

# News 4 A Healthy Shelby County



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## Have a Happy Heart

February is Heart Month. There are many ways to live a healthier life that will make your heart healthier and happier. Here are just a few to get you started in the New Year!

1. **Control portions.** How much you eat is important in keeping your waistline and your heart healthy. Eating larger amounts of fruits and vegetables and smaller amounts of high-calorie, high-sodium foods is key. Avoid foods high in added sugar as well as fast food.
2. **Consume whole foods.** These types of foods include fruits and vegetables as well as whole grains. Just think of these as things that have not been touched by man but in their more natural form. Canned fruit is okay if it is packed in juice or water. Limit fruits and vegetables that are packed in syrup, have added sugar, have cream sauce or breading.
3. **Fight the fat.** Use healthy fats in place of unhealthy fats. Saturated fats and trans fats should be

avoided. These include anything that is solid at room temperature—butter, margarine, shortening. Trim fat off of meat or choose lean cuts with 10% fat. Choose monounsaturated fats (olive oil, canola oil) or polyunsaturated—found in fish, avocados, nuts and seeds—when cooking to lower total cholesterol. Moderation should be used even with healthy oils, though, because of high calories.

4. **Fish and beans.** These two food items (not necessarily eaten together) are very important in keeping you healthy. Fish contains omega-3 fatty acids, which can lower triglycerides. Your best fish options are salmon, mackerel and herring. Legumes such as beans, peas and lentils are good sources of protein and can be a good substitute for meat.
5. **Shake out the salt.** Too much sodium can raise blood pressure. Healthy adults should have no more than 2,300 mg per day.

### Points of interest:

- People over 51 years of age, African Americans, and people with high blood pressure, diabetes or kidney disease should limit sodium to 1,500 mg a day

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## Teen Dating Violence Awareness Month

February is National Teen Dating Violence Awareness Prevention Month. Dating violence can happen to any teen in a romantic, dating, or sexual relationship, anytime, anywhere. But it doesn't have to happen at all. Learn how to prevent teen dating violence and to promote healthy relationships by the tips below.

The nature of dating violence can be physical, emotional, or sexual. It can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online.

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.

Dating violence can have a negative effect on health throughout life. Youth who are victims are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, like using tobacco, drugs, and alcohol, or exhibit antisocial behaviors and think about suicide. Youth who are victims of dating violence in high school are at higher risk for victimization during college.

Did you know that in recent national survey, 1 in 10 teen reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once in the 12 months before the survey. Additionally, during the 12 months before the survey, 1 in 10 teens reported they had been kissed, touched, or physically forced to have sexual intercourse when they did not want to at least once by someone they were dating.

What are early warning signs that may date may become abusive?

- Extreme jealousy or controlling behavior
- Quick involvement
- Unpredictable mood swings
- Alcohol and drug use
- Explosive anger
- Isolates you from friends and family
- Uses force during argument
- Blames others for his problems or feelings
- Cruel to animals or children

What are common clues that a teenager may be experiencing dating violence?

- Physical signs of injury
- Truancy, dropping out of school
- Failing grades
- Changes in mood or personality
- Use of drugs/alcohol
- Emotional outburst

- Isolation

*How can I have dating safety?*

- Consider double-dating the first few times you go out with a new person.
- Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home. Let your date know that you are expected to call or tell that person when you get in.
- Be aware of your decreased ability to react under the influence of alcohol or drugs.
- If you leave a party with someone you do not know well, make sure you tell another person. Ask a friend to call to see if you arrived home safely.
- Assert yourself when necessary. Be firm and straightforward in your relationships.
- Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

*How do I design my own safety plan?*

---Think ahead about ways to be safe if you are in dangerous or potentially dangerous relationship. You can use the following guidelines to create your safety plan.

What adults can you tell about the violence and abuse?

Consider changing your school locker or lock?

Consider changing your route to/from school.

Use a buddy system for going to school, classes and after school activities.

What friends can you tell to help you remain safe?

If stranded, who could you call for a ride home?

Keep journals describing the abuse?

Get rid of or change numbers.

These resources are available for more information and/or help:

Emergency Help: 911

Break the Cycle: [www.breakthecycle.org](http://www.breakthecycle.org),

[www.thesafespace.org](http://www.thesafespace.org)

National Domestic Violence Hotline: 1-800-799- SAFE

National Teen Dating Abuse Helpline: 1-866-331-9474

National Center for Victims of Crime: [www.ncvc.org/victimassistance](http://www.ncvc.org/victimassistance) (1-800-394-2255)

The Parenting Institute: 212-263-6622

Futures Without Violence: <http://www.futureswithoutviolence.org>

## Cardiomyopathy

Since February is American Heart Month, we will continue with that theme and discuss cardiomyopathy. Cardiomyopathy is a general term used for diseases of the heart muscle. These diseases have many causes, signs, symptoms and treatments. We will discuss the four main types of cardiomyopathy.

