

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP

Vol 4 | NOV 2011

How to Bring Exercise Indoors When Cold Weather Arrives

When the weather outside turns chilly, it's important to resist the temptation to use the plummeting temperatures, ice, and snow as excuses to let your exercise routine take a winter break. Instead, bring the activity indoors.

Here are a few simple suggestions to keep your heart healthy routine on track, while having a great time, too!

Experiment with home exercise videos. Try something new—such as a Zumba dance DVD, or mind-body DVDs that teach yoga or Pilates.

Invest in some inexpensive pieces of workout equipment such as a fitness ball, resistance bands, exercise mat, a jump rope, or dumbbells.

Enjoy family time and **play interactive games** such as tennis or boxing with your children or grandkids on the Wii or Xbox Kinect. It's great cardiovascular exercise and a lot of fun, too!

Invest in a rebounder trampoline. Want to watch TV? Do it while stepping on the rebounder and you're getting your exercise, too. Or really get moving to your favorite music for a half hour a day.

Fitness clubs and home exercise equipment are also great options for keeping fit when the days get shorter.

Whatever your choice, keep exercising this winter. Your heart will thank you!



Important Nov. Reminders from Amy Doneen MSN, ARNP

Our "Red Flag Review" and Reminder for 2012 Members

This month we're highlighting the "red flags" that may indicate a person is at increased risk for heart attack, stroke, or diabetes. It is important for all of us to remain aware of potential risks so that we can be proactive with our health.

It's also time to plan for your continued membership in 2012. Membership cards have been sent out by postal mail, although payment is not requested until January.

We ask that you please return your card indicating your intent to stay with the Center during 2012. This allows us to predict how many new patients we will accept in the coming year.

As always, it is our top priority to provide each patient with optimal, one-on-one care. We hope you find value in our services and look forward to a continued partnership in 2012. ~ Amy Doneen

Red Flags for Increased Risk of Heart Attack, Stroke, and Type 2 Diabetes

Each year Amy Doneen shares her renowned Red Flag presentation numerous times with physicians and other health care providers around the U.S. and the world.



While not an exhaustive list, the "red flags" listed below in this issue of Heart-Talk summarize information taken from the presentation slides that tend to attract especially high interest.

(To see the entire Bale/Doneen Method red flag list, see "Risk Factors" on the HASPC site: <http://bit.ly/upmqwN>)

Nicotine in any form increases CV risk. Nicotine also increases risk of becoming diabetic. Women who smoke appear to be at significantly higher risk vs. non-smoking women. Men who smoke are also at higher risk, although the significance is not as great.

Periodontal Disease increases risk of CAD by 25%. Men under age 50 with PD are at 72% higher risk for CAD.

Endodontic Disease also appears to be a signal for CHD risk, especially among those having two or more root canals.

Erectile Dysfunction in diabetic men aged 55+ appears to be correlated to increased risk of CV. (continued on reverse)



This delicious meal is almost effortless. It's perfect for serving family or guests.

Prep time: 15 minutes
Cook time: 7-8 hrs on Low
Makes 8 servings

Slow Cooker Tuscan Chicken — A Heart Healthy Crock Pot Dinner

A recipe from the American Heart Association. Get more of their quick and easy, heart-healthy

<http://amzn.to/s5qUu6>

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 teaspoon dried basil, crumbled
- 1 teaspoon dried oregano, crumbled
- 1 14.5-ounce can no-salt-added, diced tomatoes

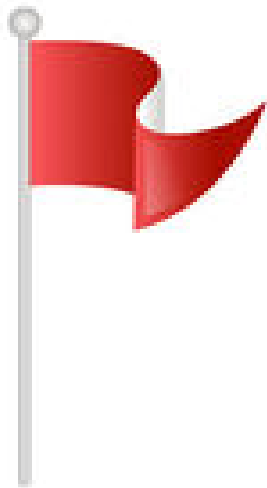
- 1 9-ounce package frozen artichoke hearts, thawed
- 1 cup fat-free, low-sodium chicken broth
- 1 2.25-ounce can sliced black olives, drained
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes (optional)

Directions

Discard all visible fat from the chicken. Sprinkle both

sides with the basil and oregano. Put the chicken in a 3 1/2 to 4-quart slow cooker.

Stir in the remaining ingredients. Cook, covered, on high for 3 to 4 hours or on low for 7 to 8 hours. Enjoy!



Continuation of the “Red Flag Review” *(continued from front page)*

Rheumatoid Arthritis (RA) has been linked to increased risk of dying from a myocardial infarction. In a 2001 study, 7.7% of AMI diabetics died, compared to 7.6% of AMIs diagnosed with RA.

Elevated Uric Acid is associated with increased CV risk.

Psoriasis is associated with increased CVD risk. Those with moderate to severe psoriasis are at greater risk than those with mild psoriasis.

Anxiety is an independent risk factor for CHD, cardiac death, and non-fatal myocardial infarction.

Polycystic Ovary Syndrome (PCOS) puts women at higher CV risk. They may be at risk for early onset cardiovascular disease. Of particular interest, it has been found that *brothers* of women with PCOS have similar increased incidence of insulin resistance.

Pre-eclampsia is an indicator of increased CV risk. Pre-eclampsics had double the risk of CHD & stroke in 10 to 12 years and venous thromboembolism in 4 to 5 years.

Obstructive Sleep Apnea (OSA) is linked with premature CAD. Those with a family history of OSA are at greater risk.

Stock Price Volatility correlates to increased CHD mortality risk. The fewest deaths were noted when the stock index showed little to no change. Each 100 point change in the Index translated into increased risk of CHD.

Sleep Patterns — Getting less than six hours of sleep per night more than quadruples the risk of pre-diabetes.

Pre-hypertension is associated with detrimental heart changes even in young people. Symptoms of pre-hypertension are strongly associated with increased CVD.

Ischemic Stroke Hereditary Factors— Children of a parent who has an ischemic stroke before the age of 65 is at triple the risk of having an ischemic stroke themselves.

Diabetes — Diabetics have high CV risk. By the time someone has become diabetic, they are as likely to have a heart attack as a non-diabetic who has already had a heart attack, and are actually more likely to have a stroke.

Osteoporosis—Those with osteoporosis are at significantly higher risk for CAD than those without osteoporosis.

Retinopathy can be a predictor of CHD mortality. Retinal vascular disease is often associated with CAD.

Did You Know?

Sleeping for 7 – 8 hours per night may be ideal for regulating weight. Obesity rates are significantly higher among individuals getting less sleep (5-6 hours) vs. the recommended 7-8 hours. Surprisingly, the same holds true for those getting more sleep (9-10 hours) as well.