Heart Health

Heart disease is a major threat to your health. In the United States, the most common form of heart disease is called coronary artery disease (CAD). CAD is often responsible for heart attacks, heart failure, chest pain, and irregular heartbeat, also called arrhythmia.

The warning signs of heart disease often don’t appear until you are having a heart attack. Symptoms of an impending heart attack may include:

- Feeling faint, nauseous or vomiting
- Weakness or a sensation of light-headedness
- Having a hard time catching your breath
- Feeling very full or having indigestion
- Pain in chest or an uncomfortable pressure in the chest
- Unusual pains in the back, shoulders, or neck
- Sweating or an irregular heartbeat

You can keep your heart healthy, but it does take effort.

- Get enough exercise—at least 30 minutes almost every day of the week.
- If you smoke, get the help you need to quit.
- Eat a healthy diet. Load up on fresh fruits and vegetables. Limit saturated fats from fatty meats, dairy fat and coconut. Limit salt intake. Include healthy fats high in omega-3 fatty acids like olive and canola oil, flaxseed meal or oil, and foods like walnuts, sardines, salmon and tuna.
- Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes. Make sure they are under control with medication.
- Reduce your alcohol intake.
- Minimize stress in your life and watch your weight.

Attention Senior Citizens:

Have a nutritional question or concern? If you are participating in a senior meal program, you are eligible to have a free consultation with a Registered Dietitian. Call Cornell Cooperative Extension, Schenectady County at 372-1622, ext. 269. Leave a message, if necessary, for dietitian to call you back.

Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext. 304

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).
Start the Day with a Heart-Healthy Breakfast

Creamy, crunchy Oatmeal

Measure ½ cup dry old-fashioned or quick-cooking oatmeal into a microwave-safe bowl. Pour one cup water or skim- or low-fat milk over the oatmeal to cover, and stir. Microwave on high for 2½-to-three minutes until done. If you prefer a sweeter taste, add fresh fruit, raisins or a dash of vanilla extract. For extra protein and healthy fat, add chopped walnuts and/or seeds like chia or ground flaxseed.

Egg and Cheese English Muffin

Whisk one large egg (for extra fiber add chopped veggies like peppers, onions, tomatoes, or mushrooms) in a microwave-safe bowl. Microwave on high for 45 to 55 seconds until firm. Set the cooked egg on a slice of whole-wheat English muffin and top with a slice of 2% fat cheese. Top with other half of the English muffin and serve with fresh fruit.

Crispy Waffle Sandwich

Spread one tablespoon almond or peanut butter on a half of one toasted whole-grain frozen waffle. On the other half of whole waffle spread a tablespoon of fruit preserves or sliced banana. Press the two waffles together to make a sandwich. Enjoy with a cup of skim or 1% milk or soy milk.

Cereal and more

For a quick meal or snack, have your favorite low-sugar, high-fiber cereal (at least 3 grams of fiber) packed to go. Or mix together your high-fiber cereal with a not-so-healthy cereal. Include a banana or other fresh fruit and a container of non-fat plain original or Greek yogurt. You can eat each item separately or mix together.

Heart Health Puzzle

CHOLESTEROL    EXERCISE    FAT
FIBER          FLAXSEED    HEART
OMEGA          SALT        SATURATED
SMOKING        STRESS      WARNING

CTEOMEGAISS   LHKSDTSSAGH   FXXISTRATX   ILSLECUAZLI   FMARERRLEKT   PITYASOEWHT   JSBTSTBCXAR   YOEEEEEEXEFC   XDYNRXEREREK   WARNINGDWOG   GNIKOMSIKLL

For more information concerning heart disease, go to the American Heart Association Hub for Patients: https://www.heart.org/HEARTORG/Conditions/Conditions_UCM_001087_SubHomePage.jsp
Or the National Heart, Lung and Blood Institute, http://www.nhlbi.nih.gov/health/health-topics/topics/cad/
For general information about senior nutrition, go to the Academy of Nutrition and Dietetics at: www.eatright.org/resources/for-seniors

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