



# Wellness Newsletter

Augusta Technical College

## FAQ: About Cholesterol

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**Question:** Should I be concerned about my child's blood cholesterol?

**Answer:** Yes. Everyone older than age 2 should care about cholesterol to reduce the risk of developing heart disease as an adult. Children as well as adults can improve the health of their hearts by following a low-saturated-fat and low-cholesterol diet, avoiding obesity, and being physically active. Only children from families in which the father or grandfather has had heart disease at the age of 55 or younger, or the mother or grandmother has had heart disease at the age of 65 or younger, or in which a parent has high blood cholesterol (240 mg/dL or higher), should have their cholesterol levels tested. If a child from such a "high-risk" family has a high cholesterol level, it should be lowered under medical supervision, primarily through dietary changes and increased physical activity.

**Question:** How useful is it to know my cholesterol ratio?

**Answer:** Although the cholesterol ratio can be a useful predictor of heart disease risk, especially in the elderly, it is more important for treatment purposes to know the value for each level separately because both LDL- and HDL-cholesterol separately affect your risk of heart disease and the levels of both may need to be improved by treatment. The ratio is useful if it helps you and your doctor keep the entire picture of your LDL and HDL levels in mind, but it should not take the place of knowing your separate LDL and HDL levels.

**Question:** What is a heart-healthy diet?

**Answer:** A heart-healthy diet emphasizes foods low in saturated fat, total fat, and cholesterol to help lower blood cholesterol. This is the recommended eating pattern for Americans older than 2:

- 8-10 percent of calories from saturated fat;
- An average of 30 percent of calories or less from total fat; and less than 300 mg a day of dietary cholesterol.

Saturated fat increases blood cholesterol more than anything else you eat, so choose foods

low in saturated fat to reduce blood cholesterol. If you are overweight, losing weight is important for lowering blood cholesterol. Being physically active also helps improve blood cholesterol levels because it can raise HDL ("good") cholesterol and lower LDL ("bad") cholesterol, as well as help you lose weight, lower your blood pressure, and improve the fitness of your heart and blood vessels.

**Question:** Is margarine better than butter in a cholesterol-lowering eating pattern?

**Answer:** Yes. Butter is high in saturated fat, which raises blood cholesterol more than anything else you eat. Most margarines are made from vegetable oils that are hardened through a process called "hydrogenation." Hydrogenation forms a type of unsaturated fat called "trans" fat that appears to raise blood cholesterol more than other unsaturated fats but not as much as saturated fats. There are now margarines available that contain no "trans" fats. You can also read food labels and choose margarines that contain liquid vegetable oil as the first ingredient (rather than hydrogenated or partially hydrogenated oil) and the least amount of saturated fat.

**Question:** My last cholesterol level was within my goal. Does that mean I do not have to worry about my cholesterol any more?

**Answer:** High cholesterol and heart disease are not cured but are only controlled by diet and drug therapy. Stopping your treatment quickly returns your cholesterol to the level that existed before therapy was started.

**Question:** How does smoking affect my cholesterol?

**Answer:** Smoking has several harmful effects on cholesterol. Smoking reduces HDL ("good") cholesterol and in all likelihood changes LDL ("bad") cholesterol to a form that promotes the buildup of deposits in the walls of the coronary arteries. In addition, smoking has harmful effects on the heart and blood vessels. In these ways, smoking substantially raises the risk for coronary heart disease if you are healthy and multiplies that risk many more times if you have other risk factors

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### National Health Observances

- *Childhood Cancer*
- *Healthy Aging*
- *Leukemia & Lymphoma Awareness*
- *National Alcohol & Drug Addiction Recovery*
- *National Cholesterol Education*
- *Ovarian Cancer Awareness*
- *Prostate Cancer Awareness*
- *National Suicide Prevention (9th-15th)*
- *Reye's Syndrome Awareness*

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## September Is Healthy Aging® Month

Healthy Aging Month is designed to help you discover ways to make the most of the positive aspects of aging. It also provides information and inspiration for adults, age 50+, to improve their physical, mental, social, and financial fitness. The main idea is *"it is never too late to improve the **physical, mental, social, and financial** quality of life."*

### Physical

Try to get 30 minutes of exercise every day. Regular exercise is even more important for seniors than other age groups. The risk of disease and lost mobility is greater and the positive effects are realized more quickly. Look for ways every day to exercise in work and play. Try parking your car a few aisles away from the store or your office entrance and walk briskly - it's an easy way to add more physical activity to your day!

