

Your Heart 2010

A Publication of Doctors Direct Healthcare, Inc.

A NEW YEAR AND A NEW RESOLVE

SPECIAL POINTS OF INTEREST:

- High Blood Pressure
- White Coat Syndrome
- Stress Reduction Tips



QUICK BITES

1. TOTAL LIPID PROFILE DONE TWICE YEARLY
2. AIM FOR LESS THAN 2400MG OF SODIUM A DAY
3. BP CHECK AT EVERY DOCTOR VISIT
4. GET MOVING EVERY DAY
5. IF YOU ARE TAKING A STATIN TO LOWER YOUR CHOLESTEROL, KEEP UP WITH YOUR BLOOD-WORK
6. CHOOSE FOODS THAT ARE LOW IN SODIUM
7. STOP SMOKING!

HAVE YOU AND YOUR DOCTOR SET A GOAL FOR YOUR CHOLESTEROL OR BLOOD PRESSURE?

How often do you see your PCP about your cholesterol or blood pressure? How often do you get your levels checked? Do you know what normal levels are? Let this New Year be a year of information for you. Take charge of your health and make it your priority. Read up on heart disease, get familiar with your numbers. Everyone should have their blood pressure checked each time they see their PCP. Pre-hypertension is defined as 120/80 to 130/90. High blood pressure is greater than 130/90. Total cholesterol should be below 200. Talk with your doctor about what your numbers are and where you would like to see them. Make a plan together and make this the year that you see real improvement.

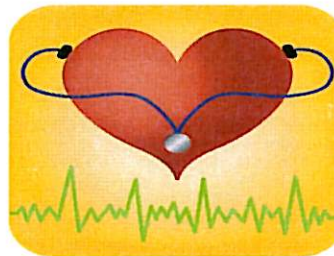
We are here to provide you with support! Do you need information on heart healthy food choices? Encouragement and support for exercise and activity? Talk with your doctor about your level of activity and what is safe for you and give us a call! We would love to help you make goals and get moving!

Questions? Please call us at 1-877-503-0388 opt 1, ask for Debbie, Kim, Carol or Stacie.

DID YOU NOTICE IT IS GETTING HARDER TO LIGHT UP?

In North Carolina, the laws have changed about where and when you can smoke a cigarette. Many businesses, restaurants and public areas are becoming smoke-free as required by law. Maybe now is the time to take that cigarette by the butt and kick the habit! We are excited to offer real support and tools for Smoking Cessation.

Set a quit date, enlist your friends and family and co-workers in supporting your decision to quit and give us a call to help you on your way. You may call 1-877-503-0388 ext 245 and Carol will be happy to enroll you in the Smoking Cessation Program!



Keeping Your Heart Healthy is our Number One Priority!

Trying to Lower Your Numbers and Need Help?

1. Find ways to get whole grains into each meal of the day. Do not fear this form of carbohydrate. They are your friend!
2. Get moving! A healthy goal is a minimum of 30 minutes most days, but you don't have to do it all at one time. Fat burning happens in longer workout times, but improving cholesterol, blood sugars and over all fitness works as well with three ten minute work outs as well.
3. Get the trans fat and saturated fat out of your diet. This is like a shot in the arm for cholesterol and LDL levels, and don't heat your healthy oils to too high of a temperature either. Trans fat and saturated fat is found in boxes and cans and packages and in wrappers from your favorite drive through.
4. Add some fresh fruits and vegetables to your diet for variety, vitamins and extra fiber. I know there are supplements for everything in the world these days, but you just can't beat the natural form. Science will never be able to provide all the nutrients and benefits from an apple in a pill.
5. Eat heart healthy fats. Salmon, tuna, olive oil, all have healthy fats that actually help lower your bad cholesterol and raise the good cholesterol. Look at some new recipes this year to incorporate these into your meals.
6. Enroll in the E-lite recipe club if you haven't already to get some new food ideas. Contact DDHC to enroll.



TEN SECOND STRESS RELIEF

1. Take a deep breath, in through the mouth, fill your lungs, hold it for a second and then release slowly through the nose. Repeat five times.
2. Aromatherapy: keep something at your desk or in your bag, that smells nice, this can be a favorite perfume, or a candle or even something from home. When you feel your stress level rise, take a whiff and think of someplace fun or relaxing.
3. Do some simple stretching at your desk or work station, get the kinks out of your neck and shoulders, limber up your wrists or back and get the blood flowing.
4. Read something funny for a laugh, either a funny comic strip, or a joke book for stressful times or even a calendar with daily funnies.
5. Take a short walk around the office or work area and get moving to increase your blood flow !

Finding the Salt in Your Diet

Processed and prepared foods. Most sodium in a person's diet comes from eating processed and prepared foods, such as canned vegetables, soups, luncheon meats and frozen foods. Food manufacturers use salt or other sodium-containing compounds to preserve food and to improve the taste and texture of food.

Sodium-containing condiments. One teaspoon (5 milliliters) of table salt has 2,325 mg of sodium, and 1 tablespoon (15 milliliters) of soy sauce has about 900 to 1,000 mg of sodium. Adding these or other sodium-laden condiments to your meals — either while cooking or at the table — raises the sodium count of food.

Natural sources of sodium. Sodium naturally occurs in some foods, such as meat, poultry, dairy products and vegetables. For example, 1 cup (237 milliliters) of low-fat milk has about 107 mg of sodium.

Be a Super Shopper and Find the Hidden Salt

Read your labels and look at the amount of sodium in your favorite foods. Try to purchase the product with the lowest amount of sodium. Try different brands and find the one that tastes the best. If you favor canned over fresh or frozen, drain and rinse the vegetables before cooking and add your own measured liquid and seasonings. Let your favorite companies know that you are looking for lower sodium alternatives. Call your favorite brands customer service line and tell them what you want! Learn the other names of salt and be on the look out for it!

- Monosodium glutamate (MSG)
- Baking soda
- Baking powder
- Disodium phosphate
- Sodium alginate
- Sodium nitrate or nitrite

