



WOMEN AND HEART DISEASE .

BY RACHEL SAVIEO

Cardiovascular disease is traditionally associated with men, but its prevalence in women has increased in recent years. Heart disease now affects more women than men and is the leading cause of death in women, causing 1 in 3 deaths each year. Recent studies by the American Heart Association also show that people are having heart attacks at younger ages, so it can no longer be characterized as an 'old man's disease'.

The symptoms women have during a heart attack are often different than the traditional chest pains. Women are more likely to experience shortness of breath, nausea or vomiting, and back or jaw pain. Other symptoms in women include dizziness, feeling lightheaded, pain in the lower chest or upper abdomen, and extreme fatigue. These symptoms can be easily

mistaken for other conditions, so it is important to know these warning signs for quick action to be taken.

February is Heart Health awareness month and the American Heart Association kicks off its Go Red for Women campaign on February 1, 2019. This initiative encourages women to make a commitment to take care of their own heart health and support others to do the same. Take time this month to encourage your loved ones to take care of themselves so they can live their best and healthiest lives. Learn more and share the Go Red Healthy Behavior Commitments at www.goredforwomen.org.

Source: Go Red for Women. <https://www.goredforwomen.org/>. Accessed 20 December 2018.

IN THIS ISSUE

- 2 Heart Disease in Young Adults
- 3 Going Skin Deep: What's Covered?
- 4 Harvest of the Month: Cabbage

Smart Facts

1 IN 3

deaths in women are caused by heart disease each year, making it the #1 killer of women.

80%

of cardiac events can be prevented.

670,000+

women have been saved from heart disease due to healthy choices and knowing the signs.



HEART DISEASE IN YOUNG ADULTS .

BY JENNA BAMMANN

Chest pressure, shortness of breath, and cold sweats. These could be signs of heart stroke, asthma, or even stress. Collectively they have often been misdiagnosed as signs of a heart attack, especially if you are under 40. One of the many myths associated with heart disease is believing that children and young adults don't have to worry about heart disease because they are too young. Unfortunately, this is not true. People at any age can develop, or be born with, heart issues and potentially even experience a heart attack.

The cause of heart disease in young people can vary, but most cardiac events and death are due to heart abnormalities. Some specific causes of heart disease in young adults include:

- **Hypertrophic cardiomyopathy (HCM).** This type of heart condition is usually inherited and causes the walls of the heart muscle to thicken. The thickened muscle can disrupt the heart's electrical system, leading to irregular heart beats. HCM often goes undetected and is the most common cause of heart-related sudden death in people under 30.
- **Coronary artery abnormalities.** Sometimes people are born with abnormal heart arteries. The arteries can become compressed during exercise and not provide proper blood flow to the heart.
- **Long QT syndrome.** This is an inherited problem where the heart's rhythm isn't consistent, which causes fast, chaotic heartbeats. This can cause the person to faint.

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Cardiac disease in younger people is often unexpected and warning signs are not always recognized. The general warning signs include breathlessness, fatigue, chest pain, weakness, edema, and pain in the left arm, jaw, back, neck, or shoulder blades.

Modifiable risk factors are those that can be successfully treated and controlled to prevent heart disease. The most common risk factors associated with heart disease in young adults are smoking, drug use, high blood pressure, and elevated LDL cholesterol. A sedentary lifestyle, alcohol abuse, and obesity can also contribute to these risk factors. Family history of heart disease is a non-modifiable risk factor that can increase the risk of developing heart disease.

The best and most effective way to prevent heart disease and control symptoms is to practice healthy lifestyle habits. Healthier eating, reduced sedentary time, and staying active can significantly reduce the chance of developing heart complications.

Sources: Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/in-depth/sudden-death/art-20047571>. Accessed 26 December 2018; ACLS. <https://www.acls.net/cardiac-disease-in-the-young.htm>. Accessed 26 December 2018; American Council on Science and Health <https://www.acsh.org/news/2016/02/18/heart-attacks-can-strike-young-adults-so-know-the-signs>. Accessed 26 December 2018.

GOING SKIN DEEP: WHAT'S COVERED?

BY JOHN THOMAS

Coverage for dermatology can be complicated, but that doesn't mean you should avoid dealing with it. While some skin conditions can seem minor, others are serious. As a result, some dermatology visits are indeed covered as medically necessary.

What's covered? Most benefit plans will cover conditions traditionally treated by dermatologists, including skin cancer, rashes, psoriasis, eczema, shingles, severe acne, and more. Also, benefit plans typically cover annual check-ups for patients at high-risk for cancer or other serious conditions.