*Choose an exercise you like and stick with it. Use the buddy system. Have a friend meet you. It's harder to say no when you exercise with a friend. Walk, swim, climb,*

*bicycle, dance, fish! (Always talk with your doctor before increasing your level of physical activity.)*

### Mental

Exercise your mind by reading, learning a new skill, or researching something that interests you. Find a hobby or learn how to play a musical instrument. The greatest enemy to the healthy senior mind is depression. If you truly are depressed, don't bear it alone. New activities, hobbies, and exercise are great anti-depressants.

### Social

Give time locally through volunteer groups, religious organizations, or civic groups. Stay in close contact with friends and family. Write, e-mail, or call someone every day.

### Financial

Physical and mental fitness are important to healthy aging. So is financial well-being.

Many who are retiring at age 60 or 65 may have another 20 or 30 years to live. And, they may be living on a fixed income. It's very important to take a hard look at your finances and goals. Save at least 10% of your income. Invest in savings plans that compound interest. Set financial goals. Stick to a planned budget, or sign up for a retirement plan.

<http://www.preferredcare.org/>

For more information on Healthy Aging Tips:

<http://www.healthyaging.net/>



## Cholesterol continued from page 1...

such as high blood cholesterol.

All in all, smoking is the leading preventable cause of death.

**Question:** How can I raise my HDL ("good") cholesterol?

**Answer:**

- Quit smoking. The more you smoke, the lower your HDL cholesterol is likely to be.
- Lose weight if you're overweight. Being overweight is often associated with low HDL levels.
- Increase physical activity. This has a slow but steady elevating effect on HDL, which tends to rise in direct proportion to the amount of physical activity per week.

**Question:** Is lowering my cholesterol safe?

**Answer:** Yes. Cholesterol lowering itself is safe, as is the diet used to lower cholesterol. Like all medications, drugs used to lower cholesterol can have side effects, but when used by people who have a high risk of developing coronary heart disease (CHD), the benefits outweigh the risks. Four recent studies, three in patients who already had CHD and one in people free of CHD, showed that, over a period of 5 years, large reductions in total and LDL ("bad") cholesterol substantially reduced the chances of having a heart attack or dying from heart disease, reduced overall death rates, and produced no increase in any noncardiovascular causes of death, such as cancer, suicide, homicide, or accidents. These results have been confirmed by a combined analysis of 16

recent studies.

**Question:** I'm young and healthy. Do I need to have my cholesterol checked?

**Answer:** Yes. Young adults 20 years of age and older should have their cholesterol measured. Studies have shown that the buildup of plaque in the arteries that supply the heart begins in late adolescence and early adulthood, and a cholesterol level measured at about age 20 predicts the risk of a heart attack over the following 30 to 40 years. Waiting until midlife to measure and lower cholesterol reduces the benefit that can be obtained. Checking your cholesterol and discussing it with your doctor can help you make lifestyle changes-eating right, being physically active, and controlling weight-to maintain good health now and prevent heart disease later in life.

**Question:** Do I need to worry about lowering my blood cholesterol now that I'm over 65?

**Answer:** Yes. Older Americans have the Nation's highest rate of coronary heart disease (CHD) and can benefit greatly from lowering elevated cholesterol. Cholesterol lowering also has been shown to reduce the risk of strokes. For seniors who do not have heart disease, cholesterol lowering will reduce their high risk of developing CHD. Older Americans should have their cholesterol numbers (total cholesterol, LDL, HDL, and triglycerides) measured once every 5 years. Older Americans should keep their cholesterol low by following an eating pattern lower in saturated fat, total fat, and cholesterol, being physically active, and maintaining a healthy weight.

<http://nhlbisupport.com/>

## Ovarian Cancer Awareness Month

Ovarian cancer is one of the deadliest cancers affecting American women today. This year alone, 14,000 women will die from ovarian cancer, and more than 23,000 will be diagnosed with the disease.

- It ranks number 4 in the cause of cancer deaths in women.
- Most of us have a less than 2% lifetime chance of developing ovarian cancer.
- But, every year over 25,000 women are diagnosed with ovarian cancer.

