

## Check Ingredients in Over-the-Counter Products

Most people do not read labels on over-the-counter (OTC) medications. With heart disease, you would be wise to take notes when your doctor tells you ingredients to avoid. It's especially important to check decongestants and cold or flu medicines for the following ingredients:

- Ephedrine
- Levmetamfetamine
- Naphazoline
- Oxymetazoline
- Phenylephrine
- Phenylpropanolamine
- Propylhexedrine
- Pseudoephedrine
- Synephrine
- Tetrahydrozoline

The high sodium levels found in some OTC products can raise your blood pressure. Patients with heart failure should not consume more than 1,500 mg of sodium per day and some OTCs can contain more than that – so be watchful.

Check with your physician before taking any OTC medications, herbs, “natural” medicines or supplements as these can cause heart rhythm problems when they interact with heart medicines.

Sources: American Heart Association, Harvard Health Publications

Drug Facts	
<b>Active ingredients (in each tablet)</b>	<b>Purpose</b>
Chlorpheniramine maleate 4 mg	Antihistamine
Phenylephrine HCl 10 mg	Nasal decongestant
<b>Warnings</b>	
Do not use if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.	
<b>Ask a doctor before use if you have</b>	
<ul style="list-style-type: none"> <li>■ thyroid disease</li> <li>■ trouble urinating due to an enlarged prostate gland</li> <li>■ a breathing problems such as emphysema or chronic bronchitis</li> </ul>	<ul style="list-style-type: none"> <li>■ high blood pressure</li> <li>■ glaucoma</li> <li>■ diabetes</li> </ul>
Ask a doctor or pharmacist before use if you are taking sedatives or	

## Heart Failure Disease Management Newsletter

summer 2010

### Warning Signs of a Heart Attack

The obvious signs of a heart attack, like the ones you see in the movies – where the person clutches his or her chest and falls over – is not the only sign of an oncoming heart attack. Most heart attacks start slowly with mild pain or discomfort that could be ignored and may even come and go. Even those who have already had a heart attack may not recognize their symptoms during a second episode, because the next attack can have entirely different symptoms. Learning all the symptoms could save precious moments.

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body.** There can be symptoms of pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

**Shortness of breath.** This may happen with or without chest discomfort.

**Other symptoms** may include breaking out in a cold sweat, nausea or lightheadedness.

The most common heart attack symptom is chest pain or discomfort, but women are somewhat more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting and



back or jaw pain. Women are less likely to believe they're having a heart attack and more likely to delay seeking emergency treatment.

If you suspect you may be experiencing these symptoms, do not wait for more than a few minutes – five minutes at most – to call 9-1-1 for the fastest lifesaving treatment. Emergency medical technicians can begin your treatment sooner than if you go by car. Not only will you receive fast treatment in the ambulance, but you will usually receive faster treatment at the hospital, too.

Sources: National Heart, Lung and Blood Institute and American Heart Association

### Heart Disease and Arthritis

Most people would be surprised to learn 57 percent of adults with heart disease are also affected by arthritis. Maintaining a healthy lifestyle is a challenge for people with both conditions.

Increased activity improves physical function, helps lower blood pressure, and improves blood cholesterol levels. Arthritis and heart disease present unique barriers to exercise including pain and aggravated arthritis symptoms.

Talk to your physician about exercises appropriate for you before beginning an exercise program. Activities

such as swimming, walking or biking are generally good choices.

In addition to your heart and joints, the rest of your body and mind will benefit from physical activity. Physical activity has been shown to help lessen depression and anxiety. Say goodbye to your couch and get moving!

