

WOMEN'S HEALTH NEWS

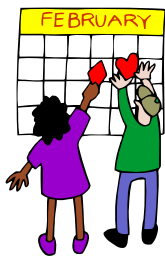
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Chicago Women's Health Initiative, 1640 W. Roosevelt, MC 980, Chicago, Illinois 60608
Phone: 312-996-9077 or 312-413-4251 Website: <http://www.uic.edu/orgs/womenshealth/cwhi>

February is Heart Health Month!



In celebration of February – **National Heart Health Month** – the Chicago Women's Health Initiative and your hair salon are focused on reminding women to take care of themselves and take steps to prevent heart disease.

Many women think heart disease is only a man's problem, but heart disease is the number one cause of death in both women and men in America. (Cancer is second and stroke is third.) Almost twice as many women die from cardiovascular diseases than from all forms of cancer combined.

Heart disease affects women of all racial and ethnic groups, but black women are more likely to die of heart disease than white women. The good news is that you can do many things to lower your chances of getting heart disease. Risk factors are habits or conditions that increase a person's chances of developing a disease. Many of the risk factors for heart disease can be prevented or controlled. Women should talk to a health professional about their individual risks and how to lower them.

Risk factors for heart disease are:

Smoking
High blood pressure
High blood cholesterol
Overweight/obesity
Physical inactivity
Diabetes
Family history of early heart disease
Age (for women, 55 and older)

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Facts about Heart Disease:

- ♣ Heart disease is the #1 killer of American women.
- ♣ One in every three women dies of heart disease.
- ♣ Nearly two-thirds of American women who die suddenly of a heart attack had no prior symptoms.
- ♣ Americans can lower their risk of heart disease by as much as 82% just by leading a healthy lifestyle.

This issue of *Women's Health News* will describe what heart disease is, provide tips for reducing your risk for heart disease, and help you know the signs of a heart attack in women. We have also included tasty, heart healthy recipes for you to try.

Source: *The Heart Truth, National Heart, Lung, and Blood Institute.*
<http://www.nhlbi.nih.gov/health/hearttruth/index.htm>



What are Cardiovascular Disease and Heart Disease?

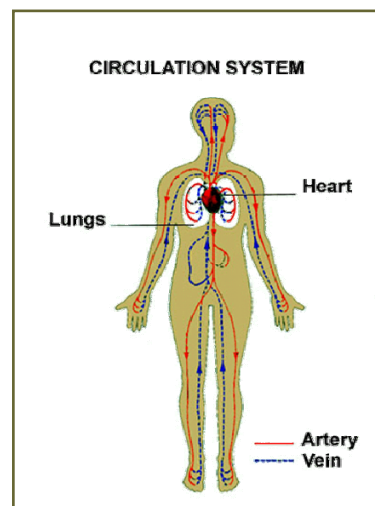
Heart disease refers to problems with the heart. **Cardiovascular disease** refers to both diseases of the heart and diseases of the **blood vessel system** within a person's entire body; that is, blood vessels that bring blood to and from the brain, legs, arms lungs and organs.

The heart is a strong, muscular pump slightly larger than your fist. It pumps blood continuously through the **circulatory system**. The circulatory system includes the **heart** and the **lungs**, as well as the blood vessels (arteries, capillaries, and veins). **Arteries** and **capillaries** carry blood containing oxygen and nutrients from the heart and lungs to all parts of the body. **Veins** carry blood back to the heart and lungs to pick up more oxygen and nutrients.

Heart and blood vessel problems do not happen suddenly. Over time, the arteries that bring blood to the heart and brain can become blocked (completely or partially) from a buildup of cells,

fat, and **cholesterol**. Reduced blood flow to the heart from blockages in the arteries causes heart attacks. Other cardiovascular problems include **angina** (chest pain), **stroke** (lack of blood flow to the brain), **atherosclerosis** (narrowing of the arteries due to buildup of fatty deposits) and high blood pressure.

Source: The National Women's Health Information Center.
www.womenshealth.gov.

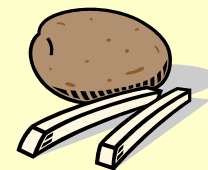


Left: Blood travels through the whole body to deliver oxygen and nutrients. Blood starts in the heart, travels away from the heart in the arteries and back to the heart in the veins.

Recipe: Delicious Oven French Fries

4 large potatoes (2 pounds)
8 cups ice water
1 teaspoon garlic powder
1 teaspoon onion powder
¼ teaspoon salt

1 teaspoon white pepper
1 teaspoon hot pepper flakes
¼ teaspoon allspice
1 tablespoon vegetable oil* or Pam Cooking Spray



Scrub potatoes and cut into long ½ inch strips. Place potato strips into ice water, cover, and chill for one hour or longer. Remove potatoes and dry thoroughly. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in a plastic bag. Toss potatoes in spice mixture. Brush potatoes with oil (reduce fat by spraying the potatoes with Pam.) Place potatoes in nonstick shallow baking pan. Cover with aluminum foil and place in 475 degree oven for 15 minutes. Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Serving size: 1 cup, makes 5 servings.

