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Keep Those Hearts Healthy!



Heart disease is one of the leading causes of death in the US, so keeping the heart healthy should be a priority. February is Heart Health Month, and there are many ways to help keep your heart pumping for as long as possible. Diet, movement, smoking cessation and stress reduction are all ways to help your heart. Continue reading for more information on improving heart health.

Types of Heart Disease:

Coronary Artery Disease: the most common type

Includes: Angina (chest pain from lack of blood flow)

Heart Attack (part of the heart muscle dies from loss of blood flow)

Heart Failure (the heart cannot pump enough blood to the rest of the body)

Arrhythmia (irregular heartbeat)

Heart Valve Disease: a condition that prevents one or more of the heart valves from working properly, reducing blood flow

Cardiomyopathy: diseases of the heart muscle

Building Strong and Vibrant New York Communities

Lifestyle Factors that Affect Heart Health

Diet/Eating Pattern:

Eat less sodium,
saturated fats

MEDITERRANEAN DIET

Poly and Mono-Unsaturated fats from EVOO, nuts, and fish reduces inflammation and are effective in secondary prevention

Eat more unsaturated fats, fiber, fruits and veggies, fish/seafood

DASH DIET

Emphasis on low salt to help reduce blood pressure

PLANT-BASED DIET

avoids animal based products which reduces atherosclerosis and improves microbiome diversity



Movement: Find activities that you enjoy and aim for 30 minutes per day on most days

Manage stress: find a hobby you enjoy, practice yoga or meditation, journal, listen to music



Quit smoking/vaping/
chewing tobacco



Apricot-Orange Salsa Chicken

Recipe from Taste of Home

Prep Time: 10 minutes

Cook Time: 2 hours 30 minutes

Makes 2 servings

Ingredients:

3/4 cup salsa
1/3 cup apricot preserves
1/4 cup orange juice
2 boneless, skinless chicken breasts
1 cup hot cooked rice

Directions:

1. In a small bowl, combine the salsa, preserves and orange juice. In a 1.5 quart slow cooker coated with cooking spray, layer 1/3 cup salsa mixture and a chicken breast. Repeat layers. Top with remaining salsa mixture.
2. Cover and cook on low until chicken is tender, 2.5-3 hours. If desired, thicken pan juices. Serve with rice.

Nutrition Facts per serving: 429 calories, 30g protein, 71g carbohydrates, 2g fiber, 3g total fat, 763mg sodium

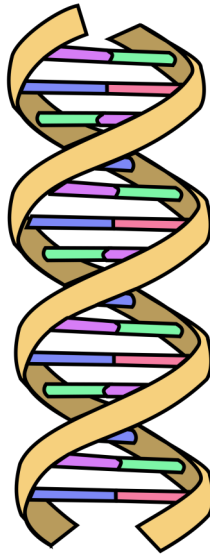


Risk Factors for Heart Disease That You Cannot Change

Genetics/Family History:

having a family member who developed heart disease before age 55 greatly increases the chance of developing it

Age: 80% of people who die from heart disease are 65 or older



Race: African Americans are at higher risk of developing and more likely to die from heart disease

Sex: heart disease affects both men and women, but women tend to develop it later in life than men and often have worse outcomes

Resources: <https://my.clevelandclinic.org/health/diseases/17639-what-you-need-to-know-heart-valve-disease>

<https://medlineplus.gov/heartdiseases.html>

<https://medlineplus.gov/cardiomyopathy.html>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>

<https://www.ucsfhealth.org/education/understanding-your-risk-for-heart-disease>

<https://www.tasteofhome.com/recipes/apricot-orange-salsa-chicken/>

Consumer-centered access for long-term care information, referrals and assessments.

For information, call 518-382-8481, #9, ext. 304



Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>