

February
2004

CARDIOVASCULAR DISEASE

BY GUS HOFFMAN, MD MBA

February is National Heart month and therefore it is appropriate that we again look at the statistics relating to this common problem, and it is common. The American Heart Association gives the following statistics:

Deaths from Cardiovascular disease	931,108
Deaths from Coronary disease	502,189
New heart attacks per year	565,000
Expected heart attacks (2004)	700,000
New strokes	700,000
One in five people have hypertension	
Deaths from smoking	442,398
Cost of smoking to the public	\$157 billion
People overweight	130 million
Overweight youth 6-11 years	3.8 million
Overweight adolescents	5 million

Striking? You bet. Of greatest concern is that 56% of these conditions are related to life style - eating, lack of exercise, weight control, smoking. Of additional concern is that many of us carry our year's supply of food with us. A previous Wellness article last fall related being overweight to the increase in type 2 Diabetes in the world, let alone an increasing incidence of heart attacks.

Of course, coronary disease and strokes are not just related to over eating. They can be associated with certain diseases, ie diabetes. They are related to genetics, to the types of foods we eat, to the amount of exercise, to the levels of triglycerides and high density lipoproteins (HDL), and to some extent to the type of personality and our approach to the stresses in life. There is some evidence they can be initiated by infection in the lining of the coronary vessels. Most certainly if you come from a family of long lived, your chances are improved for living a long life. If family members developed coronary disease or died from coronary disease early in life, your chances are increased for the same fate. In particular it is of concern if males under 50 years died or had heart attacks and women before 60 years. If you are the so called type A personality, you are increasing your risk. If your only exercise is to change the TV changer periodically, you increase your risk.

But coronary disease (or strokes) are not due to just one cause. They are a composite of events and therefore to protect oneself you need to be concerned with your diet and your exercise and your reaction to events and your weight. Live a healthy life and enjoy the blessings of this earth. Eat a nourishing diet with fruits, vegetables and low fat foods. Eating fish loaded with omega 3 fatty acids is beneficial. Be more relaxed about what happens in life. Most of the time there is nothing you can do about it anyway. (They say that worrying works because what you worry about never happens.) Have a good family life with good relationships. Be content. Take care of yourself and you will have done your best in spite of your genetics. And, if all else fails or if you don't want to change, then repent and you will at least have prepared for what is to come.



UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT
www.byu.edu/wellness OR CALL 8-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

1 WINTER SEMESTER CHOLESTEROL AND GLUCOSE SCREENING

FEBRUARY 9-11, 7:30 - 10:30 A.M. DAILY
 3223 WSC (M, T), AND 3220 (W)

Stay on top of these important health numbers by signing up for this valuable screening. **New** this year-**blood glucose test** included! By appointment only, appointments made online or by phone. Twelve hour fast required (but you may drink water). Screening **FREE*** of charge to employees and dependants covered through BYU insurance (*\$10.00 charge for all others interested in the screening).

2 STRETCH! FLEXIBILITY WELL & WISE SEMINAR

TUESDAY, FEBRUARY 10, 12-1 P.M.
 241 SFH

Come enjoy a practical, hands on session to learn how to improve your fitness and flexibility through this first-ever Wellness flexibility seminar. Learn new stretches to start up a stretching routine or to add to a current one, correct techniques, and more about why stretching is so important. Participants are invited to come wearing comfortable clothing they can move around easily in. Registration required, register online or by phone.



3 BLOOD PRESSURE SCREENING

THURSDAY, FEBRUARY 19, 10:00 A.M. - 12:00 P.M.
 MTC C118 1M

Stay on top of your important health numbers by dropping on by this FREE screening. No appointment necessary. Sponsored by the BYU Nursing Program.

4 "FOR YOUR HEART'S SAKE!": 3K INDOOR/OUTDOOR FUN WALK

FRIDAY, FEBRUARY 20, 11:45 A.M. - 12:45 P.M.
 REGISTRATION: FIRST HALF HOUR (11:45 - 12:15) IN THE SFH INDOOR TRACK

Come join the Wellness Program for another great fun walk. Enjoy great exercise, healthy snacks, and to enter to win great prizes. Learn as you walk more about how to keep your heart healthy and symptoms of some of the major heart diseases and receive a Wellness t-shirt upon completion of the walk. Participants will have the option of taking either the indoor or outdoor 3k route. Register for this even during the first half-hour (11:45 a.m. - 12:15 p.m.) at in the indoor SFH track.

5 "ON YOUR MARKS, GET SET...": RUNNING WELL & WISE SEMINAR

MONDAY, FEBRUARY 23 AND WEDNESDAY, FEBRUARY 25, 12-1 P.M. BOTH DAYS
 3380 WSC (MONDAY), 121 SFH (WEDNESDAY)

Join us at this event to pick up a new running hobby or to improve a current one! This fabulous **NEW** class will be in two parts - the first day will address developing training programs and important aspects involved in developing a running routine and the second day will address running mechanics and include a hands-on demonstration. Participants are invited to attend either or both sessions. Registration required, register online or by phone.



CHEF'S CORNER

BAKED BLACKBERRY CHEESECAKE (SERVES 5)

3/4 c cottage cheese	1 egg
2/3 c plain low fat yogurt	1 egg white
1 T whole-wheat flour	finely grated rind and juice of 1/2 lemon
2 T golden caster or white sugar	2 c blackberries (or raspberries, drained)

Preheat oven to 350 degrees F. Lightly grease and line base of 7in cake pan. Whizz cottage cheese in food processor or blender until smooth, or rub it through a strainer. Add yogurt, flour, egg and egg white, and mix. Add lemon rind and juice, and blackberries, reserving a few for decoration. Tip the mixture into the prepared pan and bake it for about 30-35 minutes, or until just set. Turn off the oven and leave for 30 minutes. Run a knife around edge of the cheesecake, then turn it out. Remove the lining paper and place the cheecake on a warm serving plate. Decorate with reserved blackberries and serve it warm.

Calories per serving: 120

Fat per serving: 1.67 g

DID YOU KNOW?

You can almost always find a healthier version of your favorite dishes. This cheesecake is made with low fat yogurt, cottage cheese, and whole-wheat flour--most cheesecakes call for cream cheese for which you can substitute in low-fat cream cheese. Lower fat does not always have to mean less taste!