

HEARTwise

NEWS TO HELP YOU LIVE A HEART-HEALTHY LIFESTYLE

Five Ways to Eat Heart-Smart Over the Holidays

Tis the season to share winter cheer with friends and family. But with all those cocktail parties, holiday dinners and long-distance trips to visit relatives, it can be difficult to eat heart-smart. These tips can help you enjoy the holidays without overindulging or sacrificing.

Drink—But in Moderation

It's OK to enjoy a little red wine with dinner. Small amounts of alcohol actually may raise your levels of "good" cholesterol, called high-density lipoprotein, or HDL. Moderate drinking, which you shouldn't exceed, is defined as one drink per day for women and two per day for men. That's 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof hard liquor.

Be Spicy Instead of Salty

Limit cured meat, such as ham and bacon, and foods packed in salty brine, such as pickled vegetables and olives. Curb salty condiments, too, such as horseradish, ketchup, barbecue sauce and those with monosodium glutamate (MSG). Instead, enhance foods with herbs, spices, lemon, lime, vinegar and salt-free seasoning blends.

Put More "Heart" in Family Recipes

Start a new family tradition by putting a healthier spin on too-rich recipes. A few

quick and easy substitutions:

- ▶ Replace cream with fat-free evaporated milk.
- ▶ Cook soup stock with a small amount of turkey breast or skinless chicken thigh instead of neck bones.
- ▶ Substitute fruits and veggies for some of the bread in your stuffing.

Create New Holiday Traditions

There are great resources available for festive—and healthy—treats for the holiday and year-round. Check out *Keep the Beat: Heart Healthy Recipes*, a free booklet published by the National Heart, Lung, and Blood Institute. Go to www.nhlbi.nih.gov, and type "Keep the Beat" into the search box.

Make It Healthy and Fun!

Be a health-conscious host by serving nutritious treats such as popcorn or nuts, including almonds, walnuts and pecans. 🍷



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Waltz Your Way to Good Health



Bake Up a Batch of Healthy Home-Style Biscuits



Three New Meriter Clinics Expand Patients' Options



Meriter Named a Top Performer in National Survey

Waltz Your Way to Better Physical, Mental Health

Do you find yourself tapping your foot to a catchy melody? Get up and dance. Twirling around the dance floor isn't only good exercise. It's also a social outlet—and a great way to bring a smile to your face.

A Healthy Pleasure

Regular dancing can relieve joint stiffness, increase flexibility and improve balance. It also can help:

- ▶ Lower the risk for heart disease
- ▶ Decrease blood pressure
- ▶ Manage weight
- ▶ Reduce the daily toll of stress and tension on the body
- ▶ Increase stamina for other activities

Coordinating your steps to music with a partner in hand challenges the brain, too.

Mature adults who dance at least twice a week can reduce their risk for dementia by 76 percent, according to a study published in the *New England Journal of Medicine*.

Fill Your Dance Card

Many people are shy about stepping out in public—especially people who haven't danced in a while.

But there's nothing to worry about. To get your toes tapping again, follow these tips:

- ▶ **Brush up on ballroom dancing basics.** Many community centers,

YMCAs and community colleges offer affordable ballroom dance classes.

- ▶ **Invest in a good pair of dancing shoes.** Shoes that provide arch and ankle support are best.
- ▶ **Talk with your doctor if you smoke,** are obese or have a high risk for a chronic disease, such as heart disease or diabetes. Fast-paced ballroom dancing is considered vigorous exercise and may require some adults to make modifications. 🍷

Visit www.usadance.org to learn about ballroom dancing clubs and events near you.

Join the Breakfast Club

In one small study, women ate a breakfast of whole-grain bran flakes with low-fat milk every day for two weeks. Then they skipped breakfast for two weeks. Both their total and low-density lipoprotein or "bad" cholesterol levels were higher when they skipped breakfast. They also had lower insulin sensitivity, which raises the risk for type 2 diabetes and heart disease.