But while ovarian cancer is very treatable when detected early, currently 75 percent of new cases are not diagnosed until the disease is in its late stages of development, when treatment is less effective. With early detection, women have a survival rate of over 90 percent; diagnosis in its later stages, however, dramatically reduces the chances of survival to just 25 percent.

**Early detection is the key:** The reason for such a high death rate is directly related to the absence of early detection. Many women do not realize they should ask for an internal ultrasound or transvaginal ultrasound (TVU) when they feel the possible symptoms of ovarian cancer. In the early stages of ovarian cancer there are few symptoms because of where the cancer is growing. The abdominal cavity is large and allows for much cancer growth before symptoms are felt. Because of this, over 70% of women are diagnosed too late.

The signs and symptoms of ovarian cancer can be vague and many times attributed to other causes. This proves to be a big problem for early detection. Health care professionals do not think the cause of the following symptoms may involve the ovaries, in fact after all other testing is done THEN as a test of last resort a TVU is done to evaluate the ovaries.

**The most common signs and symptoms of ovarian cancer are:**

- Bloating- clothes may no longer fit, this is beyond monthly water retention
- Feeling full after eating a small amount of food
- Fatigue and tiredness- a general feeling of malaise
- Low back pain
- Pelvic or abdominal pain or discomfort
- Vague, but persistent gastrointestinal upsets such as gas, nausea and indigestion
- Frequency and/or urgency of urination without having a urinary tract infection
- Unexplained changes in bowel habits;
- Unexplained weight gain or weight loss, particularly weight gain in the abdominal region
- Pelvic and/or abdominal swelling, bloating, and/or feeling of fullness
- Pain during intercourse
- Abnormal postmenopausal bleeding (this symptom is rare).

Raising awareness of risk factors for ovarian cancer is a crucial weapon in our effort to save lives. While every woman has the potential to develop ovarian cancer, the risk is higher for those who have never given birth; who are over the age of 50; or who have a family history of ovarian, breast, or colon cancer. As with every disease, knowledge is crucial to overcoming ovarian cancer. Talk with your friends, your family, and make sure you know all you can know to make sure you are not at risk for ovarian cancer and if you are you know what to do.

<http://pinksunrise.com/>

## Fudgy Cheesecake With Cherry Sauce

Preheat oven to 325°F.

PAM® for Baking Spray

2 tablespoons chocolate wafer crumbs, (3 wafers)

2 packages (8 ounces each) light cream cheese, softened

$\frac{3}{4}$  cup granulated sugar, + 2 tbsps, divided

$\frac{1}{3}$  cup unsweetened cocoa

1 cup low-fat vanilla yogurt

$\frac{1}{4}$  cup Egg Beaters® Egg Product

$\frac{1}{4}$  cup Egg Beaters® Egg Whites, or 2 egg whites

2 tablespoons all-purpose flour

1 can (16 ounces) canned tart cherries, water-packed, reserved  $\frac{1}{2}$  cup liquid

1 tablespoon cornstarch

<http://www.healthychoice.com/>

1. Coat an 8-inch spring form pan with cooking spray. Sprinkle evenly with crumbs. Set aside.

2. Combine cream cheese,  $\frac{1}{2}$  cup sugar, and the cocoa in medium mixing bowl. Beat at medium speed of electric mixer until creamy. Add yogurt, egg product, egg white and flour. Beat at medium speed until mixture is smooth. Pour into prepared pan. Bake for 40 to 45 minutes, or until set. Cool slightly. Chill at least 2 hours.

3. Combine reserved liquid, remaining 6 tablespoons sugar and the cornstarch in 1-quart saucepan. Cook over medium heat for 2 to 4 minutes, or until mixture is thickened and translucent, stirring constantly. Fold in cherries. Serve sauce warm or chilled with cheesecake.

Tips: Microwave tip: In 4-cup measure, combine reserved liquid, remaining 6 tablespoons sugar and the cornstarch. Microwave at High for 2 to 3 minutes, or until mixture is thickened and translucent, stirring after every minute. Continue as directed.

