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Well NEWS

A Monthly Insight into Health and Wellness



Common Myths About Heart Disease

Many people have false assumptions about what their risk for heart disease is. But this disease doesn't spare anyone of any gender, age, or ethnicity. Here are some myths that you should be aware of so that you can know your risk.

MYTH: Heart Disease is for men, and cancer is the real threat for women.

Fact: Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risk by 20%. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

MYTH: Heart Disease doesn't affect women who are fit.

Fact: Even if you are a yoga-loving, marathon-running workout fiend, your risk for heart disease isn't completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits. You can be thin and have high cholesterol. The American Heart Association recommends you start getting your cholesterol checked at age 20, or earlier, if your family has a history of heart disease. And while you're at it, be sure to keep an eye on your blood pressure at your next check-up.

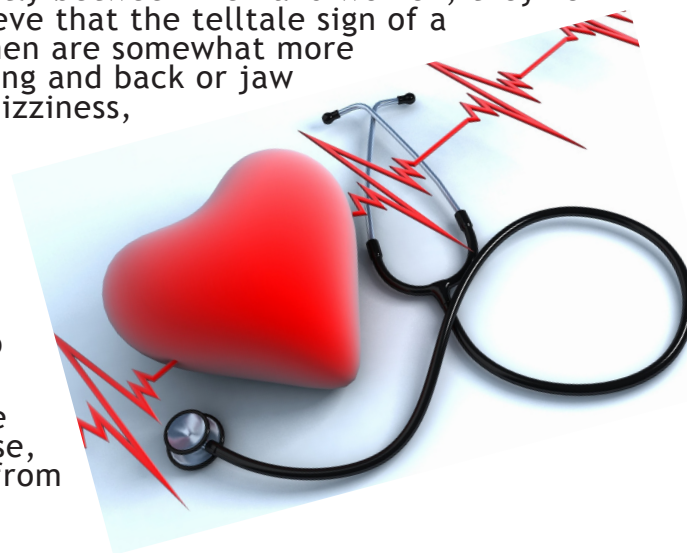
MYTH: I don't have any symptoms.

Fact: Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, lightheadedness or fainting, pain in the chest or upper abdomen and extreme fatigue.

MYTH: Heart disease runs in my family, so there's nothing I can do about it.

Fact: Although women with a family history of heart disease are at higher risk, there's plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy.

Because of healthy choices and knowing the signs, more than 627,000 women have been saved from heart disease, and 330 fewer are dying per day. What's stopping you from taking action?



Newsletter Quiz

1. What are two common myths about heart disease?
2. Is breakfast currently your largest meal of the day?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by February 28, 2014.



Eat More?? In the morning at least!

Learn why eating most of your calories early in the day could be a healthy approach, and help with weight maintenance.

There's a new twist on breakfast: Eating most of your calories earlier in the day could actually help you lose weight. Ever heard the old saying about eating breakfast like a king, lunch like a prince and dinner like a pauper? There is some truth to this.



Sure, the calories in a cookie are still the same whether it is 10am or 10pm, but eating heavy meals later in the day may get your circadian rhythm-your body's natural clock-out of sync. And this gets your healthy eating habits off track as well.

Breakfast has many benefits. While you may think you're just cutting calories, not eating breakfast can be risky business. According to recent research, skipping breakfast has been linked to obesity, high blood pressure, high cholesterol and diabetes. It could also boost your risk of a heart attack in the long run. Skipping breakfast also means that you're more likely to overeat later in the day.

And on a positive note: Eating breakfast gives your body the energy needed to help fuel you for the day. Who doesn't want more energy?

Make the most of your meal. Of course, the most important thing in the end is still what (and how much) you eat - at breakfast, lunch, dinner and beyond. Here are a few tips for getting your day off to a healthy start with a hearty breakfast.

- Make sure the carbohydrates you eat include fiber. Think whole-wheat toast, oatmeal or fruits and vegetables.
- Your protein should be lean. Trade regular bacon for leaner Canadian bacon.
- Pay attention to what's in your morning latte. If it's mostly fat and sugar, switch to skim milk or try regular coffee with a little cream.
- Say yes to egg. An egg a day is a smart choice for most of us, as egg whites are a good source of protein without the cholesterol.
- Blend up a healthy smoothie to start your day off on the right foot.

For those of you that work different shifts or keep odd hours, try to eat your largest meal closer to when you wake up for the day as opposed to prior to going to bed.

Heart Healthy Recipe OF THE MONTH

Parmesan Artichoke Stuffed Chicken Breasts

INGREDIENTS

- 1 (6.5 oz) jar artichoke hearts, chopped and drained
 - 2 tablespoons parmesan cheese, shredded
 - 1 tablespoon thyme leaves
 - 4 boneless skinless chicken breasts
 - 1 teaspoon extra virgin olive oil
 - ¾ teaspoon salt
 - ¼ teaspoon pepper
1. Mix the artichokes, Parmesan, and thyme in a small bowl.
 2. Cut a 2-inch pocket in the thickest part of each breast.
 3. Stuff a quarter of the artichoke mixture into each pocket.
 4. Cover the chicken breasts with extra virgin olive oil and season with salt and pepper.
 5. Heat a grill or grill pan to medium. Grill the chicken, turning once, until cooked through, 6 to 7 minutes per side.

