



The Women's Health Program

Interfaith Medical Center

Winter 2010



News

COMING UP!

Nutrition for a Heart Healthy Diet **February 8, 4 p.m.**

Cardio Health Exercise **February 18, 12 p.m.**

Pediatric Heart Health **February 24, 10 a.m.**

Women's Heart Health & Screenings **February 25, 12 p.m.**

February 2010

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Welcome!

Welcome to the first edition of the Women's Health newsletter. This December, Interfaith Medical Center launched the "Women's Health Program" at the Bishop Orris G. Walker, Jr. Health Center. The program is designed to be a centralized "hub" for the women of central Brooklyn. We believe that the key to prevention is education, and we want to provide you with the information that you need to make informed decisions about your health care. Our goal is to help educate you, through this newsletter and by offering free monthly educational workshops on many topics that are relevant to your wellness. We are committed to keeping you and your family healthy, by empowering you not only with the medical care you need, but also the information that will help you stay well.

As women, we have a great many demands on our time, to help you manage your priorities we also coordinate all of your services on-site. Alleviating the need to go to many different medical offices for care, but also creating a continuity of care among health providers to insure that all of your health care needs are met.

If you have not been to our program please stop by to register and learn about the many ways we can help you keep healthy and strong. We hope to see you at the center soon!



Focus on Heart Health

Did you know that heart disease and stroke are the leading cause of death for women. More than half a million women in the United States die every year from one of these two causes. As women reach menopause the risk of heart disease raises significantly and the rate of heart attacks equals that of men. The good news is that heart disease and stroke are largely preventable. Education and health prevention is the key to eliminating some of these barriers and encouraging heart healthy behaviors in all women. February is American Heart month if you think you are at risk now is the time to do something about it.

Some Heart Health Tips:

- ♥ **Weight Management:** A heart healthy diet should include regular consumption of fresh fruits and vegetables, whole grains, and lean protein. Fat-laden foods should also be limited to control cholesterol levels.
- ♥ **Exercise:** At least 30 minutes of moderate to intense exercise on most days of the week is the national recommendation.
- ♥ **Stop Smoking**
- ♥ **Lower blood pressure and cholesterol:** Have yourself tested regularly for both these numbers by your doctor.. Recommendations for lowering blood pressure and cholesterol include regular physical activity, maintaining a healthy weight, drinking alcohol in moderation and reducing sodium intake, especially from processed foods.



Benefits of Yoga

Yoga has been practiced for many years and has been widely recognized for its unlimited benefits. Yoga is a dynamic exercise that includes improving the health of the body both internally and externally. This practice focuses on strength and cleansing, which while sculpting the body can help prevent and treat some specific health disorders. The postures and breathing techniques used in yoga are simple yet effective, and can be altered to address any chronic condition.

The Body

Yoga can increase strength by improving muscle tone and endurance. Poses such as Downward Dog, Upward Dog, and Plank pose are helpful for building upper-body strength. This is especially important in the aging population. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps, and abdominal muscles. When practiced correctly, nearly all poses build core strength in the deep abdominal muscles. Another benefit of yoga is increased body awareness. This heightened awareness tells you more quickly when you're slouching or slumping so you can adjust your posture. So with increased flexibility and strength comes better posture as well. Yoga can also be tailored to prevent and treat specific diseases including digestive disorders, back pain, arthritis, asthma and diabetes.

The Mind

Breathing is the key to relaxation, which is essential to relieving stress and keeping the body in a calm state. Meditation techniques used in yoga classes emphasize deepening and lengthening of your breath, while focusing the mind completely on one thing. Many yoga participants have expressed increased concentration and mood after at ending their yoga classes. Yoga can also aide the

treatment of anxiety and obsessive compulsive disorder, leading to better memory and learning. Research has shown that yoga can help treat depression because of increased oxygen levels to the brain. Overall, the therapeutic nature of yoga makes it a suitable practice for almost everyone and can be beneficial in an infinite amount of ways. Even if you're just looking to reduce some stress from a hard day at work, grab a mat and give it a try! *The Women's Health Program at Interfaith Medical Center offers free yoga classes twice a month. Please visit our website for the monthly schedule of classes.*

Birth Control Options—Nowadays, the pill has become a dime a dozen among the infinite number of options available for women seeking birth control. However, given all the options available, choosing a birth control method can be daunting and confusing. You can make it a little easier by considering your lifestyle, goals and health status. Consider these questions as you decide on a birth control method that's right for you. How do you feel about planning for sex? What is your comfort level with inserting contraceptive devices into your body? Are you diligent in following directions? Whether it's taking a pill every day or tracking your fertile days. How effective is the method at preventing pregnancy? Do you plan to have children someday? How often you have sex? Are you in a monogamous relationship? How will the method alter your sexual experience? Do you smoke? In order to make the most informed decision possible, consider any current medical condition and consult with a doctor if necessary. It is also important to consider the side effects and any health risks associated with the use of birth control. Overall, the right birth control method will be one that fits into your own lifestyle. If you have any questions or need additional assistance choosing a birth control, feel free to contact your OB/GYN office to speak with a doctor.



Eating Can Be Heart Healthy!

Heart healthy cooking simply means making dishes that are low in saturated fat, trans fat, cholesterol and moderate in total fat. You don't have to lose flavor to gain health. Try some of these foods that will help lower your cholesterol and protect against heart disease and check out our heart healthy recipes below.