Sources: Centers for Disease Control and Prevention and the Arthritis Foundation

Health Information Audio Library

Available 24 hours a day,

7 days a week at: 877-217-7946

Health and Wellness web site:

www.humana-military.com

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HEALTHCARE SERVICES

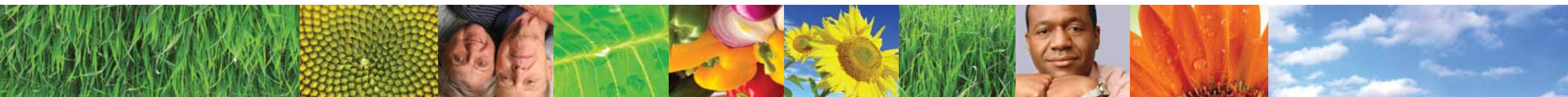


A Legacy of Service

summer 2010

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Louisville, KY 40201





## Boost Your Mood: Get a Positive Attitude *By Genea Yates*

Recently I found myself in a waiting room expecting the news from the doctor as he walked in after several hours of anticipation. Those hours could have been spent in dread, negativity or fear. I chose to take control of what I could – my attitude.

### What does your attitude do for you?

Does your attitude wear you out or give you energy? Would you want to consistently hear the statements you tell yourself and others? When was the last time a negative attitude held you back?

Recognize what you bring to the table. You may complain about the person who brought the dry turkey. But you may be the one who brought the nasty fruit salad. Attitude is defined as beliefs, feelings, values and dispositions to act in certain ways. In his book *10 Life Changing Steps to Turning Attitude into Action*, Keith Harrell describes the steps necessary to adjust your attitude.

- **Understand the power of attitude.** A positive attitude does more than help your outlook, it can also help you feel better and improve relationships.
- **Take charge of your life regardless of circumstances or setbacks.** Attitude is a choice not related to your circumstances. Hope looks past your circumstances and into the possibilities of what you may not see right now.
- **Identify what holds you back and what pushes you forward.** Find out what blocks you from getting where you want to be, and what you can do to change your attitude or your actions.
- **See things from a different perspective.** Negativity can contribute to clinical depression. A new perspective is not seeing things unrealistically, but gives you a new focus to see things that you may not have seen before.
- **Find your purpose and passion.** What do you enjoy? What do you base your worth on? Answering those questions helps you understand your purpose and passion. If you base your worth on someone else, your things or your circumstances, you'll only have short-term happiness. There may be a need to change what you value. Spend more time in what you enjoy.
- **Become proactive.** Think about how you will handle situations before they happen.
- **Know what motivates you.** What drives you to act differently?

- **Build supportive relationships.** Select people who will help you have a positive attitude. Spend less time with the people who wear you out.
- **Enjoy changes and opportunity.** Often those changes can lead to a positive result.
- **Know that life is bigger than just you.** Understand that everyone brings his or her own ideas and experiences. While your wants and needs are important, so are others'. Thinking beyond yourself and helping others often gives you an unexpected benefit.

Once those steps are considered, there are also other actions to take:

- **Avoid toxic people.** Surround yourself with people you enjoy and would like to be similar to.
- **Know the power of positive thinking.** Do you tell yourself more positive or negative things? Self talk can either bring you down or boost you up.
- **Use humor.** Laughter has the power to improve your immune system, aid in breathing and change your attitude.
- **Let go of baggage.** Baggage is a result of past experiences, and what you've been taught to believe.
- **Live a healthy life.** Exercise and good nutrition help keep life balanced. Exercise releases "happy hormones," known as endorphins, which improve your mood. According to the Surgeon General, regular exercise can help you feel happier and prevent depression. Pay attention to the foods you eat. Try to eat foods such as whole grains, fruits, and dark leafy green vegetables, which improve your mood – and increase your energy.

### Take time to think

In that hospital waiting room, I looked around and realized perhaps everyone needed something outside of their circumstances, as did I. With hope, thinking outside of my circumstances made those hours more manageable.

You carry your attitude with you everywhere. The power of your thoughts can add to your joy or deplete your energy. Is your cup overflowing or emptied?

Genea Yates is a native of Mississippi, Genea has worked with Employee Assistance Programs (EAPs) for 11 years. She's currently working as a Clinical Advisor and Marriage & Family Therapist for Humana EAP. Genea earned a Bachelor's Degree in Social & Rehabilitation Services and a Master's Degree in Marriage & Family Therapy from the University of Southern Mississippi.

