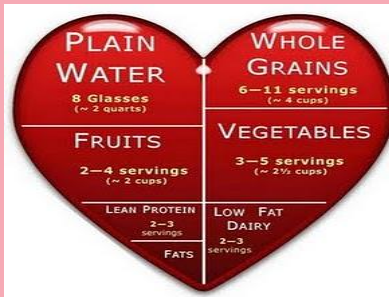




Happy Valentine's Day

Healthy Heart



How does what I eat affect my heart?

"There are three things that remain - faith, hope, and love - and the greatest of these is love."

1 Corinthians 13:13

affect the way blood flows through your heart and arteries. A diet high in "bad" fats (saturated and trans fats) and cholesterol can gradually cause buildup (called plaque) in your arteries. That buildup slows down blood flow and can eventually block your arteries. If the blockage happens in an artery that carries blood to the heart muscle, a heart attack can occur. If the blockage happens in an artery that carries blood to the brain, a stroke can occur. The right diet can help keep your arteries clear and will reduce the risk of heart disease and stroke.

Keeping your heart healthy by making healthier food choices isn't as hard as it sounds!

Tips for a heart-healthy diet

Eat less bad fat, such as saturated and trans fats. These fats are found in foods such as butter, coconut and palm oil, saturated or hydrogenated vegetable fats such as Crisco, animal fats in meats and fats in whole milk dairy products.



Are You Getting Enough Sleep?

The amount of [sleep](#) a person needs depends on many factors, including age. For example, in general:

- Infants require about 16 hours a day
- Teenagers need about 9 hours on average
- Most adults need 7 to 8 hours a night for the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours of sleep each day
- Women in the first 3 months of [pregnancy](#) often need several more hours of sleep than usual

However, experts say that if you feel drowsy during the day, even during boring activities, you haven't had enough sleep.

Sleep Deprivation Debts

The amount of sleep a person needs also increases if he or she has been deprived of sleep in previous days. Getting too little sleep creates a "sleep debt," which is much like being overdrawn at a bank. Eventually, your body will demand that the debt be repaid. We don't seem to adapt to getting less sleep than we need, while we may get used to a sleep-depriving schedule, our judgment, reaction time, and other functions are still impaired.

Consequences of Too Little Sleep

Too little sleep may cause:

Whole-grain breads are high in fiber and complex carbohydrates, so choose these breads for sandwiches and as additions to meals.

Fruits and vegetables are naturally low in fat. Not only do they add flavor and variety to your diet, but they also contain fiber, vitamins and minerals.

Baking, broiling and roasting are the healthiest ways to prepare meat and poultry. Trim any outside fat or skin before cooking. Lean cuts can be pan-broiled or stir-fried. Use either a nonstick pan or nonstick cooking spray instead of butter or margarine.

Dry beans, peas and lentil offer protein and fiber without the cholesterol and fat that meats have. Once in a while, try substituting beans for meat in a favorite recipe, such as lasagna or chili.

Choose low- or nonfat versions of milk, yogurt and cheese products. Eat no more than 4 egg yolks a week (use egg whites or egg substitutes).

- Memory problems
- Depression
- A weakening of your immune system, increasing your chance of becoming sick
- Increase in perception of pain

The Dangers of Sleep Deprivation

Many studies make it clear that sleep deprivation is dangerous. Sleep-deprived people who are tested by using a driving simulator or by performing a hand-eye coordination task perform as badly as or worse than those who are intoxicated.

Sleep deprivation also magnifies alcohol's effects on the body, so a fatigued person who drinks will become much more impaired than someone who is well rested.

Driver [fatigue](#) is responsible for an estimated 56,000 motor vehicle accidents and 1,500 deaths each year, according to the National Highway Traffic Safety Administration. Since drowsiness is the brain's last step before falling asleep, driving while drowsy can -- and often does -- lead to disaster. Caffeine and other stimulants cannot overcome the effects of severe sleep deprivation.

The National Sleep Foundation says that if you:

- have trouble keeping your eyes focused
- can't stop yawning
- can't remember driving the last few miles

you are probably too drowsy to drive safely.



Strawberries and dark chocolate supply disease-busting phytonutrients.

Ingredients:

choices.

How much should I weigh?

Talk to your family doctor about your ideal weight, because every person is different. If you're overweight, the extra pounds put extra stress on your heart. Losing weight can help your heart stay healthy. If you need to lose weight, remember that losing just 10% of your body weight will reduce your risks for diabetes and heart disease.

Why is exercise good for my heart?

Exercise makes your heart stronger, which helps it pump more blood with each heartbeat. This delivers more oxygen to your body, which helps it function more efficiently.

Exercise can also lower blood pressure, reduce your risk of heart disease and reduce levels of LDL ("bad" cholesterol), which can clog the arteries and can cause a heart attack. At the same time, exercise can raise levels of HDL ("good"

- 2 ounces 60% bittersweet chocolate
- 1 pint of strawberries

Preparation:

1. Rinse fruit well. Do not remove stems. Blot dry with a paper towel and set aside.
2. Melt chocolate in the top of a double boiler, stirring constantly. When chocolate has melted, remove top portion of the double boiler.
3. To coat strawberries, hold one at a time by the top and dip into chocolate. Coat completely except for stem area.
4. Let cool.

Yield:

4 servings

Nutritional Information:

Per serving (1/4 recipe): 123 calories, 2 g protein, 19 carbohydrate, 5 g fat, 4 g saturated fat, 1 mg cholesterol, 4 g fiber, 3 mg sodium.

Calories from fat: 36



helps protect against a heart attack by carrying fatty deposits out of the arteries.

When combined with a healthy diet, exercise can speed up weight loss. Regular exercise also helps you burn calories faster, even when you're sitting still, because exercise builds lean muscle (which burns more calories than fat).

Sincerely,



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CASE MANAGEMENT
DISEASE MANAGEMENT
HEALTH UTILIZATION MANAGEMENT

PPHA
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Happy Valentine's Day

