



WARNING SIGNS OF A HEART ATTACK

by Kaitlin Enneking

We've all seen the "movie heart attack" where the actor suddenly clutches their chest in agony and falls to the floor. However, in reality most heart attacks start slowly.

The fact is a heart attack strikes about every 43 seconds. They occur because the blood supply bringing oxygen to the heart is reduced or cut off completely due to fat buildup, cholesterol, and plaque in the arteries (blood stream).

Memorize the list of heart attack symptoms below and learn to recognize them even when they are mild. The life you save may be your own.

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few

minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This can come with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness. ☒

Source: American Heart Association. heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp#.VpJx0vkrldU. Accessed 12 January 2016.

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SMART FACTS

200-400%

You are this much less likely to die from heart disease when you do not smoke.

45%

You decrease your risk for developing heart disease this much when you maintain an active lifestyle.

80%

of heart attacks are due to controllable factors such as smoking, diet, and exercise.



COMBAT HEART DISEASE WITH NUTRITION

by Jenna Mears

Heart disease is the leading cause of death in the United States and one in three cases are preventable. Anyone, including children, can develop heart disease. While some risk factors for heart disease can't be controlled, such as age, family history, and gender, other risk factors can be.

Smoking, poor diet, high blood pressure, high cholesterol, diabetes, obesity, physical inactivity, and stress are all risk areas that are partially or completely in your control. Most of these controllable risk factors can be helped with a healthy diet and proper nutrition. Whether you have years of healthy eating under your belt or you are just starting to fine tune your diet, there are several heart-healthy diet tips that can help reduce your risk of heart disease.

Control Portion Size. How much you eat is just as important as what you eat. Overloading your plate leads to eating more calories than necessary, making you feel stuffed. Try using a small plate or bowl to help with portion size and eat larger portions of low-calorie foods like fruits and vegetables. Pay attention to serving size and keep track of the number of servings you eat. Use measuring cups, spoons, or scales until you are comfortable with your portions.

Eat more fruits and vegetables. Fruits and vegetables are low in calories and an excellent source of vitamins, minerals, and dietary fiber. Fruits and vegetables contain substances that can combat cardiovascular disease. It is easy to add these to your diet! Keep fresh fruits and vegetables washed and chopped to be readily available for snacking, and choose recipes, such as stir-fry, that feature fruits and vegetables.

Choose low-fat protein sources. Lean meat, poultry, fish, and eggs are some of your best sources of protein. Legumes, such as beans, peas, and lentils, are also an excellent source of protein and contain less fat and no cholesterol, making them substitutes for meat.

Reduce sodium in your diet. Eating large amounts of sodium can contribute to high blood pressure. It is recommended by the Center for Disease Control that healthy adults have no more than 2,300 milligrams of sodium a day, which is about a teaspoon. To reduce sodium in your diet, stay away from eating frozen dinners and canned foods. Another way to reduce sodium is to choose your condiments carefully.

Once you know which foods to eat more of and which foods to limit, you will be on your way to a heart healthy diet! ♡

Sources: Center for Disease Control. cdc.gov/heartdisease/docs/consumered_heartdisease.pdf. Accessed 30 December 2015.
Mayo Clinic. mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702. Accessed 30 December 2015.
Mayo Clinic. mayoclinic.org/diseases-conditions/heart-disease/basics/risk-factors/con-20034056. Accessed 30 December 2015.

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GET THE MOST OUT OF YOUR HSA

by John Thomas

If you think your Health Savings Account is just a place to “park” money in case you have medical expenses, you’re missing the point: A HSA sets money aside tax-free!

That means you save up to 30 percent on taxes for every dollar deposited into your HSA. Want to maximize this tool? Here are a few tips.

- **Three D’s:** Direct deposit and deduction. If your employer offers payroll deduction to put money into your HSA (most do), take advantage of it to have money direct-deposited into your HSA.
- **Take it to the limit.** You get the biggest bang for your buck if you go for the maximum. For 2016, you can contribute up to \$3,350 for individuals or \$6,750 for families (if you’re over 55, you might be able to add another \$1,000).
- **Choose your bank.** While many employers’ HSA accounts offer a bank partner that will set up your account, set up your account at your own bank to simplify your money life.
- **Use it for the “little things.”** Your HSA account isn’t just for

FINANCIAL CORNER WITH PETE THE PLANNER

Staying active is great for your health, but it is also great for your financial life. Staying financially active means you are engaged in your financial life. Engagement equals awareness. Awareness can lead to motivation. Motivation leads to action.