American Journal of Clinical Nutrition, Vol. 81, No. 2



HEART-HEALTH | **tip**

SUPPORT GROUPS OFFER EDUCATION, ENCOURAGEMENT

Meriter offers two support groups related to heart health. Healing Hearts focuses on Dr. Dean Ornish's lifestyle recommendations. WomenHeart provides a place for women with heart disease to exchange information and experiences. For details, call (608) 233-9669 (Healing Hearts) or (608) 260-2209 (WomenHeart), or visit www.meriterhearthospital.com

heart-healthy recipe:

Home-Style Biscuits

INGREDIENTS:

- 2 cups **flour**
- 2 tsp. **baking powder**
- ¼ tsp. **baking soda**
- ¼ tsp. **salt**
- 2 tbsps. **sugar**
- ⅔ cup 1 percent fat **buttermilk**
- 3-½ tbsps. **vegetable oil**

DIRECTIONS:

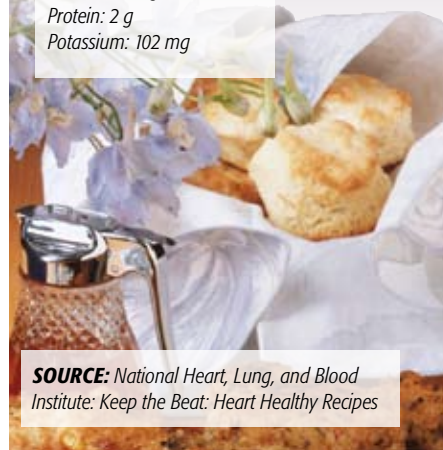
1. Preheat oven to 450 degrees.
2. In medium bowl, combine flour, baking powder, baking soda, salt and sugar.
3. In small bowl, stir together buttermilk and all the oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10–12 strokes. Roll or pat dough to ¾-inch thickness. Cut with 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Yield: 15 servings

Serving Size: one 2-inch biscuit

EACH SERVING PROVIDES:

Calories: 99
 Total fat: 3 g
 Saturated fat: less than 1 g
 Cholesterol: less than 1 mg
 Sodium: 72 mg
 Carbohydrates: 15 g
 Total fiber: 1 g
 Protein: 2 g
 Potassium: 102 mg



SOURCE: National Heart, Lung, and Blood Institute: *Keep the Beat: Heart Healthy Recipes*

News from Meriter

New Clinics Expand Patients' Options

Meriter Health Services recently opened three new clinics in Madison:

Meriter Medical Clinic-McKee

Meriter Medical Clinic-McKee opened in July to serve residents of West Madison, Fitchburg and beyond. Look for the clinic at 3102 Meriter Way (near the intersection of Highways M and PD).

Three board certified internal medicine physicians—Drs. Arpad Olajos, Cyndi Pickney and Thomas Casper—practice at the clinic. They provide medical exams, preventive exams and Pap tests, diagnostic and screening services and radiology services, including general X-rays. Other services at the clinic include surgical procedures, such as mole or suture removal; electrocardiograms (ECGs); and treadmill testing.

Meriter also has an internal medicine clinic in Middleton. All Meriter Medical Clinic physicians are approved providers for Physicians Plus Insurance Corporation, Medicare and Medicaid, The Alliance, Blue Cross, WEA Trust, WPS and most commercial health insurance plans.

To schedule an appointment at the McKee clinic, call **(608) 417-8800**. Find out more about the Meriter clinics at www.meritermedicalclinics.com.

FastCare Clinics

With the opening of Meriter FastCare Clinics in two Shopko stores—on Mineral Point Road and on Zeier Road near East Towne—residents of the Madison area suffering from common ailments have a convenient, economical new option for treatment.

The FastCare clinics offer basic medical care for minor conditions and symptoms, including sore throat, fever, flu, common cold, ear/sinus infections, pink eye, skin rash and allergies.

