



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

# Wellness Newsletter

## February: Heart Health

**HEART DISEASE is the # 1 killer of men and women in the United States. (cdc.gov)**  
**More women die of heart disease than all forms of cancer combined (AHA).**

### WHAT CAN YOU DO ???

Issue: February 5, 2014

**YOU can take steps to manage high blood pressure by adopting a healthy lifestyle.** These steps include maintaining a healthy weight; being physically active; following a healthy eating plan that emphasizes fruits, vegetables, and low-fat dairy foods; choosing and preparing foods with less salt and sodium; and, if you drink alcoholic beverages, limit your intake.

Research has shown that following a healthy eating plan can both reduce the risk of developing high blood pressure *and* also lower blood pressure that

is already elevated.

For an overall eating plan, consider the **DASH** eating plan. "**DASH**" stands for "**Dietary Approaches to Stop Hypertension**," a clinical study that tested the effects of nutrients in food on blood pressure. Study results indicated that elevated blood pressures were reduced by an eating plan that emphasizes fruits, vegetables, and low-fat dairy foods and is low in saturated fat, total fat, and cholesterol. The **DASH** eating plan includes whole grains, poultry, fish, and nuts and has reduced amounts of

fats, red meats, sweets, and sugared beverages.

A second clinical study, called "**DASH-Sodium**" looked at the effect of a reduced sodium diet on BP as people followed either the **DASH** eating plan vs. a typical American diet. Results showed that reducing dietary sodium lowered BP for both the **DASH** eating plan and the typical American diet.

**The DASH-Sodium study shows the importance of lowering your sodium intake whatever your diet!** Seek medical advice from your health care provider.  
(source: www.nhlbi.nih.gov)

### What's Happening?

**NATIONAL WEAR RED DAY** is Friday Feb 7th. **Wear RED** to help raise awareness and send in your group photos !

**The County Clerks office will host the BP machine for the month of February. Employees in that complex are welcome to stop by !**

**SAVE THE DATE—the AHA "HEART WALK" is May 17th on the OC boardwalk. We are getting a CMC employee team together. More to come**

The Wellness Center is holding free employee health screenings bi-monthly: **Fasting BS, lipids, BP, BMI and RN consultation.** Registration is required. Visit our website event calendar to sign up. [cmcwellness.org](http://cmcwellness.org)

### Lifestyle changes are your best defense against heart disease.

Follow these American Heart Association guidelines:

- Stop smoking & limit alcohol
- Choose good nutrition
- Reduce your cholesterol
- Lower high blood pressure
- Be physically active
- Aim for a healthy weight
- Manage diabetes
- Reduce stress



**And take care of your dental health too. Regular dental care minimizes the chance of infections that could affect your heart.**



**What lies behind us and what lies before us are tiny matters compared to what lies within us.**

(Henry Stanley Haskins)



Health Dept. Lab Director Ken Hand with Kate Lloyd, RN, BSN at a recent employee Health Screening event held at the Wellness Center.