



# Employee WELLNESS



Florida Department of Health in Broward County

February 2017

## February is Heart Health Awareness Month



Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in your body. Heart failure is a serious condition, but it does not mean that the heart has stopped beating.

### Risk Factors for Heart Failure

Diseases that damage your heart also increase your risk for heart failure. Some of these diseases include:

- [Coronary heart disease \(https://www.cdc.gov/heartdisease/coronary\\_ad.htm\)](https://www.cdc.gov/heartdisease/coronary_ad.htm) the most common type of heart disease and heart attacks.
- [High blood pressure \(https://www.cdc.gov/bloodpressure\)](https://www.cdc.gov/bloodpressure).
- [Diabetes \(https://www.cdc.gov/diabetes/index.html\)](https://www.cdc.gov/diabetes/index.html).
- Unhealthy behaviors can also increase your risk for heart failure, especially for people who have one of the diseases listed above. Unhealthy behaviors include: Smoking tobacco, eating foods high in fat, cholesterol and [sodium \(https://www.cdc.gov/salt\)](https://www.cdc.gov/salt), not getting enough physical activity, and being overweight or obese.

### Signs and Symptoms of Heart Failure

- Shortness of breath during daily activities.
- Having trouble breathing when lying down.
- Weight gain with swelling in the feet, legs, ankles, or stomach.
- Generally feeling tired or weak.



*I believe the greatest gift you can give your family and the world is a healthy you.*

Joyce Mayer

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- Improve your Heart Health
- What can high Cholesterol do to your body?
- Healthy Relationships
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## What can high Cholesterol do to your body?

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. As your blood cholesterol rises, so does your risk of coronary heart disease. If you have other risk factors such as smoking, high blood pressure or diabetes, this risk increases even further. The greater the level of each risk factor, the more that factor affects your overall risk. Your cholesterol level can be affected by your age, gender, family health history and diet.

When too much LDL (bad) cholesterol circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. Together with other substances, cholesterol can form a thick, hard deposit called plaque that can narrow the arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, a heart attack or stroke can result.

LDL (bad) cholesterol is produced naturally by the body, but many people inherit genes from their mother, father or even grandparents that cause them to make too much.

Eating foods with saturated fat or trans fats also increases the amount of LDL cholesterol in your blood. If high blood cholesterol runs in your family, lifestyle modifications may not be enough to help lower your LDL blood cholesterol.

Many people do not know their cholesterol is too high because there are usually no symptoms. That's why it is important to have your cholesterol levels checked by your doctor. Talk with your healthcare provider about assessing your risk for a heart attack or stroke. Cholesterol levels are an important factor in estimating your personal risk. Visit your healthcare provider to create an action plan that will help you make important lifestyle changes. Sometimes, medication is needed in addition to a healthy diet and lifestyle.

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



# Healthy Relationships

## How Can We Communicate Better?



Open, honest communication should be part of every healthy relationship. Use the guidelines below to open up the channels of communication between you and your partner. If you're in an unhealthy or abusive relationship, be careful using these tips. You know your relationship best. If any of these tips would put you in danger, don't try them. For healthier communication, try to:

- Find the Right Time.** If something is bothering you and you would like to have a conversation about it, it can be helpful to find the right time to talk. Try to find a time when both you and your partner are calm and not distracted, stressed or in a rush. You might even consider scheduling a time to talk if one or both of you is really busy!
- Talk Face to Face.** Avoid talking about serious matters or issues in writing. Text messages, letters and emails can be misinterpreted. Talk in person so there aren't any unnecessary miscommunications. If you're having trouble collecting your thoughts, consider writing them down ahead of time and reading them out loud to your partner.
- Do Not Attack.** Even when we mean well, we can sometimes come across as harsh because of our word choice. Using "you" can sound like you're attacking, which will make your partner defensive and less receptive to your message. Instead, try using "I" or "we." For example, say "I feel like we haven't been as close lately" instead of "You have been distant with me."
- Be Honest.** Agree to be honest. Sometimes the truth hurts, but it's the key to a healthy relationship. Admit that you aren't always perfect and apologize when you make a mistake instead of making excuses. You will feel better and it will help strengthen your relationship.
- Check Your Body Language.** Let your partner know you're really listening by giving them your full attention: sit up, face them and make eye contact when speaking. Don't take a phone call, text or play a video game when you're talking. Show your partner you respect them by listening and responding.
- Use the 48 Hour Rule.** If your partner does something that makes you angry, you need to tell them about it. But you don't have to do so right away. If you're still hurt 48 hours later, say something. If not, consider forgetting about it. But remember your partner can't read your mind. If you don't speak up when you're upset, there is no way for them to apologize or change. Once you do mention your hurt feelings and your partner sincerely apologizes, let it go. Don't bring up past issues if they're not relevant.

