



February 2018

Heart Disease in Women

February 14th



Heart disease is the leading cause of death for women in the United States, causing 1 in 3 deaths each year. That's approximately one woman every minute! But it doesn't affect all women alike, and the warning signs for women aren't the same in men.

Things to know about heart disease in women:

- ◆ Around the same number of women and men die each year of heart disease.
- ◆ **Only 54%** of women recognize that heart disease is their **number 1 killer**.
- ◆ Ethnicity matters. Deaths from heart disease compared to cancer deaths:
 - African American and white women - heart disease is the **leading cause** of death.
 - Hispanic women - heart disease and cancer cause roughly the same number of deaths.
 - American Indian, Alaska Native, Asian or Pacific Islander women - heart disease is second only to cancer.
- ◆ Almost **two-thirds** (64%) of women who die suddenly of coronary heart disease have no symptoms prior to the heart attack.

Symptoms. While some women have no symptoms, others experience:

- ◆ Angina (dull, heavy to sharp chest pain or discomfort).
- ◆ Pain in the neck, jaw, and/or throat.
- ◆ Pain in the lower chest, upper abdomen or back.
- ◆ Shortness of breath, dizziness, lightheadedness or fainting.
- ◆ Nausea/vomiting.
- ◆ Extreme fatigue.

Symptoms may occur during rest, begin during physical activity, or be triggered by mental/emotional stress.

Women are more likely to describe chest pain that is sharp, burning and more frequently have pain in the neck, jaw, throat, abdomen or back compared to men.

Heart disease may be silent and not diagnosed until a woman experiences signs or symptoms of:

- ◆ **Heart Attack:** See symptoms listed previously
- ◆ **Arrhythmia:** Fluttering feelings in the chest (palpitations) or irregular heartbeats.
- ◆ **Heart Failure:** Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.
- ◆ **Stroke:** Sudden weakness, paralysis or numbness of the face, arms or legs, especially on one side of the body. Confusion, trouble speaking/ understanding speech, trouble seeing out of one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.

Key risk factors for heart disease are high blood pressure, high LDL cholesterol, and smoking.

Other medical conditions and lifestyle choices that increase the risk for heart disease include:

- ◆ Diabetes
- ◆ Poor diet
- ◆ Excessive alcohol use
- ◆ Overweight and obesity
- ◆ Physical inactivity

Reduce your risk of getting heart disease.

- ◆ **Control blood pressure.** Uncontrolled blood pressure can result in heart disease.
- ◆ Get tested for **diabetes**. Uncontrolled diabetes raises your chances of heart disease.
- ◆ **Quit smoking.**
- ◆ Check your **cholesterol and triglycerides**.
- ◆ Make **healthy food** choices. Being overweight and obese raises your risk of heart disease.
- ◆ **Limit alcohol** intake to one drink a day.
- ◆ **Lower your stress level** and find healthy ways to cope with stress.

My heart, my life phone app

This free, smart-phone app helps patients:

- record and manage medicines
- manage their health stats including blood pressure and cholesterol
- learn the heart attack warning signs and what to do
- find healthier recipes



Magnesium may lower your risk of type 2 diabetes

In a recent study people who reported getting the most magnesium from their food and supplements had a 15 percent lower risk of type 2 diabetes than those who reported getting the least.

- Something else about people who eat more magnesium could explain why they have a lower diabetes risks.
- In some studies on people who have metabolic syndrome or prediabetes, magnesium lowered fasting blood glucose or insulin or HbA1c (Hemoglobin A1c is a long-term measure of blood sugar levels.) But not all studies agree and there haven't been enough studies in humans to know for sure.
- How might magnesium help prevent diabetes? It might help beta-cells in the pancreas secrete insulin. It may also make cells more sensitive to insulin so that your muscles and other tissues respond better to it.

Where to get magnesium:

Most magnesium-rich foods - like green leafy vegetables, beans, nuts, and whole grains - are healthy. And you're better off getting your magnesium from whole foods than from supplements because getting more than 350 mg a day from pills may cause diarrhea. You can't get too much magnesium from foods.

What's more, if it's not magnesium but something else in beans, leafy greens, and whole grains that protects your health, you won't get it from a pill.

What to do: These studies aren't proof that magnesium can lower the risk of diabetes, but they're one more reason to eat more magnesium-rich foods.



Dry Fruits and Nuts



Cooked Spinach



Cereals



Black Beans



Avocado

Magnesium rich Quinoa & Spinach with Balsamic Roasted Mushrooms

Ingredients

- 1/4 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 1 pear, peeled, cored and cut into chunks (not too ripe)
- 1 garlic clove, halved
- 2 pounds portobello mushrooms, stemmed and gills scraped out
- 1 cup red quinoa
- 3 cups tightly packed fresh spinach, chopped
- 4 green onions, thinly sliced
- 1/2 cup slivered almonds, toasted
- 1/8 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

Preparation

Preheat oven to 475°F.

1. Make the dressing. Put vinegar, mustard, pear and garlic in a blender with 1/3 cup water and blend until smooth, about 1 minute.
2. Cut mushrooms into chunks and combine in a large mixing bowl with 1/4 cup of the dressing. Spread mushrooms in a single layer on a rimmed baking sheet. Roast until tender, stirring occasionally, 15-25 minutes. Remove from the oven and let cool slightly.
3. While mushrooms roast, prepare quinoa. Bring 2 cups of water (or meat/vegetable stock) to a boil, then whisk in quinoa. Cover pan. Reduce heat to med-low or low and let simmer until fluid has been absorbed.
4. Combine mushrooms, quinoa, spinach, green onions, almonds, salt, pepper and 1/2 cup more dressing in a large, wide serving bowl. Stir to mix well.
5. Serve with remaining dressing on the side.



Fit Tip - Don't "work through" pain



If you feel pain (beyond mild discomfort) when exercising, STOP! People often ignore pain or delay treating it, and thus aggravate the problem so that full recovery can take weeks or months. The surest way to avoid such trouble is to treat any recurring ache or pain right away.