It all starts with being active in your financial life. What does an active financial life look like? A monthly budget meeting. Whether it’s just you or you and your partner, set a reoccurring meeting about money. I like to have it on the 5th of the month; I call it the Financial Fifth. Your meeting does not need to take hours. Simply check where you made mistakes last month, and then set goals for correcting them in the coming month.

Staying active in your financial life doesn’t take much, but what effort it does take is well rewarded. Stay active, get motivated, and take action. ♪

doctor’s visits and prescriptions. You can also use it for dental treatments, crutches, and more. Check your plan for a full list of what’s allowed.

- **Roll it over.** Didn’t use all your money in a plan year? No problem. The money rolls over to the next year with no penalty. ♪



GO RED FOR WOMEN FEBRUARY

On Friday, February 5, be sure to wear red to promote awareness of women’s heart disease, as well as honor any women in your life who have experienced this firsthand. Heart disease is still the number one cause of death for females, contributing to one of every three deaths. Learn the warning signs of heart attack and stroke. Take action today to eliminate or reduce lifestyle-related risk factors.

Source: American Heart Association. goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease. Accessed 10 January 2016.

HARVEST OF THE MONTH: SWEET POTATOES

by Kelly Thomson, MSHP

Even though sweet potatoes are typically harvested August through October, they are readily available in supermarkets all year. You probably notice them featured the most around Thanksgiving and Christmas, but they make a great addition to a meal any time of the year. They are an excellent source of vitamin A, vitamin C, dietary fiber, and potassium.

How to Select

When shopping, look for sweet potatoes that are firm and do not have any cracks, wrinkles, bruises, decay, soft spots, or sprouts. Even when cut away, decayed spots may have already altered the flavor of the whole potato. Be cautious of those that are displayed in the refrigerated section of the produce department, as the cold temperature can also negatively affect their taste.

How to Store

Sweet potatoes can keep up to ten days if they are stored in a cool, dark, and well-ventilated place. Ideally, they should be kept out of the refrigerator, but away from excessive heat (i.e. the stove). It is best to keep the sweet potatoes loose, but if desired, you may keep them in a brown paper bag with multiple air holes



for ventilation.

How to Prepare

Do not wash sweet potatoes until you are ready to cook them. The skins are easier to remove after being cooked, and it is best to cook them whole, as most of the nutrients are next to the skin. Popular ways of preparing sweet potatoes include steaming, baking, pureeing, boiling, or stir-frying. ♣

Source: WH Foods. whfoods.com/genpage.php?tname=foodspice&dbid=64. Accessed 11 January 2016.

RECIPE OF THE MONTH:

Pepper Chicken with Roasted Sweet Potato Salad

Ingredients:

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| 1 lb sweet potatoes, peeled and cut into thin wedges | ½ tsp pepper (divided) |
| 1 thinly sliced onion | 6 (6-ounce) boneless, skinless chicken breasts |
| 2 Tbsp olive oil (divided) | 1 bunch spinach, thick stems removed (about 4 cups) |
| 1 tsp kosher salt (divided) | 2 Tbsp fresh lime juice |

Directions

1. Preheat oven to 425 degrees.
2. Toss together the sweet potatoes, onion, 1 Tbsp of oil, ½ tsp salt, and ¼ tsp pepper on a rimmed baking sheet.
3. Roast 20-25 minutes or until tender.
4. Heat remaining 1 Tbsp oil in a skillet over medium-high heat. Season chicken with remaining ½ tsp salt and ¼ tsp pepper, and cook for 5-6 minutes per side or until chicken is golden and cooked through.
5. Toss the sweet potato-onion mixture with spinach and fresh lime juice. Serve warm with chicken.

Nutritional Info

PER SERVING (recipe makes about 4 servings): 325 calories, 11g fat, 2g saturated fat, 6g monounsaturated fat, 2g polyunsaturated fat, 94mg cholesterol, 19g carbohydrates, 4g fiber, 3mg iron, 37g protein, 412mg sodium, 81mg calcium

Source: Health.com. health.com/health/recipe/0,,10000001940802,00.html. Accessed 11 January 2016.