

SPECIAL POINTS OF INTEREST:

- **Stroke Prevention**
- **Thanksgiving**
- **Chicken Pot Pie**
- **Cholesterol Tips**



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How can Strokes be Prevented ?

Strokes are one of the most devastating health problems that occur. They are devastating for both the patient and the family. They are the 4th leading cause of death in the United States but yet there are over 7 million stroke survivors in the United States. While many people know and understand what a heart attack is, strokes seem to be less understood. A stroke is a “brain attack” and can happen at anytime. The important take away is that 80 percent of strokes can be prevented. This article will briefly touch on some ways that strokes can be prevented. Physical activity can reduce stroke risk. Healthy individuals should exercise with moderate to vigorous intensity a minimum of 40 minutes a day, 3-4 days a week. If you are not healthy, get clearance from your healthcare



provider before starting an exercise program. A low sodium diet and high potassium diet has been shown to lower blood pressure. A diet rich in fruits and vegetables may also lower the risk of stroke. If you have kidney disease, ask your doctor to make sure you are not on a potassium restricted diet. Routine blood pressure screenings can help determine if individuals have high blood pressure. Once a diagnosis is made, certain lifestyle changes and or treatment with medication may be needed.

Maintaining a healthy weight also reduces the risk of stroke. Overweight is defined as a BMI (body mass index) of 25-29. Obese is defined as a BMI greater than 30. In people who are at higher risk for stroke, taking a drug called a statin can reduce the risk of stroke. Popular statin drugs include Zocor (simvastatin), Crestor (rosuvastatin), Lipitor (atorvastatin), Pravachol (pravastatin), and Mevacor (lovastatin) to name a few. Talk to your healthcare provider about your risk for stroke and if you would benefit from taking a statin drug or not. As far as smoking goes, there is overwhelming evidence that smoking increases the risk of stroke. It only makes sense to quit smoking. There are some medications that can be prescribed to help you quit smoking. There are over the counter nicotine replacement options and counseling is available in most areas. If counseling is not available in your area or you do not have time to go, there is a toll free phone number, 1-800-QUITNOW, you can call for free counseling and tips. (1, 2, 3).

Tip of the Month

Tips for a Healthy Thanksgiving

1. Use healthy substitutes when cooking.
 - Instead of butter, use equal parts cinnamon no sugar added applesauce.
 - Instead of whole or heavy cream, use low fat or skim milk.
 - Instead of chocolate chips or candies, use dried fruits like cherries.
2. Eat salad and vegetables first so you don't fill up on rolls and desserts.
3. Go for a walk after that Thanksgiving meal. Staying physically active during the holidays helps with stress and with avoiding weight gain.
4. Keep stress to a minimum by planning ahead, focusing on one thing at a time, and taking time to relax!
5. Get enough sleep...that means at least 6-8 hours. (4).



Chicken Pot Pie (Nutritional Information on next page)



Recipe From "Breaking the Salt Habit" by Erik Williams.

Ingredients:

2 Tb Canola Oil
 4 Cups Frozen Mixed Vegetables
 3 Tb Unsalted Butter
 1 Cup Onion, chopped
 1 Cup Celery, chopped
 2 Garlic Cloves, minced
 1.5 Cups 50% less sodium chicken broth
 1\2 Cup Skim Milk
 3 Tb Flour
 1\2 tsp Sage
 1\4 tsp Thyme
 1\2 tsp Garlic Powder
 1 Tb Dried Parsley Flakes
 1\2 tsp Black Pepper
 2 Cups Chicken, cooked and shredded

Ingredients Cont...

Crust:

1 Cup All-Purpose Flour
 1\3 Cup Skim Milk
 2 Tsp Baking Powder
 1\4 Cup Unsalted Butter, chilled

Directions:

1. Make crust ahead of time by combing crust ingredients, wrap tightly in plastic wrap, and then place in refrigerator for at least one hour before baking.
2. Toss mixed vegetables in canola oil and place on baking sheet.
3. Place in oven and roast for 10-15 minutes.

Directions Cont...

1. In a large skillet, melt butter and add celery, onion, and garlic. Cook 5-6 minutes or until tender.
2. In a small saucepan, heat chicken broth and milk.
3. When onion mixture is tender, mix in flour, sage, thyme, garlic powder, parsley, and black pepper. Add broth and milk mixture and heat and stir until sauce thickens.
4. Add cooked chicken and vegetables to skillet and mix well.
5. Place filling in 2.5 qt. casserole dish.
6. Roll crust and place on top of filling.
7. Bake at 350 F and cook for 30-35 minutes.

Quote of the Month: "What you do today can improve all of your tomorrows" Ralph Marston.

Bible Verse of the Month:

"A joyful heart is good medicine, but a crushed spirit dries up the bones" Proverbs 17:22.

Did you Know?



Did you Know that eating a heart healthy diet can lower your cholesterol. Some individuals may need medications based on certain disease processes, but eating a heart healthy diet can help keep your cholesterol levels healthy. The American Heart Association recommends a diet that has a reduced saturated fat content and limits red meat. When choosing meats, select lean cuts of meat that have little or no visible fat. Trim any fat that may be visible. Select lean or extra lean when buying ground beef. When buying pork, choose a tenderloin or a loin chop. Broiling these meats instead of pan frying them allows for the fat to drain off into a pan during cooking. When eating chicken or turkey, remove the skin before cooking or eating to decrease the fat content. Avoid processed meats such as bologna, sausage, salami, and hot dogs.

These processed meats tend to be high in calories, saturated fat, and sodium. Fish are a good addition because they are generally low in saturated fats. Salmon, trout, and herring are high in omega-3 fatty acids which are heart healthy. Shrimp and crawfish have a higher cholesterol content than most other seafood but still have a lower saturated fat content than most other meats or poultry. Having a meatless meal a night or two of the week will also help to lower the cholesterol content in your diet. Have this meal filled with vegetables and beans for protein. When cooking soups, stews, gravies, and broths, allowing the food to cool will usually bring the fat content to the top. Then the fat can be removed before eating. Use oils such as olive, sunflower, canola, or soybean in place of butter, lard, or shortening. Hope this helps! (5).

Chicken Pot Pie

Nutritional Information:

Serving Size 1 cup

Calories 360

Total Fat 15g

Saturated Fat 7g

Cholesterol 62mg

Potassium 418mg

Carbohydrates 36g

Protein 20g

Fiber 4g

Sugar 6g

Sodium 174mg

Stroke Prevention Cont.....

Next is preventing strokes that are caused by atrial fibrillation. There are certain risk factors that can be looked at to decide which type and strength of blood thinner should be used. Risk factors for strokes in people with atrial fibrillation include age greater than 65, female sex, high blood pressure, diabetes, previous stroke or mini stroke, heart failure, and or blockages in the arteries. Based on your health history, your health care provider can decide which blood thinner is best for you. In some individuals aspirin or aspirin and plavix may be enough. However, for many people, a stronger blood thinner such as Coumadin (warfarin), Pradaxa, Xarelto, or Eliquis is needed.

Carotid stenosis is a blockage in the carotid artery in the neck . If the blockage is significant enough, a procedure may need to be done to fix the blockage. However, if it is not causing any symptoms and is not severe enough to fix, an aspirin and a statin medication can help prevent a stroke from this problem. Carotid stenosis can sometimes be heard by your healthcare provider with a stethoscope. An ultrasound on the neck where the carotid artery is can confirm whether or not there is blockage.

Prevention of strokes is possible. It is not easy and takes effort by both the patient and the healthcare provider. Can you imagine a world with less strokes though? It would be great. (1).