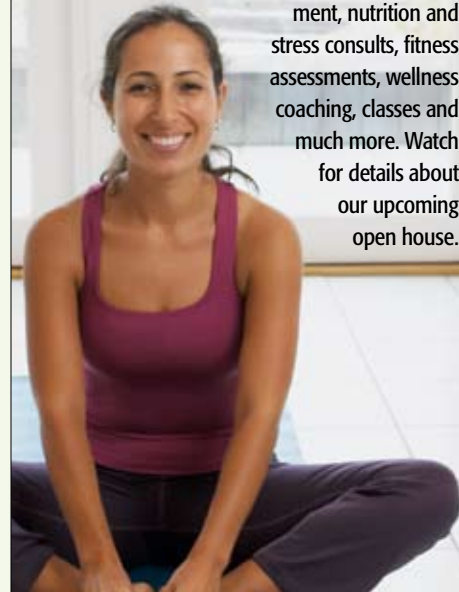
No appointments are necessary, and there are no insurance restrictions. For added convenience, patients needing medication can choose to have their prescriptions filled at the store's pharmacy.

The clinics, staffed by nurse practitioners, will be open 364 days a year and are open to anyone. Patients are charged a flat fee of \$49 (this includes basic lab work), but patients' insurance carriers can be billed later. Services follow guidelines for retail clinics as defined by the American Academy of Family Practice.

Check out www.meriter.com/fastcare for more details, including clinic hours.

Rehab, Exercise Program Moving

In December, Meriter's cardiac and pulmonary rehabilitation services will move from the hospital to a newly constructed building at the intersection of the Beltline and Todd Drive in Madison. Other services offered at this new location will include supervised exercise therapy, weight management, nutrition and stress consults, fitness assessments, wellness coaching, classes and much more. Watch for details about our upcoming open house.



Labyrinth Offers a Path for Meditation

Thanks to the generosity of an anonymous donor and the Meriter Foundation, Meriter now has a canvas labyrinth. A labyrinth is a meditation path that provides an opportunity for reflection, problem solving, prayer and contemplation. Spiritual Care staff members expect the new labyrinth to bring comfort to patients, families, physicians and nurses. The labyrinth will be in the hospital chapel each Friday.

THERE'S MORE FOR YOU AT MERITER.COM!

www.meriter.com/videos—Meet William Evans, MD, a Wisconsin Heart and Vascular Institute cardiovascular specialist whose faith provides him with a welcome balance to the scientific aspect of his healing. You'll also meet Girma Tefera, MD, a UW Health cardiovascular surgeon who proudly returns to his Ethiopian homeland with other surgeons on medical missions to help teach doctors there.

www.meriter.com/recipes—Looking for a healthy way to warm up supper? Try the Multigrain Chicken Soup, one of more than 100 healthy recipes featured.

www.meriter.com/enews—Sign up for five FREE e-newsletters, including Meriter's Prime Time. Learn how to improve your physical and emotional health so you can get the most out of life as an active 50-plus adult.



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Are you at risk for a heart attack? Take a free heart risk
assessment online at www.meriterhearthospital.com.

Meriter Named a Top Performer in National Survey



Meriter Hospital is among the top hospitals in the nation for having demonstrated the fastest, most consistent improvement over five consecutive years, according to the Thomson Reuters 100 Top Hospitals: Performance Improvement Leaders study. The study examined the performance of more than 2,800 U.S. hospitals on a variety of clinical, financial, operational and patient safety criteria to identify the 100 winners.

"I'm extremely pleased that Meriter was recognized as a top 100 performer

because it reflects the work done every day, by the entire care team—from nurses to environmental services, clerical staff to physicians," says Jim Woodward, Meriter Hospital president and CEO. "Providing exceptional patient-centered care is our top priority."

The hospital assessment project, which dates back to 1993, was formerly called the Solucient 100 Top Hospitals program. Thomson Corporation acquired Solucient, LLC, in 2006. It acquired Reuters earlier this year to form Thomson Reuters. 🐾

Meriter President/ CEO Takes Lead Role in Heart Walk

Meriter President and CEO Jim Woodward served as chair of the 2008 South Central Wisconsin American Heart Association (AHA) chapter's annual Heart Walk in October. Meriter was an event sponsor, and many members of Meriter's staff participated in the fundraising walk.

AHA has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the nation's number one and number three killers, claim more than 910,000 American lives a year. The association invests the funds it raises each year in research, professional and public education and advocacy to help people across America live stronger, longer lives.

