

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

BP, CHOLESTEROL & HEART

Ticker Test: Myths and Facts about Your Health

1. Your heart needs 1 straight hour of exercise every day.
A. Myth
B. Fact
2. Your heart stops beating when a heart attack strikes.
A. Myth
B. Fact
3. Fiber can lower cholesterol.
A. Myth
B. Fact
4. Jaw or back pain could be a sign of a heart attack.
A. Myth
B. Fact
5. You get high cholesterol just because of what you eat.
A. Myth
B. Fact
6. Cut out the salt for your heart's sake.
A. Myth
B. Fact
7. Low-dose aspirin can help avoid another heart attack.
A. Myth
B. Fact
8. Eat only fat-free foods to protect your heart.
A. Myth
B. Fact
9. If you don't drink alcohol, you should start with a daily glass of red wine.
A. Myth
B. Fact
10. Eat fish at least 4 times a week for a healthy heart.
A. Myth
B. Fact
11. Being obese is the biggest risk factor for heart disease.
A. Myth
B. Fact
12. Heart disease kills more women than breast cancer.
A. Myth
B. Fact

Answers on Back

HEART HEALTHY

Egg White Scramble on English Muffin

- 1 ½ cup finely chopped broccoli
- ¼ cup water
- 8 extra-large egg whites (or 1 ¼ cup egg white substitute)
- ½ cup skim milk
- ¼ tsp. pepper
- 2 whole-wheat English muffins, split and toasted
- ¼ cup shredded fat-free cheddar cheese

Spray skillet, warm over medium heat. Add broccoli and water. Cook until broccoli is limp (4-5 minutes). Set aside. Whisk egg whites, milk and pepper. Cook over med-hi heat until firm. Add broccoli and cheese. Divide egg mixture between the muffin halves.

Nutrition Information Per serving: 139 cal, 1g fat, 1.9mg chol, 18g carbs, 15.3g protein, 338 sodium

ERVINGS: 4



1. **Myth.** Physical activity is key, but you don't have to carve out a solid hour daily to do it. Get at least 30 minutes of moderate activity (like gardening, walking, yoga, or a leisurely bike ride) at least 5 days a week. Or you can do at least 25 minutes of harder activity (like running, swimming, or basketball) 3 days a week. You can break it up into 10 or 15 minutes here and there, if that works better for you.
2. **Myth.** During a heart attack, the heart is almost always still beating but the blood supply to it is blocked. As a result, it doesn't get enough oxygen, which can injure the heart. When your heart suddenly stops beating, it's called "cardiac arrest."
3. **Fact.** It lowers your "bad" cholesterol and may help prevent heart disease. Fiber comes from plants: whole grains, fruits, vegetables, and beans. It's usually best to get it from foods, which have many other great nutrients, instead of from supplements.
4. **Fact.** Although the most common sign of a heart attack is chest pain or discomfort, it's not always one of the symptoms. You might have shortness of breath, nausea, sweating, or feel lightheaded. Sometimes women especially could have pain or discomfort in other parts of the body, like the back or jaw.
5. **Myth.** Many things affect your cholesterol level. Your genes matter. But

you still have a lot of control, especially with your food choices. Limit items with too much cholesterol or saturated fats, and avoid trans fats completely. To do that, cut back on fatty meats, full-fat dairy products, and deep-fried and processed foods.

6. **Fact.** Too much salt is linked to high blood pressure, as well as heart disease and stroke. Remember, a lot of sodium comes from processed foods and restaurant fare. Read labels to see how much sodium is in a serving.
7. **Fact.** The American Heart Association recommends a daily low-dose aspirin for people who are at high risk of a heart attack or who have already had a heart attack or stroke. But first, ask your doctor about the pros and cons. Aspirin helps prevent blood clots, which can lead to heart attack, but it can also cause stomach ulcers and bleeding inside your body.
8. **Myth.** Fat-free was once a big food trend, but now the main thing is to favor fats that are better for your heart (like canola or olive oils) over those that clog your arteries. And foods that are labeled "fat-free" can still have lots of salt or sugar. Too much of those are bad for your heart. Make smart choices, go for a variety of foods, and keep fat in moderation.
9. **Myth.** Many studies link red wine to better heart health. But if you are a teetotaler, experts don't recommend that you start drinking. Alcohol does have health risks,

especially if you have more than a "moderate" amount (one drink a day for women, two for men). Your doctor can help you figure out what's OK.

10. **Myth.** Do eat fish, but you don't have to go overboard. Many experts recommend eating naturally fatty fish -- like sardines, salmon, and mackerel -- at least twice a week. Fish is a great source of heart-healthy omega-3 fatty acids, and it's not loaded with saturated fat. If you don't like fish, there are plant sources of omega-3s (though not the same kind as in fish), fortified foods, and supplements.
11. **Myth.** Sitting on your couch may be the worst thing you can do for your heart. According to a CDC report, 40% of Americans are at risk for heart disease because they're inactive. Close behind, 34% are at risk due to obesity. The other most important risk factors are uncontrolled high blood pressure, high cholesterol, and smoking.
12. **Fact.** Heart disease is the No. 1 killer of women in the United States, killing more women than all forms of cancer combined. One in three women die of heart disease, while one in 31 die of breast cancer.



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Call me anytime for questions

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