

New Beginnings Spring Newsletter

Published by
Towson University and
The Heart Institute at
St. Joseph Medical Center

Towson University Wellness Center

February 2008

The American Diet and the Price We Pay

Adapted from: *Nutrition Health Review; The Consumer's Medical Journal*

Heart disease is an epidemic that is predicted to be the number one global disease burden by 2020. The Western diet, largely based on animal nutrition, appears to be the culprit. It becomes seemingly clear, when we consider the cultures that do not consume oils, dairy or animal products and their virtual absence of coronary artery disease.

Studies conducted in Norway, during WW II and the German invasion provide compelling evidence of the devastating effects animal products have on heart health. When the Germans invaded Norway, they took away the cattle, sheep, goats, chickens and pigs. This forced the population to rely on plant based nutrition. What occurred as a result was a plummeting in the number of deaths from heart attack and stroke from 1939 to 1945. In 1945, when animal products previously taken away were reintroduced, there was an immediate surge of deaths from heart attacks and strokes again.

If we look at American soldiers who died in combat in Korea and in Vietnam, it is estimated that roughly 80 percent of those battle casualties had coronary artery disease that could be seen at autopsy without a microscope. Recent research in the Pathobiological Determinants of Atherosclerosis in Youth (PDAY) trial looked at those who had died of accidents, homicides and suicides between the ages of 16 and 34. In that group, the disease was literally ubiquitous. Even in the 16-year-old girl, there was early disease in the right coronary artery.

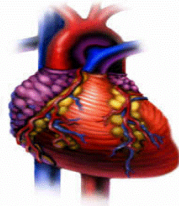
The power that food has and its ability to cause instant injury can be seen with the brachial artery tourniquet test. This test developed by Dr. Robert Vogel of the University of Maryland School of Medicine in Baltimore, clearly reveals the injury to endothelial cells that occurs when fatty foods are consumed.

During the test, an ultrasound probe is placed over the brachial artery, just below the elbow. There, the technician takes a reading of the diameter of the

brachial artery. A blood pressure cuff is encircled above the upper arm and inflated above the systolic blood pressure for five minutes, during which time there is no circulation to the forearm. The cuff is released, and the technician again measures the diameter of the brachial artery below the elbow. When there is no circulation to the forearm, there is a great stimulus to the healthy, normal endothelial cells to pour out nitric oxide which widens the arteries. This is why when you re-measure that diameter of the brachial artery, it is now wider, it has dilated. This is a perfectly healthy response.

Dr. Vogel took a group of students to a fast-food restaurant; half of them ate corn flakes, and their tourniquet test result remained normal. However, two hours later, the students who consumed the hash brown potatoes and sausages had failing results. Those young students were unable to experience normal dilatation or widening of the artery, because the fat and grease from their meal had so injured their endothelial cells that they were unable to respond in a normal way. Because these were young students, a few hours later the endothelial cells recovered.

This test produces similar results when we eat saturated fats from meat, dairy, olive oil and so on. Although we might not feel the injury to the endothelial cells, if we eat this way—meal after meal, three times a day, day after day, week after week, month after month, year after year, decade after decade—it is not surprising that with those repetitive injuries to the most delicate cells in our arteries, teenagers and young adults already begin to develop this disease. It universally affects all people by the time they are in their middle and late 60's. February is Heart Month and a great time to make a resolution to make dietary changes that will protect your heart. Commit to improving your dietary habits and you will be rewarded with a happier and healthier heart!





TOWSON UNIVERSITY ♥ ST. JOSEPH MEDICAL CENTER
WELLNESS CENTER

Spring MEMBERSHIP

Faculty/Staff Special

New and existing members can renew their membership in the month of February through the month of June for

\$100

(Please make note on your payment voucher that you are taking advantage of the “special”).

Lifeworx Special

New and existing members can renew their membership in the month of February through the month of June for

\$250

(Please make note on your payment voucher that you are taking advantage of the “special”).

New Programs

Available to Faculty/Staff

Resolve to Evolve

This 8-week workshop is designed to educate and empower individuals who are committed to making healthy lifestyle changes. Using a personalized and structured approach, individual realistic goals will be determined and with the help of a Wellness Center staff Exercise Physiologist, participants will be given a solid understanding of how to achieve a healthier body weight and avoid obesity related diseases. Using health risk appraisals, interactive lectures, personalized exercise prescriptions and nutrition recommendations, a plan of action will be determined. Subtle lifestyle changes will be initiated and by introducing a long-term plan, that avoids the “quick fix” approach, participants are better prepared to make positive changes in lifestyle that will lead to long-term benefits.

Mondays at 12:15 PM at the Wellness Center.

Start date: February 25, 2008

Cost: \$50

Interested in Joining the Faculty/Staff Wellness Program?

- Complete the Faculty & Staff Wellness Program application (available at the TU Wellness Center, SJMC Employee Health Office or online at www.towson.edu/wellness).
- Return completed application to the Wellness Center for review. Staff will determine if a physician referral is needed prior to program entry.
- Schedule an initial assessment and orientation once staff has reviewed and approved the application .
- Undergo assessment and orientation. Staff will assist in developing an exercise program tailored to meet individual fitness goals.
 - Continue on the path to wellness!!!



