

LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

February 2017

STAY AWARE OF YOUR HEALTH FEBRUARY IS AMERICAN HEART MONTH

The goal of American Heart Month is to educate individuals on heart disease and encourage healthful lifestyle changes. Cardiovascular disease is preventable. Please stop by our Wellness Offices at the Cannon Memorial YMCAs or speak with your doctor about how to prevent cardiovascular disease.

What is Cardiovascular Disease?

Heart and blood vessel disease — also called heart disease — includes numerous problems, many of which are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die. Most people survive their first heart attack and return to their normal lives to enjoy many more years of productive activity. But having a heart attack does mean you have to make some changes. The doctor will advise you of medications and lifestyle changes according to how badly the heart was damaged and what degree of heart disease caused the heart attack.



An ischemic stroke (the most common type) happens when a blood vessel that feeds the brain gets blocked, usually from a blood clot. When the blood supply to a part of the brain is shut off, brain cells will die. The result will be the inability to carry out some of the previous functions as before, like walking or talking. A hemorrhagic stroke occurs when a blood vessel within the brain bursts. The most likely cause is uncontrolled hypertension.

Other Types of Cardiovascular Disease

Heart failure: This doesn't mean that the heart stops beating. Heart failure, sometimes called congestive heart failure, means the heart isn't pumping blood as well as it should. The heart keeps working, but the body's need for blood and oxygen isn't being met. Heart failure can get worse if it's not treated. If your loved one has heart failure, it's very important to follow the doctor's orders.

Arrhythmia: This is an abnormal rhythm of the heart. There are various types of arrhythmias. The heart can beat too slow, too fast or irregularly. Bradycardia is when the heart rate is less than 60 beats per minute. Tachycardia is when the heart rate is more than 100 beats per minute. An arrhythmia can affect how well the heart works. The heart may not be able to pump enough blood to meet the body's needs.

Heart valve problems: When heart valves don't open enough to allow the blood to flow through as it should, it's called stenosis. When the heart valves don't close properly and allow blood to leak through, it's called regurgitation. When the valve leaflets bulge or prolapse back into the upper chamber, it's a condition called Mitral Valve Prolapse. When this happens, they may not close properly. This allows blood to flow backward through them.

Source: http://www.heart.org/HEARTORG/Caregiver/Resources/WhatisCardiovascularDisease/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp#.WGVbSNIrKUK

OVEN ROASTED CHILI LIME SALMON WITH AVOCADO SALSA

BE HEART HEALTHY WITH THIS SUPER TASTY MEAL!

Did you know that salmon is packed with Omega-3 fatty acids which are good for your overall heart health? Do your heart a favor and try out this tasty recipe for roasted salmon. Combining the fish with this light and fresh avocado salsa makes this dish a winner!

Ingredients

Chili Lime Salmon

- 1/4 cup fresh lime juice
- 1 tbsp. extra-virgin olive oil
- 1 clove garlic
- 1/3 cup roughly chopped fresh cilantro
- 1/4 tsp. chili powder
- 1½ - 2 pounds fresh salmon fillet, whole or cut into individual portions
- Salt and pepper

Avocado Salsa

- 2 avocados, pitted and diced
- 1½ cups of fresh tomatoes, diced
- 1/4 cup chopped fresh cilantro
- 2 Tbsp. red onion, finely chopped
- 1 small jalapeño, seeded and finely chopped
- Lime juice, to taste
- Salt and pepper

Directions

Chili Lime Salmon

- In a food processor or blender puree lime juice, olive oil, garlic, cilantro, and chili powder until smooth. Season with salt and pepper, to taste.
- Place the salmon in a large sealable plastic bag and pour the marinade over the salmon. Marinate for 30 minutes in the refrigerator.
- Preheat the oven to 425 degrees. Line a baking sheet with parchment paper. Place the salmon fillet onto the prepared baking sheet and bake 12-17 minutes or until easily flaked. Exact cook time will vary on thickness of salmon.
- Top with Avocado Salsa and serve immediately.

Avocado Salsa

- In a medium bowl, combine avocado, tomatoes, cilantro, red onion, and jalapeño. Squeeze desired amount of fresh lime juice and toss to combine.
- Season with salt and pepper, to taste. Cover and refrigerate until ready to serve.

Serves 4. Recipe by <http://www.littlebroken.com/2016/04/22/oven-roasted-chili-lime-salmon-with-avocado-salsa/>



FEBRUARY WELLNESS EVENTS

ALL EVENTS ARE HELD IN THE LOBBY OF EACH CANNON Y BRANCH UNLESS OTHERWISE MARKED

Meet with the Nurse Erin Coggins

February 1, 2017 | 9-11am
Harrisburg Branch

February 13, 2017 | 9-11am
Kannapolis Branch

February 23, 2017 | 9-11am
West Cabarrus Branch

Meet with the Nutritionist Alicia Knetsche

February 9, 2017 | 9-11am
Harrisburg Branch

February 14, 2017 | 9-11am
Kannapolis Branch

February 15, 2017 | 9-11am
West Cabarrus Branch

Cooking Classes Must sign-up at the Front Desk

February 8, 2017 | 10:00am
West Cabarrus Branch

Grocery Store Tour Harris Teeter 12190 University City Blvd. Harrisburg, NC

February 23, 2017 | 10:00am