What's not covered? Anything considered elective or cosmetic – such as Botox treatments, tattoo removal, chemical peels, and microdermabrasion – will typically not be covered. However, some of these procedures could be covered in some situations.

So, what should you do? If you're thinking about seeing a dermatologist, the following steps will help to minimize surprises.

- Start by checking your benefit information. If your coverage still isn't clear, talk to your HR team or benefits provider.
- Specifically, confirm whether your plan requires that you get a referral from your primary care physician before seeing a dermatologist.
- As always, make sure any healthcare provider you see is in your network.
- Ask your dermatologist to ensure visits are coded to fit with your coverage.
- After seeing a dermatologist, review your bills and Explanation of Benefits forms to ensure everything aligns with your expectations.
- Be aware that while a particular condition might be covered, not all treatments for it will be. For example: Severe acne usually is covered, but microdermabrasion – a common treatment – typically is not. Always check to see whether a treatment is covered.
- Understand that dermatologists sometimes partner with third-party financing firms to help minimize out-of-pocket expenses for procedures that aren't covered.

The important thing is to make sure you understand what's covered before you see a dermatologist. To do so, you might have to go more than skin deep in checking your coverage, however, the extra effort will pay off in the long run.



National Random Acts of Kindness Day is now a whole week!

National Random Acts of Kindness Day is typically celebrated on February 17, but due to its popularity, it is now celebrated for a full week from February 18 to February 21. Check out www.randomactsofkindness.org for ideas and stories of kindness, and remember, kindness does not need to be limited to one day or week – put those ideas into action any time!

Source: Random Acts of Kindness Foundation. <https://www.randomactsofkindness.org/>. Accessed 18 December 2019.

HARVEST OF THE MONTH: CABBAGE

BY JENNA BAMMANN

Although many believe it to be in the lettuce family, cabbage is actually part of the cruciferous vegetable family. Cruciferous vegetables are full of beneficial nutrients that can drastically improve your diet. Cabbage can help protect against radiation, cancer, and heart disease risk. Cabbage can vary in color from green to red to purple and the leaves can be smooth or crinkled. Cabbage is also low in calories with only 17 calories per cup when cooked.

How to Select

Choose a cabbage that is heavy for its size and make sure the leaves are tight and firm.

How to Store

You should store cabbage in the refrigerator and it will keep for up to 2 weeks (or longer).

How to Prepare

Cabbage can be eaten raw, steamed, boiled, roasted, sautéed, or stuffed. You can shred cabbage and add it to a salad, chop it up and add it to a soup or stew near the end of cooking, or simply drizzle roasted chopped cabbage with olive oil, pepper, and garlic for a perfect side dish.



Sources: Medical News Today. <https://www.medicalnewstoday.com/articles/284823.php>. Accessed 19 December 2018.



Recipe: Easy Egg Roll in a Bowl

Ingredients:

1 lb. ground chicken, turkey, or sausage
1-2 tsp. avocado or coconut oil
8 green onions, sliced; white/light green and green parts separated
3 tsp. grated fresh ginger
5 cloves garlic, minced
24 ounces of cabbage
½ cup coconut aminos or soy sauce
3 Tbsp. toasted sesame oil
2 Tbsp. rice vinegar
½ tsp. Chinese 5-spice powder
Optional: Sesame seeds and/or fresh cilantro

Directions:

1. In a bowl, combine coconut aminos or soy sauce, sesame oil, rice vinegar, and Chinese 5-spice powder. Whisk to combine then set aside.
2. Place a large skillet over medium heat. When pan is hot, add the oil and white/light green parts of onions only. Stir fry for 3-4 minutes or until onions start to soften.
3. Add garlic and ginger and stir fry an additional minute.
4. Add ground chicken (or turkey or sausage). Use a spoon or spatula to break meat up into small pieces. Continue cooking 7-8 minutes, stirring occasionally, until meat is cooked through and no longer pink.
5. Increase heat to medium-high. Add cabbage and sauce (from step 1). Stir fry 6-7 minutes or until slaw is crisp tender or to your liking.
6. Stir in reserved sliced green onion tops. Remove from heat and garnish with sesame seeds and/or cilantro.
7. Serve with additional coconut aminos, soy sauce, or hot sauce, if desired.

Nutrition Information:

SERVING SIZE: 1/4 of recipe; **CALORIES:** 305; **SUGAR:** 11g; **SODIUM:** 600mg; **FAT:** 14g; **CARBOHYDRATES:** 19g; **FIBER:** 4g; **PROTEIN:** 27g

Source: Real Food Rds. <https://therealfoodrds.com/easy-egg-roll-in-a-bowl/print/10208/>. Accessed 19 December 2018.