

## Social Media Help!

Get the **Start! Daily Walking Guide**, a FREE social media application that motivates people to get active, eat better and keep their healthy resolutions all year.

Visit- [http://startwalkingnow.org/res\\_widget.jsp](http://startwalkingnow.org/res_widget.jsp)



### start! Daily Walking Guide: Your Social Media Sole-Mate

The Start! Daily Walking Guide is the perfect companion to the Start! Walking Plans. This optional guide isn't necessary to use the plans, but we encourage you to download and use it for success with the program. Just follow these steps to get started:

- 1 Using the application below, sign up for a new account or log-in if you're already a member of Start!
- 2 Choose the Social Media sites you want to place the application on\*. Please note you can use it right here on this page, too!
- 3 Stay on track with your program anytime you are online! You'll receive step-by-step guidance as well as tips, reminders and be able to access your journal.

Uploading on Facebook? [Click Here.](#)



Written by Genea Luck, Program Manager, Congregational Health Partnership.

Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.



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March  
2010

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*Congregational Health Partnership is a program of Inova Community Affairs Division*



## For Your Health

### Women and Heart Disease

Many people believe that cancer is the leading cause of death for women. Unfortunately, nearly twice as many women in the United States die of heart disease, stroke or other cardiovascular diseases as from all forms of cancer, including breast cancer.

Courtesy of the American Heart Association, following is a personal story from a young lady coping with heart disease:

Theresa, a wife and mother of two was 38 years old when she had a heart attack. She found out that her family history was partly to blame.

Theresa's brother had a heart attack at 47; her father died of one and all of his siblings died of heart disease before age 60.

"I was a child when they died. And so many years had passed that I didn't realize that I had a risk factor. My family history of heart disease increased my own risk."

If you have a blood relative who has heart disease, you're at increased risk of heart attack and stroke.

Learn about the risk factors for heart disease and which ones affect you.

- Work with your family members to create a family medical tree, including relatives who live or have lived with diabetes, cardiovascular disease, and other associated conditions.
- Talk with your doctor about what this means for you and others in your family.
- Develop a prevention plan to manage your risk factors.

## Heart Healthy Recipes

Changing the way you eat and prepare foods can reduce your risk!

- Not all fats are created equal! Use only fats and oils with two grams (or less) of saturated fat per tablespoon.
- Some heart smart choices are liquid and tub margarines, as well as canola, corn, safflower, soy bean, and olive oil. Look for ones that say “trans fat free” on the label.
- Break free of frying! Boil, bake, sauté, steam, microwave, grill, broil, roast, or poach your entree to cut the fat and keep the flavor.
- When eating packaged and prepared foods, pay close attention to labels. Hydrogenated oils and fats are often hidden in the ingredient list.

For recipes, visit [www.deliciousdecisions.org](http://www.deliciousdecisions.org).

## Take Charge of Your Health

- Tell your family you will change your eating and exercise habits and need their support.
- Make gradual changes to your lifestyle and eating habits, as you will have a greater chance to sticking with the program over the long-haul.
- Ask your favorite restaurant for heart healthy options for any meal you eat and request portion controlled options.
- Talk with your friends and discuss ways in creating a “healthy buddy” support system.
- Talk with your doctor or nurse to design a personal action plan that works for you and your lifestyle.
- Ask your doctor for a lipo-protein blood screen. This will give you all the right information you need to know your real risks for heart disease
- Take the Go Red Heart CheckUp at [www.GoRedForWomen.org/HCU](http://www.GoRedForWomen.org/HCU).

## Symptoms of a Heart Attack

If you or someone close to you experiences the symptoms of a heart attack — pain in the chest, back, neck, jaw or stomach, as well as shortness of breath and lightheadedness, nausea or breaking out in a cold sweat – don’t waste a single second!

Call 9-1-1 immediately if you see these symptoms:

- Chest discomfort that feels like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body, such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.

## Nutrition is Key!

The American Heart Association’s “**Go Red BetterU**” is a free 12-week online program with tools, tips and information that can add up to a complete heart makeover. Some tips you’ll learn:

- Think lifestyle, not diet. It’s the small choices that make a huge difference.
- Use the nutrition facts panel and ingredients list when choosing foods to buy.
- Plan your meals, your grocery list, your snacks and your physical activity.
- Write your physical activity time on your calendar. Make an appointment with yourself — and don’t break it!
- Check food labels for number of servings per container.
- Write down your eating and physical activity habits to help you track your challenges and successes.
- Don’t let your mood control your food. Ask yourself why you want to eat before you pick up a snack.

Sign up today at [www.GoRedForWomen.org/BetterU](http://www.GoRedForWomen.org/BetterU)