Nutrition information (per serving): 238 Calories, Fat: 4 grams, Saturated fat: 1 gram, Cholesterol: 0 milligrams, sodium 163 milligrams

*Adapted from **Heart-Healthy Home Cooking African American Style**, National Institutes of Health
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>*

Preventing Heart Disease and Cardiovascular Disease

Many things can put a woman at risk for heart and cardiovascular disease. The more risk factors a woman has, the greater the chance that she will develop heart or cardiovascular disease. There are some factors that you can't control such as getting older, family health history, and race. But there are things you can do to reduce your risk:

Quit smoking: Smoking raises your chances of getting cardiovascular disease. Even if you don't smoke, being around tobacco smoke for large amounts of time can increase your risk for heart disease. If you need help quitting, talk with your health care provider or call the Illinois Tobacco Quit Line at 1-866-QUIT-YES (1-866-784-8937).



Get moving: People who are not physically active are twice as likely to develop heart disease compared to those who are more active. Being active helps women take off extra pounds, raises the level of "good" cholesterol, lowers a diabetic's need for insulin and helps to control blood pressure. Try to be active for at least 30 minutes a day on most days of the week.



Control your blood sugar if you have diabetes: *Diabetes*, sometimes referred to as "sugar" or high blood sugar, is a serious condition that raises a woman's risk for heart disease. Women with diabetes have a greater risk of heart disease, heart attack and stroke than women without diabetes. If you have diabetes, it is important to check your blood sugar every day.



Check your cholesterol and keep it under control: Cholesterol is a waxy substance found in all parts of the body. Cholesterol is made by your body and is also in some of the foods you eat, such as animal foods like meats, whole milk dairy products, egg yolks, and butter. Your liver makes all the cholesterol your body needs. Eating foods that are high in cholesterol can make your cholesterol go up. High cholesterol can lead to heart disease and heart

attacks. It is important for adults to get their cholesterol checked and take steps to reduce cholesterol if it is high. Adults should have their cholesterol checked every five years (or more often if recommended by a health care provider.) Talk to your health care provider about having your cholesterol tested and ways to lower it if it is high.

Control your blood pressure: Blood pressure is the force of blood pushing against your blood vessels. High blood pressure is dangerous because it makes the heart work too hard. If not controlled, high blood pressure can affect your heart, blood vessels and also other organs like the kidneys. That is why it is important to have your blood pressure checked regularly by a health care provider. To prevent high blood pressure, maintain a healthy weight, be active every day, eat less salt, eat lots of fruits and vegetables, and cut back on alcoholic beverages.



Sources:

Gaston, M.H. & Porter, G.K. (2001). *Prime Time: The African American Woman's Complete Guide to Midlife Health and Wellness*. New York: The Ballantine Publishing Group.

The National Women's Health Information Center. www.womenshealth.gov.

Healthy Woman News is brought to you by the **Chicago Women's Health Initiative**, a collaboration between the University of Illinois at Chicago (UIC) and five beauty shops in Chicago.

For more information about the **Chicago Women's Health Initiative**, please contact:

Virginia Julion: 312.996.9077 or vjulion@uic.edu

Kris Zimmermann: 312.413.4251 or kzimme3@uic.edu

Website: <http://www.uic.edu/orgs/womenshealth/cwhi>

It is not the intention of the Chicago Women's Health Initiative to provide specific medical advice, but rather to provide women with information to better understand their health. The Chicago Women's Health Initiative urges you to consult with a qualified health care provider for diagnoses and for answers to your personal questions.

Women and Heart Attacks

A heart attack occurs when there is a severe blockage in an artery that carries blood to the heart muscle. The blockage is usually caused by the buildup of cells, fat and cholesterol along the walls of the arteries. When there is a blockage, the heart does not receive much needed oxygen and nutrients because of the lack of blood flow. If the blockage is not opened quickly, the heart muscle is likely to suffer serious, permanent damage because parts of heart muscle tissue may die.

Nearly half of all heart attack deaths are to women. There are differences in how women and men respond to a heart attack, so it is important for women to know the warning signs of a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

The most common heart attack symptom in women is chest pain or discomfort, but women are also likely to experience shortness of breath, nausea, vomiting, and back or jaw pain.

The heart attack warning signs are:

- Shortness of breath
- Breaking out in a cold sweat
- Nausea/Upset stomach
- Light-headedness.
- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach.



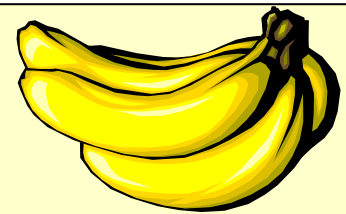
If you think you feel heart attack symptoms, get help right away. The longer you wait to get medical treatment, the greater the likelihood that you will have severe, permanent damage to your heart or even die. Remember, treatments are most effective if given within one hour of when the attack begins.

Do not wait for more than a few minutes to **call 911**. Your family will benefit most if you seek treatment right away.

*Source: The National Women's Health Information Center.
www.womenshealth.gov*

Recipe: Sugar Free Banana Pudding

- 1 ½ ounce box sugar free instant banana cream or vanilla pudding*
- 1 cup light whipped topping
- 3 bananas
- 25 vanilla wafers



Mix pudding according to directions on the box (use fat free milk to make pudding). Add whipped topping. Stir well. Layer the wafers, bananas and pudding in a large bowl or baking pan. You can make one layer or several layers – be creative! Refrigerate before serving. (*Fat can be reduced further by using sugar free fat free pudding)

Serving size: ½ cup, makes 8 servings.

Nutrition information (per serving): 163 Calories, Total fat: 3 grams, Saturated fat: 2 grams, Cholesterol: 9 milligrams, Sodium: 238 milligrams, Carbohydrate: 31 grams, Dietary Fiber: 2 grams, Sugar: 15 milligrams, Sugars: 15 grams, Protein: 3 grams

Recipe provided by the American Diabetes Association: www.diabetes.org