## Eight Energy Boosters

Adapted from an article by Leslie Van Romer, DC, and Narinder Duggal, MD

It takes a lot of energy to keep going during the day with a high level of focus and effectiveness. From early morning meetings, classes and appointments at the school or office to after-work socials with coworkers or your own appointments, most days are spent running on an endless treadmill. And don't forget about the deadlines and work you need to do in between; oh yes, and your family waiting at home. Slowing down and taking a nap mid-day may not be an option for you, so how can you keep up the tireless pace necessary to be successful? Well, there is one magic ingredient: Energy.

It takes energy to radiate and smile from the inside out and to bounce instead of step. It takes energy to work hard with an uplifting attitude and be an example for the rest of your department and the patients you care for. It takes energy to focus and to stay on purpose for the long-haul with determination and courage. It takes energy to organize and lead effectively.

**What Fuels Energy? Transition these eight energizers into your daily life, and experience the ultimate high:**



**1. Fill up on whole, unrefined fruits and vegetables.** You can say "no" to the doughnuts, goodies and take-out food. Regardless of the hype, unrefined carbohydrates found in whole fruits and vegetables are your most efficient sources of energy. Moreover, raw fruits and vegetables are even better. Want no-fuss, fast food? You can't get faster than fresh fruit—wash, open mouth, bite and chew. A green-leafy vegetable salad or cut-up veggies can quickly be prepared the night before,

ready to zip out the door in the morning. Keep in mind that today's energy comes from the whole, unrefined plant foods that you ate yesterday.

**2. Drink homemade fruit and vegetable juices.** The best nutrition comes from the juice in fruits and vegetables, not the fiber. Yes, we need fiber and get it from all our other whole fruits and vegetables. However, juice separated from the pulp is a quick shot of energy that fuels your system within 15 minutes. Normally, it takes 24 hours for your body to process fruits and vegetables into usable energy. Juice fruits of your choice and vegetables like carrots, celery and apples at home and bring them to work. Just remember that "juicing" is not the same as "blending"—a juicer is needed to separate the juice from the pulp.

**3. Exercise aerobically (pumping the heart and lungs) a minimum of 60 minutes a day.** Exercise forces oxygen, a primary source of energy, into all the cells. Moderate walking is an excellent energizer,



and with a little forethought, it can be incorporated into your day. It goes without saying, park farther away and use the stairs whenever possible, instead of the elevator.

**4. Sleep from 7 to 8.5 hours a night.** The importance of sleep cannot be overstated. Uninterrupted sleep is necessary for the body to heal, restore and re-energize. Minor shifts to your habits and lifestyle will help you get a full night's sleep. Give yourself two hours from the time you last ate to the time you go to bed. Avoid exercising right before you sleep and make sure that your sleep environment is quiet and peaceful. And of course, stimulants, such as coffee, caffeinated teas and soft drinks are not conducive to a good night's sleep.



**5. Avoid or eliminate processed and refined foods.** White sugar and white flour products are some of the foods that deplete energy. They are commonly found in 99 percent of all breads, bagels, baked goodies, pastries, desserts, candy, condiments, snack foods and packaged, as well as canned foods. Read the labels to find out exactly what you are eating.

**6. Avoid foods with added oils, fat and cholesterol.** Dietary fat and cholesterol from animal products and processed oils (yes, even olive oil) clog blood vessels, making the heart beat harder, zapping energy. Blood flow gets sluggish immediately after eating a meal loaded with fat and cholesterol.

**7. Eliminate artificial depressants and stimulants.** Alcohol, whether one glass of wine or several cocktails, is a well-known depressant. Depressants do just that depress energy. Coffee is a drug-like stimulant. It offers a quick pick-me-up, but is followed by the inevitable drop-me-down. With regular use, coffee exhausts the adrenal glands, which are critical for sustained energy. Coffee also makes the bladder, kidneys, liver and other organs work harder, draining energy. Again, a true, healthy energy booster is fresh juice made from fruits and vegetables.

**8. Breathe fresh air. Don't smoke.** Smoking robs your body of oxygen. Less oxygen equals less energy. No energy equals no life. Plus, smoking commonly causes more absenteeism due to more frequent and longer illnesses. The result: compromised productivity.

Do you have to incorporate all eight energy boosters into your life? Of course not. You don't have to do anything. You get to make your own choices, and you get to experience the consequences of those choices. So what will it be? Compromised energy, compromised work and compromised life, or super energy, super productivity, super profits and super success? The decision is yours and this could be one of the most important decisions of your life for life.