, fresh and unsalted have the most benefit.

4 Floss your teeth regularly. Avoiding periodontal disease prevents inflam-

mation in the arteries, which helps you head off heart disease. Most people don't know that your oral health affects your arterial health.

5 Eat no more than 20 grams of saturated fat a day and as little trans fat as possible.

6 Don't be fooled by foods that are low in fat but high in sugar. Read labels and throw out all food that has sugar in the

first five ingredients.

7 Eat 9 servings of colorful fruits and vegetables a day.



Here's the Heart Health Kit you requested.

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Methodist
Heart and Vascular Center

Nationally recognized
heart program
with a caring touch.

That's not just a promise.

That's Methodist.



How to Have a Healthy Heart.

Simply put, your heart is your life. This Methodist Heart Health Kit offers you important information that could help you prevent heart disease or help in your, or a loved one's, recovery.

Besides the information in this Heart Health Kit, there are also terrific heart health resources available for you and your family at Methodist Medical Center and by visiting our website at MyMethodist.net where you can:

- View our Events Calendar to search for heart and vascular screenings near you.



- Take a 5 minute heart risk assessment to discover important risks and recommended action steps for reducing your risks of heart disease.
- Take a Heart Quiz to test your knowledge on blood pressure and cholesterol and learn how it can affect your heart.
- Find additional information on Heart Disease
- Learn about your heart and how it works by viewing our Heart Health Library.
- Join a support group if you or someone you love has heart failure.



Body Mass Index (BMI)

Body Mass Index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. Knowing your body mass can help you to determine if you are at a healthy weight. The higher your BMI, the greater your risk for such illnesses as heart disease and diabetes.



By measuring your body mass, you are already on your way to better health. If your reading is higher than healthy, let it be your motivation to get fit. Medical research has shown that people overweight who lose weight through proper exercise and nutrition choices can significantly decrease many health risks.

$$(\text{weight in pounds}/\text{height in inches} \times \text{height in inches}) \times 703 = \text{BMI}$$

Example: A person weighing 125 lbs who is 65" in height

1. Take height in inches and square the number: $65 \times 65 = 4225$
2. Divide your weight in pounds by the second figure: $125 \div 4225 = .02958$
3. Multiply that answer by 703: $703 \times .02958 = 20.7$ (example BMI)

Judge your personal BMI result against the following scale:

Less than 18	means you are underweight.
Less than 18.5	indicates you are thin for your height.
Between 18.6 and 24.9	indicates you are at a healthy weight.
Between 25 and 29.9	suggests you are overweight for your height.
Higher than 30	indicates obesity. If you are obese, try consulting a doctor or losing weight.

Visit MyMethodist.net to use our easy online BMI calculator.

Exciting Healthy Heart Recipe Maple Mustard Marinated Salmon

This is a versatile salmon dish that tastes great and can be served warm with vegetables or in a cold fresh spinach salad. The maple syrup adds a sweet Vermont twist, while the Dijon mustard kicks up the taste. Salmon is a tasty fish that is loaded with omega-3 fatty acids, which provide protective benefits for the heart. They are beneficial for healthy individuals as well as those who are at risk for, or those who have cardiovascular disease. The American Heart Association recommends consuming "fatty fish" at least two times a week. Enjoy!



Marinade:

- 3 Tablespoons Dijon Mustard**
- 3 Tablespoons Maple Syrup**
- 1 Tablespoon Balsamic Vinegar**
- ¼ Teaspoon Salt**
- Pinch of Pepper**
- 4 (6oz) Salmon filets (If frozen, thaw before use)**

Procedure

1. Combine Dijon mustard, maple syrup, balsamic vinegar, salt and pepper in a large zip-top plastic bag; add salmon. Seal and marinate in refrigerator for 20-30 minutes.
2. Prepare grill or broiler.
3. Remove salmon from bag, reserving marinade. Place salmon on a grill rack or broiler pan coated with cooking spray. Cook for 6 minutes on each side or until fish flakes easily. Baste salmon occasionally with reserved marinade while cooking.

Salmon can be served cold in a fresh salad or served warm with rice and steamed vegetables.
Yield: 4 servings

Exciting Healthy Heart Recipe Aunt Erma's Peach Dessert

Try this old fashioned, tasty recipe. There is no cholesterol or trans fat. The only fat comes from the crackers and now we have low-fat crackers that we can purchase. You may use any type of fruit, but Aunt Erma made it with peaches and homemade whipped cream...Well, Aunt Erma, we may have to substitute the homemade cream with a lighter version, which is much easier...just buy frozen fat free or light whipped topping.

Ingredients:

- 6 egg whites – beat until stiff peaks**
- 1½ cup sugar**
- ¼ tsp cream of tartar**
- 2 tsp vanilla**
- ¾ cup of ground pecans**
- 2 cups of low fat club crackers, ground**
- 5 cups of sliced fresh peaches, peeled**
- 1 Tbsp powdered sugar**
- 2½ cups of low fat or fat free whipped topping**

Mix all ingredients and pat into 9" x 13" baking pan that has been lightly coated with a non-stick spray. Bake for 25 minutes at 350 degrees. Cool.

At the time of service, spread each square of dessert with 2 Tbsp of low fat whipped topping and then top with ¼ cup of sliced fresh peaches that were lightly sweetened to prevent browning.

Yield: 20 servings

Nutrition Information per serving: 147 cal, 5 g fat, 2 g protein, 0 mg cholesterol, 25 mg sodium, 25 g carbohydrates, 1 g fiber