### How to Communicate if You Are Angry

It's okay to get angry in a relationship – everyone does at some point! What's important is that you resolve conflicts in a healthy way. If you get angry with your partner, here are a few steps to take:

- Stop.** If you get really angry about something, stop, take a step back and breathe. Tell your partner you'd like to take a short break before continuing the conversation. Give yourself time to calm down by watching TV, talking to a friend, playing a video game, taking a walk, listening to some music or whatever helps you relax. Taking a break can keep the situation from getting worse.
- Think.** After you're no longer upset, think about the situation and why you got so angry. Was it how your partner spoke or something they did? Figure out the real problem then think about how to explain your feelings.
- Talk.** Finally, talk to your partner and when you do, follow the tips above.
- Listen.** After you tell your partner how you feel, remember to stop talking and listen to what they have to say. You both deserve the opportunity to express how you feel in a safe and healthy environment.



Communicating isn't always easy. At first, some of these tips may feel unnatural or awkward, but they will help you communicate better and build a healthy relationship. [www.loveisrespect.org/healthy-relationships/communicate-better](http://www.loveisrespect.org/healthy-relationships/communicate-better)

# Healthy Eats

## Ingredients

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 large carrot, peeled and diced
- 1 large zucchini, diced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 4 cups low-sodium chicken broth
- One 15.5-ounce can chickpeas (preferably low-sodium), drained and rinsed
- 1 cup basil leaves, sliced into ribbons, plus more for garnish
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Four 6-ounce skinless salmon fillets



## Salmon and Chickpea Ragu

### Directions

Heat the oil in a large skillet over medium-high heat, add the onion and cook until soft and translucent, about 3 minutes. Add the carrot, zucchini, and garlic and cook, stirring, until the carrots are firm-tender, 4 to 5 minutes. Add the tomato paste, stirring to incorporate completely. Add the chicken broth and chickpeas and bring to a boil. Reduce the heat to low and cook, covered, until the liquid thickens slightly, 8 to 10 minutes. Remove the skillet from the heat, add 1 cup of the basil and 1/4 teaspoon each of salt and pepper and stir to incorporate. Cover to keep warm while you cook the salmon.

Preheat the broiler. Season the salmon with the remaining 1/4 teaspoon each of salt and pepper. Broil the salmon for 8 to 10 minutes per inch thickness, turning once. To serve, spoon 1-1/2 cups of the chickpea ragu into a shallow bowl or rimmed plate. Top with a fillet of salmon and garnish with ribbons of basil.

- Makes 4 servings, Serving size: 1-1/2 cups chickpea ragu and 1 salmon fillet.



Did you know that 26oz sports drink has the equivalent of 15 teaspoons of sugar in it? Water has ZERO



Heart Healthy and easy: Cut up some fresh fruit with a dollop of plain yogurt on top. Drizzle with a small amount of Florida Honey.

### *What's in season? Fresh from Florida:*

Avocado  
Cabbage  
Eggplant  
Lettuce  
Peanut  
Tangerine  
Squash

Bell Pepper  
Cauliflower  
Grapefruit  
Mushroom  
Radish  
Tomato

Broccoli  
Celery  
Guava  
Orange  
Strawberry  
Snap Bean



# Back page Story:

**Sybil Ann Cherian**

## Buddy system, it works!!



### Positive influence

Last year, I was having difficulty getting healthy after the birth of my second child. I had gained a lot of weight and was lacking motivation. When I returned to work, I would use my lunch break to run errands and just ate fast food on my way back to the office. I was inspired to make changes by observing my coworkers' healthy habits such as bringing lunch from home and participating in challenges using their Fitbits. I would see them taking the stairs and walking more. Then in the fall I experienced some extremely difficult changes in my personal life. I found it very challenging to make time to exercise and de-stress because I had my two little ones with me when I was not at work. Instead of drowning my sorrows in sugary treats, my coworkers helped stay positive and even convinced me to join a local gym. Together we began eating healthier and they coached me to have a better workout. They influenced me to make healthier choices by offering me water when I was craving a soda and to go for a walk when stressed instead of munching. I can't tell you how much I lost because I try not to think of it as a numbers game, but rather how I feel and how my clothes fit. Because of my coworkers' encouragement, I feel better and hope to stay on track. I am blessed to work with thoughtful and supportive people. I would like to express my heartfelt gratitude to Imani Richardson, Nadia Willy and everyone who kept me motivated.

*Sybil, Thank you for sharing your inspirational story with us.*

The buddy system works, lets help each other and encourage a positive lifestyle change!



### Line Dancing

Sorry, work got in the way.  
Line Dancing is on hold till  
further notice.

I am very proud of all of you  
WALKERS out there, I see you!

**Please consult your  
healthcare provider before  
starting any diet or  
exercise program.**

### Contact Us:

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DOH-Broward Employee Wellness



**The Walking Club,  
meets at noon in front of  
the Administration Building every  
Monday, Wednesday and Friday.  
Mark your calendars!**