February 2008



National Heart Month The Towson University Wellness Center Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 National Wear Red Day	2
3	4	5	6 Jeopardy 11:00 AM	7	8	9
10	11 Presentation by Mended Hearts 10:00 AM	12	13	14	15 Lecture by Douglas Clarke, M.D. 1:00 PM	16
17	18	19	20 Lecture and Demo by Kathy Gould, R.D. 9:00 AM	21	22	23
24	25	26	27	28	29	

- February 1, Friday- “National Wear Red Day”.**
 The TUWC staff will host a “red” fashion show. Participants are encouraged to dress in their best red outfit. The staff will snap a picture of you and display the picture so that your fellow participants may vote for the best dressed. The winner will be announced Friday, February 8 and will receive a prize. Donations for heart disease research conducted by the American Heart Association are welcome.

- February 6, Wednesday 11:00 AM**
 Jeopardy!

Test your cardiac knowledge by playing Jeopardy and win yourself a prize!

- February 11, Monday 10:00 AM**
 Presentation by Mended Hearts

Glen Bailey of Mended Hearts will discuss the role of Mended Hearts, a national, nonprofit organization associated with the American Heart Association. Members of the organization listen, share experiences, learn from healthcare professionals and volunteer to talk to other heart patients about the obstacles they may face.

- February 15, Friday 1:00 PM**
 LECTURE @ TUWC
 with LIFEWORx’s own medical director
 Douglas Clarke, MD

- February 20, Wednesday 9:00 AM**
 LECTURE and DEMO @ TUWC
Cooking with Healthy Fats and Oils
 with TU Clinical Instructor,
 Kathy Gould, RD

Dietary Supplements; Which Ones Should Seniors Take?

Adapted from *Healthy Years*; A UCLA Division of Geriatrics publication

The question of whether or not to take dietary supplements can be a difficult one. There are so many supplements out there, each claiming to have a unique health benefit. How does the average person determine whether he or she should consider taking a particular supplement?

Based on government guidelines and expert opinions from UCLA nutritionists, only four dietary supplements qualified as ones every older adult should seriously consider.

1) Multivitamins

According to Susan Bowerman, MS, RD, assistant director of the UCLA Center for Human Nutrition, everyone in the over-60 group should take a multiple vitamin/mineral supplement. As people get older, diets become less balanced than what they once were. In an effort to control weight, caloric intake may also be lower than in younger years. Nutritional needs are often compromised when caloric intakes are low. Getting the basic amounts of vitamins and minerals your body needs for good health and proper function may only be possible with the help of a multi-vitamin. A multi-vitamin furthermore, protects older adults with an impaired capacity to absorb nutrients and fewer vitamins and minerals in foods.



2) Vitamin D

Ninety percent of adults 51-70 are deficient in vitamin D. The amount of vitamin D the body produces with ages decreases. Without vitamin D, bones can become brittle and thin, potentially leading to osteoporosis. Adults 51-70 should get 400 IUs daily, while people 71 and older need even more-600 IUs per day.

3) Calcium

Many experts recommend taking a vitamin D supplement with 1,200 mg of calcium for optimal bone health. Splitting the calcium into two 600 mg doses may allow for better absorption. Calcium not only keeps bones healthy but also helps muscles function properly and helps normalize blood pressure.

4) Fish Oil

If you don't eat much fish, you may benefit from a fish oil supplement. Fish oils can keep triglyceride levels down. The *2005 Dietary Guidelines* for Americans recommends eating a 3-ounce serving of fish twice a week. If you don't, a fish oil concentrate with 300 mg of omega-3, three times a day, might help.

Other beneficial supplements are determined by specific needs. Tell your doctor before adding any supplement to your diet.

Cook's Corner

Mock Risotto

Instant brown rice and creamy Neufchatel cheese can make a nutty, rich, stand-in version that's sure to be a family favorite. Pair it with a salad for a perfect vegetarian main course or serve as a side with grilled chicken or steak.

Ingredients:

1 Tbs extra virgin olive oil
1 medium onion, diced
1/4 tsp salt
2 cups instant brown rice
4 cloves garlic, chopped
2 cups reduced –sodium chicken broth
1 lb asparagus, cut into 1/4-inch pieces
1 red bell pepper, diced
1 C frozen peas
4 ounces reduced fat cream cheese
1/2 C grated Asiago or Parmesan cheese
1/4 C minced chives or scallion greens

Directions:

- Heat oil in large skillet over medium-low heat. Add onion and salt and cook for 4-6 minutes. Add rice and garlic and cook until fragrant, 30 seconds to 1 minute. Add broth and bring to a boil; cover, reduce heat to a simmer and cook 5 minutes.
- Remove cover and spread asparagus and bell pepper on top of rice-do not stir into rice. Replace cover and continue simmering until liquid is almost absorbed and asparagus is bright green, but still crisp, about 5 minutes.
- Add peas and cream cheese; stir until mixture is creamy. Return to a simmer until liquid has evaporated and asparagus is tender about 5 minutes more. Stir in Asiago (or Parmesan) cheese. Serve topped with chives or scallions.

NUTRITION INFORMATION: Per serving: 368 calories; 14 g fat (6 g sat, 5 g mono); 29 mg cholesterol; 51 g carbohydrate; 13 g protein; 7 g fiber; 665 mg sodium; 338 mg potassium.