

Send in your questions, recipes, comments, or topics of interest!

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## HEART HEALTH MONTH

February is Heart Health Month, but not because of Valentine's Day. Since 1963 February has been Heart Health Month to raise public awareness of heart disease. Many people associate heart disease with men, but it is also a leading cause of death among women. The American Heart Association has started its **GO RED** campaign to educate women about the risks of heart disease. So, make sure to wear red on **February 6** to show your support for this cause.

### Tips to make your heart healthy:

- Limit intake of harmful fat-especially saturated and trans fat
- Choose heart healthy fats (monounsaturated and polyunsaturated fats)
- Limit intake of sodium/salt
- Limit simple carbohydrates and high sugar products
- Choose whole grain products
- Purchase low fat dairy products
- Choose lean meats and poultry
- Consume heart healthy fish such as salmon and tuna twice each week
- Become physically active for at least 30 minutes daily
- Stop smoking

### OWLO News:

## COROMEGA SPECIAL!!!

To celebrate Heart Health Month, **Coromega** is having a special promotional offer for their fish oil supplement. During the entire month of February, when you buy 1 box of **Coromega**-you will receive 30 packets for **FREE!**



Oklahoma WEIGHT LOSS Options is recognized by the ASMBS as a **Center of Excellence** and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.



## Patient Spotlight

This month we would like to feature **Heather**. Heather had RNY surgery December 5, 2007.

- How much weight have you lost since surgery? **97 pounds**
- What are your favorite Meal Replacements or protein supplements?  
**Vanilla Matrix with Decaf Coffee and Sugar free syrups**
- Do you have any health conditions that have improved?  
**Arthritis and High Blood Pressure**
- What is one piece of advice you have for other Bariatric patients?  
**WORK OUT!**



## Recipe Corner

### Gourmet Tuna Salad

Tuna is full of heart healthy omega 3's!

#### Ingredients:

Two 6-ounce cans solid white tuna in water, drained  
2 hard boiled eggs, finely minced  
1/4 C. finely grated carrot  
1 T. green onion, finely chopped  
1/4 C. light mayonnaise  
1/8 tsp. salt  
1/8 tsp. black pepper  
1 T. finely chopped dill pickle  
1 T. dill pickle juice

#### NUTRITION FACTS:

Per 3 oz. serving

Calories- 211  
Protein- 23 grams  
Fat- 7 grams  
Carbohydrate- 1 grams

#### Directions:

In a small bowl combine all ingredients until well mixed.

Makes 4 servings.



*Gourmet Tuna Salad*

## THE GOOD, THE BAD AND THE UGLY FATS

There are two types of cholesterol and our bodies produce all the cholesterol we need in a day (about 1,000 mg). Our liver produces both the good and the bad cholesterol. The bad cholesterol (LDL) can form plaque on the artery walls which increases the risk of heart attack and stroke. The good cholesterol (HDL) helps rid the body of cholesterol and prevent fat accumulation in the artery wall.

### Causes of High Cholesterol

- ✓ Physical Inactivity
- ✓ Obesity/ excess weight
- ✓ Age-after 20, cholesterol rises
- ✓ Gender-after 50, cholesterol in men rises, after menopause cholesterol in women rises
- ✓ Poor diet– eating too much saturated or trans fat
- ✓ Family history of high cholesterol
- ✓ Smoking



### Foods that lower LDL and raise HDL levels:

- ✓ Monounsaturated and polyunsaturated fats: Cashews, almonds, walnuts, salmon, tuna, olive and canola oil.
- ✓ Soluble fiber: Fruit, Oats, Barley, Legumes
- ✓ Choose lean meats, skinless poultry, whole grains, vegetables



### Foods that raise LDL levels



- ✓ Stick butter and stick margarine
- ✓ Full fat dairy products
- ✓ Fast food
- ✓ Baked goods





# FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm	6 <b>National Wear Red Day</b> 	7
8	9 <u>Ada Satellite Group</u> Ada Church of Christ 5:30-6:30 pm	10 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm  <u>McAlester Group:</u> McAlester Regional Wellness Center 5:30-6:30 pm	11	12 <u>Bethany Support Group:</u> Lake Overholser Church of the Nazarene 6-7pm	13	14 <b>Valentine's Day</b> 
15	16	17 <u>Enid Satellite Group</u> Wesleyan Church 7-8 pm	18	19 <u>Ft. Smith Group</u> Ft. Smith Library 7-8 pm  <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm	20	21 <u>Norman Group:</u> Norman Regional Hospital Education Center 11 am <b>** Clothing Exchange</b>
22	23	24 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm  <u>Madill Support Group</u> Integris-Marshall Memorial Hospital 5:30-6:30 pm	25	26	27	28



Clothing Exchange is **Saturday, February 21** after Support Group. Please bring any and all clothes you do not want. If someone does not take them they will be taken to a charity associated with Norman Regional Hospital.