### *Types of Cardiomyopathy*

- Dilated cardiomyopathy
- Hypertrophic cardiomyopathy
- Restrictive cardiomyopathy
- Arrhythmogenic right ventricular dysplasia

**Dilated cardiomyopathy**-This form of the disease is the most common and affects adults age 20 to 60. It starts in the left ventricle with dilation of the heart muscle, meaning it stretches and thins. This causes the inside of the chamber to enlarge. The problem often spreads to the right ventricle and then the atria.

These changes cause the heart to fail to pump blood very well. As the heart becomes weaker, heart failure can occur. Common symptoms include shortness of breath, fatigue, swelling of extremities, abdomen, and veins in the neck. Dilated cardiomyopathy can also lead to heart valve problems, arrhythmias and blood clots in the heart.

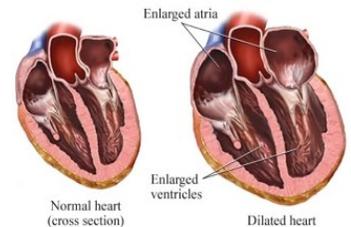
**Hypertrophic cardiomyopathy**-This form of the disease is often the cause of sudden cardiac ar-

rest in young people, including athletes. It occurs when the heart muscle cells enlarge and cause the walls of the ventricles to thicken. The ventricle size remains normal, but blood flow may be blocked. If this happens, then it is called obstructive hypertrophic cardiomyopathy. Symptoms include chest pain, dizziness, shortness of breath, or fainting. Sometimes increased blood pressure in the ventricles can lead to arrhythmias. These can, in turn, lead to sudden cardiac arrest during vigorous physical activity, though rare.

### **Restrictive cardiomyopathy**

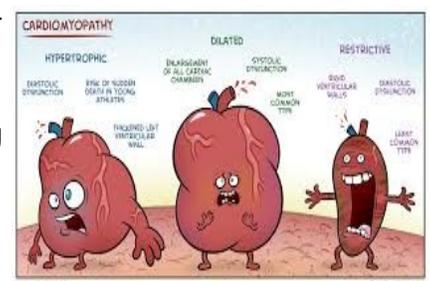
This normally affects older adults and happens when the heart's ventricles become rigid when abnormal tissue, such as scar tissue, replaces normal heart muscle. This can lead to heart failure or arrhythmias.

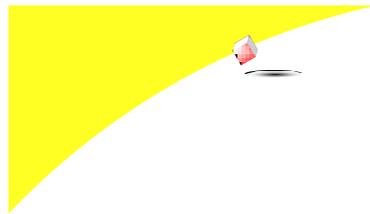
**Arrhythmogenic right ventricular dysplasia**- This is a rare type of cardiomyopathy. It occurs when the muscle tissue in the right ventricle dies and is replaced by scar tissue. This disrupts electrical signals and causes arrhythmias. Symptoms include palpitations and fainting after physical activity. This disease usually affects teens and young adults. It can cause sudden cardiac arrest in young athletes. It is believed to be an inherited disease.



Picture on right shows example of dilated cardiomyopathy as compared to normal heart.

Cardiomyopathy may have no symptoms and require no treatment. However, it can also develop very quickly and have serious complications. Don't take dizziness or palpitations during or after exercise lightly, regardless of patient's age.





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### February Blood Pressure Clinics

- |    |                            |            |
|----|----------------------------|------------|
| 7  | Shelbyville Senior Housing | 9:30-10am  |
| 14 | Clarence Senior Citizens   | 2-2:30pm   |
| 15 | Shelbina Nutrition Site    | 11-12 noon |
| 16 | Bethel Fest Hall           | 1:30-2pm   |

We have your best interest at heart.



[www.shelbycountyhealth.com](http://www.shelbycountyhealth.com)

For more info go to:

[www.webmd.com](http://www.webmd.com)

[www.heart.org](http://www.heart.org)

[www.breakthecycle.org](http://www.breakthecycle.org)

[www.thesafespace.org](http://www.thesafespace.org)

[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

[www.ncvc.org/victimassistance](http://www.ncvc.org/victimassistance)

### Recipe of the Month

#### Rumaki with Pineapple

*Ingredients:*

Cooking spray

24 cubes fresh pineapple

24 water chestnut slices

24 toothpicks

1/2 cup low-fat sesame-ginger salad dressing

*Directions:*

Preheat oven to 375°F. Line bottom section of broiler pan with aluminum foil, top with broiler rack, and spray rack with cooking spray. Top a pineapple slice with

a water chestnut slice and then wrap with 1 bacon slice, secure with toothpick. Arrange wrapped pineapple on prepared broiler rack. Bake in preheated oven for 7 minutes; turn and continue baking until bacon is almost crisp, about 8 more minutes. Brush with sesame-ginger dressing and continue baking until bacon is crisp. Garnish with green onion if desired.

