

SPECIAL POINTS OF INTEREST:

- **The Mediterranean Diet**
- **Aspirin Tips**
- **Mediterranean Salmon**

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The Mediterranean Diet

What is the Mediterranean Diet? According to the recently published article in the New England Journal of Medicine, this diet is rich in “olive oil, fruits, nuts, vegetables, and cereals.”

It also includes a moderate amount fish and poultry but a low intake of dairy products, red meat, and processed meat. In this study, individuals were split into two groups. One in the Mediterranean diet group and one in a low fat diet group. These individuals were followed for around 4.8 years and over 7,000 people were in the study. The participants had risk factors for heart disease such as diabetes, high



cholesterol, smoking, high blood pressure, obesity, and family history of heart disease. Surprisingly, there were more

people who stopped the low fat diet than stopped the Mediterranean diet. This suggests following this diet or lifestyle change can be achievable over a long period of time. So what were the results over almost five years?

The results showed a significant reduction in cardiac events in people who at the Mediterranean Diet. The main benefit was seen in decreasing the risk of stroke. However, there was a reduction in heart attacks and total cardiac events. The main benefits were seen with increasing olive oil, nuts, fish, and vegetables in the diet. This is not the first time this diet has been studied and given these

findings will probably not be the last. The take home message is that a low fat diet may not be enough. Increasing olive oil, fish, nuts, and vegetables in this diet seem to be key, at least in a high risk population. Time and further studies will tell if these dietary changes will benefit the general population. At this point though, with heart disease being the number one killer in America, what could it hurt right? (1,2).

Tip of the Month

Many of you are probably on a daily aspirin. If a daily aspirin has been recommended to you here are some tips to remember.

-Do not take more aspirin than prescribed unless you think you are having a heart attack

-If you think you are having a heart attack, it is okay to chew an extra aspirin while you are calling 911

-Notify your MD or healthcare provider if you have any signs of bleeding or have a persistent upset stomach

-Take you aspirin at the same time every day

-More heart attacks occur in the early morning hours and some believe taking your aspirin at night may be more effective. However more people forget their nighttime medicine and if you are one of these it will be best to take it in the morning so you do not miss it.

-Drugs like Ibuprofen interact with aspirin and should be taken at least 30 minutes or more after the aspirin,



Mediterranean Grilled Salmon



Recipe from Mayo Clinic at <http://www.mayoclinic.com/health/healthy-recipes/NU00509>.
Serve with grilled veggies on the side!

Heart Disease is the number one killer



Ingredients:

4 Tb chopped Basil
1 Tb chopped parsley
1 Tb minced garlic
2 Tb lemon juice
4 Salmon fillets, 5 ounces each
4 green olives chopped
4 thin slices lemon
Cracked pepper to taste

Directions:

1. Prepare a charcoal grill or heat a gas grill or broiler
2. Lightly coat cooking rack with cooking spray
3. In a bowl, combine basil, garlic, parsley, and lemon juice
4. Spray fish with cooking spray and top with pepper
5. Top each fish with the basil mixture and lay on the grill herb side down
6. Grill over high heat until edges turn white
7. Move to a cooler part of the grill, turn over, and lay on aluminum foil

8. Grill until fish is opaque throughout and 145 F
9. Garnish with olives and lemon slices

Health Information

Serving size 1 fillet
Servings 4
Calories 183
Total fat 9g
Sat fat 1.5g
Cholesterol 78mg
Sodium 105mg
Total fiber trace
Protein 28g
Carbohydrates 2g

Quote of the Month: “A man who wants something will find a way; A man who doesn’t will find an excuse” Stephen Dolley, Jr.

Bible Verse of the Month: “A man’s stomach shall be satisfied from the fruit of his mouth; *From* the produce of his lips he shall be filled” Proverbs 18:20.

Did you Know?

Did you know the number one killer of Americans is heart disease? (4). It is responsible for about 1 out of every 4 deaths in the United States. More than 700,000 people suffer heart attacks each year and over 600,000 people die from heart disease each year (4). Cancer falls in at number 2 on the list(3). So what can be done to decrease this number?

First step is to get routine physicals each year to assess for risk factors for heart disease. These risk factors (that we can change) include high cholesterol, diabetes, high blood pressure, weight, and smoking. While the weight and smoking are usually noted by the individual, the other disease processes may have no signs or symptoms. Routine lab testing and blood pressure

measurements help to detect these processes. Other risk factors include age, family history of heart disease, and male sex. However we cannot change these but still good to be aware of. If you have been prescribed medications, take them regularly. Once cleared by a medical professional, exercise regularly outside of work to help keep your heart healthy. Not smoking and controlling your weight are very beneficial steps as well!



www.myhearhelp.com

P.O.Box 1332

Newburgh, IN 47629

Phone: 812-490-7664

E-mail: kacy@myhearhelp.com

**Keeping you and your
medicines in rhythm**

Hi, my name is Kacy Jones and I am a cardiology nurse practitioner. I founded HeartHelp with my patients in mind. Despite online medical records, there is still no notification system between providers when a patient's medication is changed. Therefore most healthcare providers do not know a medication was changed unless the patient calls them or until the patient's next office visit. That visit may be six months away. I did not think this was good enough. HeartHelp will notify all of your providers via fax within 24 hours of your medication being changed. This will keep people safer and everyone informed. Another benefit is that you, the patient, or your caregiver always has access to your drug list and drug history online from any computer or phone where there is internet. Visit the website to join now for less than 5 dollars a month.