## Fiber Is Our Friend

Fiber certainly doesn't have as glamorous an image, or sound as appetizing as chocolate, but don't let the name fool you. Besides helping you stay "regular," it also offers a number of special health benefits.

There are two different types of fiber: soluble (dissolves in water) and insoluble (doesn't dissolve in water). **Soluble** fiber helps you feel full longer and can be found in beans, grains, vegetables and fruit. **Insoluble** fiber helps move waste through your intestines and helps you have regular bowel movements. It can be found



mostly in fruit skins, root vegetable skins, dark leafy vegetables and in seeds and nuts. Nutritionists suggest trying to get 30 to 35 grams of fiber per day. Vegetables, fruits and whole grains give you anywhere from 2-8 grams of fiber per serving. One cup of beans or legumes gives you 10-15 grams of fiber.

So why is fiber so important to your health? Diets high in fiber help control blood sugar levels as well as decrease the risk of type 2 diabetes. In addition to helping you avoid unwanted pounds by making you feel fuller, fiber plays a key role in intestinal health. It helps to "firm up" your solid waste matter and helps healthy bacteria grow in your gut. Soluble fiber can lower cholesterol by reducing the amount of fat going into your intestines which can help decrease your risk of heart attack and stroke. Studies show high-fiber diets can reduce your risk of cancer, especially colon and breast cancer.

The average person should consume fiber quantities according to the following chart:

	Age 50 and younger	Age 51 and older
Men	38 grams	30 grams
Women	25 grams	21 grams

Mayo Clinic

A person who needs 2,000 calories each day to maintain a healthy body weight should eat 6 to 8 servings of grains (at least half of the servings should be whole-grain foods) and 8 to 10 servings total of vegetables and fruits (about 1/2 cup counts as a serving) per day.

- According to the **American Diabetes Association**, people with diabetes should eat 25-50 grams of fiber every day.
- The **American Heart Association** recommends eating about 25 grams of fiber each day. They also recommend obtaining fiber from foods rather than fiber supplements.

Sources: American Heart Association, American Diabetes Association and Mayo Clinic

## Cocoa-Spiced Beef Tenderloin with Pineapple Salsa



Number of servings: 4

Prep time: 20 minutes

Cook time: 20 minutes

### Ingredients

1/2 Tbsp vegetable oil  
1 beef tenderloin roast (16 oz)

### For salsa:

1/2 C canned diced pineapple, in fruit juice, chopped into small pieces  
1/4 C red onion, minced  
2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute 1/4 tsp dried coriander)  
1 Tbsp lemon juice

### For seasoning:

1 tsp ground black pepper  
1 tsp ground coriander  
1 tsp ground cinnamon  
1/4 tsp ground allspice  
1 tsp cocoa powder (unsweetened)  
2 tsp chili powder  
1/4 tsp salt

### Cooking Instructions

1. Preheat oven to 375 °F.
2. For the salsa, combine all ingredients and toss well. Let sit for 10–15 minutes to marinate while preparing the seasoning and cooking the meat.
3. For the beef tenderloin seasoning, combine all ingredients. Lightly oil the tenderloin and spread an even layer of the dry seasoning over the entire roast.
4. Place the seasoned roast on a roasting or broiling pan and roast 10–15 minutes (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving into 16 slices (1 ounce each).
5. Serve four slices of the tenderloin with 1/4 cup salsa on the side.

### Nutrition Information Per Serving (4):

Calories: 215  
Protein: 25 g  
Carbohydrates: 9 g  
Potassium: 451 mg  
Total fiber: 2g  
Total fat: 9 g  
Saturated fat: 3 g  
Cholesterol: 67 mg  
Sodium: 226 mg

Source including photo: National Heart Lung and Blood Institute, www.nhlbi.nih.gov