Soluble Fiber can help lower cholesterol. Foods that contain soluble fiber: whole grain foods made from oats, barley and rye. Dried beans, legumes and lentils. Fruits and vegetables.

Omega-3 fats protect against heart disease. They are found in salmon, mackerel and albacore tuna. Flaxseeds are also a source of omega-3 fatty acids. Try to eat 2 servings a week of foods rich in omega 3-fats.

Nuts contain healthy fats that can lower cholesterol and reduce risk of heart disease. Good nuts are almonds, pecans and walnuts. Nuts are very high in calories. If you are trying to lose weight, limit your servings of nuts.

Soy products have been shown to lower blood cholesterol levels. Soy foods include: soybean, soy nuts, soy milk, soy cheese, soy burgers, tofu.

AVOID foods that increase your cholesterol like **animal products** (butter, lard, dairy products made from whole milk, chicken and turkey skins) and **vegetable fats** (palm, kernel and coconut oils, and shortening).

Tips for Low-fat Cooking

- Bake, broil, roast, steam, grill foods
- Use non-stick cooking sprays
- Trim extra fat or skin from chicken and meat before cooking.
- Drain off fat from ground beef after browning.
- When you season with fat, use liquid oil like canola or olive oil.
- Cook in broth instead of fat.

Lighten up Recipes

- **In soups and sauces** replace whole milk or cream with 1% milk, evaporated fat-free milk or nonfat dry milk.
- **To make dips and toppings** use low-fat or non-fat sour cream/plain yogurt, cottage cheese.
- **To make salad dressing** use nonfat yogurt or low-fat buttermilk.
- **In place of regular cheese** use fat-free or reduced fat cheese.
- **In puddings and other desserts** replace whole milk or cream with 1% or fat free condensed milk.



Our nutritionist Elizabeth Gove recommends this recipe for good heart health.

BARBECUED CHICKEN

- 5 Tbsp (3oz) tomato paste
 - 1 tsp ketchup
 - 2 tsp honey
 - 1 tsp molasses
 - 1 tsp Worcestershire sauce
 - 4 tsp white vinegar
 - 3/4 tsp cayenne pepper
 - 1/8 tsp black pepper
 - 1/4 tsp onion powder
 - 2 cloves garlic, minced
 - 1/8 tsp ginger, grated
 - 1 1/2 lbs. chicken (breasts, drumsticks), skinless
1. Combine all ingredients except chicken in saucepan. Simmer for 15 minutes.
 2. Wash chicken and pat dry. Place on large platter and brush with 1/2 of sauce mixture.
 3. Cover with plastic wrap and marinate in refrigerator for 1 hour.
 4. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
 5. Turn down oven to 350° F and add remaining sauce to chicken. Cover chicken with aluminum foil and continue baking for 30 minutes.

Yield: 6 servings
Serving Size: 1/2 breast or 2 small drumsticks

Each serving provides:

Calories: 176	Total fat: 4 g
Saturated fat: less than 1 g	Cholesterol: 81 mg
Sodium: 199 mg	Total fiber: 1 g
Protein: 27 g	Carbohydrates: 7 g
Potassium: 392 g	



The Women's Health Program

Interfaith Medical Center

The Women's Health at Interfaith Medical Center
Bishop Orris G. Walker, Jr. Health Center
528 Prospect Place
Brooklyn, NY 11238



**Interfaith
Medical Center**

Save the Date: Saturday, March 20, 2010—Our First Annual Women's Symposium



Studies conducted recently have tested the connection between more types of chronic conditions and dental health. Together, they have proven that there is a clear relationship between dental health and the overall health of the body. For years, dentists have been educating patients about the importance of keeping healthy gums and teeth, but

there has been very little thought that this could influence other conditions. But, what does periodontal disease and heart disease have in common anyway? Well, the answer is inflammation. For years, researchers thought that bacteria found in the mouth were the common link between these conditions, but new research has shown otherwise. Periodontal disease, aka gum disease, consists of an inflammation of the tissue that supports your teeth. Researchers have discovered an association between periodontal diseases and other chronic inflammatory conditions, such as diabetes, cardiovascular disease, rheumatoid arthritis, and Alzheimer's disease. Therefore, treating inflammation may not only help manage periodontal diseases, but may also help with the management of other inflammatory conditions. A report published by the *Journal of Periodontology* and the *American Journal of Cardiology* instructs dentists to "tell patients with moderate to severe gum disease that they may have an increased risk for heart and blood vessel problems." Steps should also be taken by patients to reduce risks for both diseases by visiting their doctor/dentist regularly for screenings, practicing good dental hygiene, and engaging in activities that reduce your chances of developing cardiovascular disease and other conditions. The recommendations are similar; they include regular exercise, eating right, and refraining from smoking and overconsumption of alcohol.

The Women's Health Program at Interfaith Medical Center

528 Prospect Place
Brooklyn, NY 11238

Center Hours

Monday	9 a.m. - 5p.m.
Tuesday	10 a.m. - 7 p.m.
Wednesday	9 a.m. - 5 p.m.
Thursday	10 p.m. - 7p.m.
Friday	9 a.m. - 5 p.m.

For an appointment please call
(718) 613-6811.

Visit us 24/7 at
www.womenshealthatinterfaith.com

Use our ASK THE DOCTOR and medical glossary to answer all of your non-emergency medical questions.

Stop by our center to use our free patient resource center containing computers and a health and education library filled with materials to aid you in researching answers to your health questions.

