

SPECIAL POINTS OF INTEREST:

- What is a Stroke?
- Tips to Quit Smoking
- Oven Fried Chicken

INSIDE THIS ISSUE:

- Front Story 1
- Tip of the Month 1
- Recipe 2
- Quote of the Month 2
- Bible Verse of the Month 2
- Did you Know? 2
- Our Information 3

What is a Stroke?

Each year, according to the American Heart Association, roughly 795,000 people have a stroke (1). About 200,000 of those are recurring strokes (1). Strokes account for 1 out of every 18 deaths in the United States (1). Because of this, it is important to understand what a stroke is, what the symptoms are, and how to prevent one. A stroke is a "brain attack" in simple terms. It is defined as a lack of blood flow to the brain which causes death of brain cells. There has been controversy over the years as to the definition of a stroke versus a transient ischemic attack or a TIA. A stroke is diagnosed if symptoms last longer than 24 hours or if an acute stroke is detected on brain imaging. In many cases, if the symptoms resolve in a short period of time and there is no sign of stroke on brain imaging, a TIA is

diagnosed. (2). There are two major types of strokes, ischemic and hemorrhagic. An ischemic stroke is when a blood clot or



plaque blocks an artery that is supplying blood to the brain. A hemorrhagic stroke is when a blood vessel in the brain starts bleeding. There are several different reasons that either of these may happen. For now we will stick with the main risk

factors for a stroke. Risk factors that you can control include not exercising, being overweight, smoking, drinking excess alcohol, and not taking medications properly (such as blood pressure medications and blood thinners). Risk factors that can be treated by your medical provider include high blood pressure, atrial fibrillation, diabetes, high cholesterol, and blockages in the arteries. It is just as important to know what the signs and symptoms are of a stroke as it is to prevent one. Time is crucial when someone is having a stroke. There is a good acronym the American Stroke Association recommends to remember for stroke symptoms and it is FAST. F stands for facial droop (Ask the person to smile). A stands for arms drifting (Have the person hold their arms out in front of them and if one drifts down that is abnormal). S stands for slurred speech. T stands for time and the need to call 911 early. There can be other symptoms as well including a sudden headache, sudden confusion, sudden dizziness or inability to walk, sudden blurred vision, and sudden weakness on one side of the body. It is important to get the person having stroke symptoms to the nearest hospital. If there is a blood clot, a drug called a thrombolytic or clot buster can be given if it is within 3 hours of the onset of symptoms. The sooner treatment begins, the less long term effects from the stroke such as paralysis, inability to speak or eat, or even death. (3).

Tip of the Month

Have you been trying to quit smoking? You are not alone. Here is a method to get you started. The first step is making a game plan tailored to your needs. The plan uses the acronym START.

S-set a quite date

T-Tell family, friends, coworkers

A-Anticipate the challenges you may face and write those down

R-Remove cigarettes from home, work, car etc.

T-Talk to you MD about getting help

The good news is the cravings only last 1-2 weeks at the longest. Drinking lots of water may help the cravings pass faster. Keeping a log or diary of your cravings will let you see your problem areas or triggers that you may want to avoid in the future. Other tips include starting an exercise program, keeping your hands busy, chewing gum, eating a mint, reading a book, or listening to music. (4).

Recipe of the Month: Oven Fried Chicken



Recipe from "Breaking the Salt Habit" by Erik Williams. Purchase a copy at our website www.myhearthelp.com then click on store! Only \$10.00

Ingredients:

1 whole chicken 3-4 lb cut into pieces-skin removed
 1½c light mayo
 1¼c skim milk
 2c plain panko bread crumbs
 1⅓c fresh parsley
 3Tb extra virgin olive oil
 1 ½ tsp garlic powder
 1 tsp paprika
 ½ tsp onion powder
 ½ tsp black pepper

¼ tsp cayenne pepper

Directions:

1. Place chicken in lg plastic storage bag
2. Whisk mayo and milk together and pour in bag with chicken (this can sit for few hours before baking)
3. In another bowl combine rest of ingredients
4. Take chicken pieces out of bag and dip into bread crumb mixture
5. Place in greased baking dish
6. Bake uncovered for 45-55 minutes until no longer pink
7. Breast should reach internal temp of 165 F and thighs\drumsticks 180 F

Health Information

Serving size 1 breast or 1g quarter
 Servings 4
 Calories 495
 Total fat 23g
 Sat fat 4g
 Cholesterol 120mg
 Sodium 195mg
 Total fiber 7g
 Protein 42g
 Carbohydrates 29g
 Potassium 545mg
 Sugar 3g

Quote of the Month: "Take care of your body. It's the only place you have to live" Jim Rohn.

Bible Verse of the Month: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your mind with Christ Jesus" Philippians 4:6-7

Did you Know?

Eliquis is a new blood thinner that the FDA approved in December for the prevention of blood clots and strokes related to non valvular atrial fibrillation. Its indication is similar to Pradaxa and Xarelto. It is not indicated for people that have a mechanical heart valve. This is an oral medication that is another option instead of Coumadin or Warfarin that does not require frequent

monitoring. It has been studied in over 11,000 patients from 12-24 months. Based on the studies' current released information, Eliquis was superior to Coumadin in preventing strokes and systemic blood clots. Eliquis had less overall bleeding, including brain bleeding and stomach bleeding. Having less stomach bleeding is an exciting quality of this drug because that is a department where Pradaxa and Xarelto are lacking.

Eliquis is taken twice daily-12 hours apart. Two doses are available, 5mg or 2.5mg. This is a decision your medical provider will make as to the appropriate dose based on your risk factors. It does come with a black box warning in regards to stopping the drug. The warning is that there is an increased risk of stroke if the drug is abruptly stopped and coverage with another blood thinner such as Heparin or Lovenox may be needed. (5).

Eliquis[®]
 (apixaban) tablets

Approved
 December
 2012