



The 9th Annual Greater Washington Region

Heart Gala 2007



www.ahaheartgala.com

HEART HEALTHY NEWSLETTER

August 2006

Save the Date!

March 10, 2007

The 9th Annual Greater Washington Region Heart Gala will be held on **Saturday, March 10, 2007** at the Ritz-Carlton, Tysons Corner.

Heart Gala Medical Committee Growing

The 2007 Medical Committee welcomes several new members to the Heart Gala: Mary Donofrio, M.D., Children's National Medical Center; Seymour Hepner, M.D., Pediatric Cardiology Associates; Anantha Rao, M.D., Washington Hospital Center; V.K. Shah, M.D., Shah Associates; and James Thompson, M.D., Child Cardiology Association.

Thank you to the 2007 Medical Committee Chairman, Richard Jonas, M.D. and Vice Chairman, Adam Strickberger, M.D. for working so hard to expand the medical committee. The combination of experienced and new members are key for a successful committee and we thank you all for your dedication to the American Heart Association.

Thank you to our 2007 Heart Gala Sponsors!

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Five combined healthy habits equal lower heart disease risk

DALLAS, July 4 – Middle-aged and older men who practiced five healthy lifestyle behaviors during a 16-year period had a significantly lower risk of developing heart disease than men who had fewer healthy habits, according to a study reported in *Circulation: Journal of the American Heart Association*. Even those receiving treatment for high blood pressure or high cholesterol experienced a reduced risk.

“Many healthy lifestyle factors are associated with a lower risk of coronary heart disease,” said Stephanie Chiuve, Sc.D., lead author of the study and a research fellow in the Department of Nutrition at the Harvard School of Public Health in Boston, Mass. “We looked at the health impact when all five healthy lifestyle factors were considered in combination.”

Researchers examined these five factors of a heart-healthy lifestyle:

- Not smoking
- Maintaining a body mass index (BMI) of less than 25 kg/m²
- Exercising daily for at least 30 minutes

2007 Heart Gala Medical Committee

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- Maintaining a body mass index (BMI) of less than 25 kg/m²
- Exercising daily for at least 30 minutes
- Drinking alcohol in moderation, defined as half a drink to two drinks a day, on average (nondrinkers were not included)
- Eating healthfully

A healthy diet emphasizes high intakes of fruits and vegetables, cereal fiber, meat (chicken and fish), nuts, legumes, low trans and saturated fats, and taking a multivitamin for at least five years.

Chiueve and colleagues studied 42,847 men, ages 40 to 75, who were free from chronic diseases such as heart disease, diabetes and cancer at the start of the study. The participants provided information on their medical condition and lifestyle factors every two years, starting in 1986, through self-administered questionnaires. Twenty-one percent of the men took medications for high blood pressure or high cholesterol.

“One of the strengths of this study is that every two years we collected detailed updated information on lifestyle factors such as BMI or smoking status and also medical confirmation of newly diagnosed heart disease,” Chiueve said.

They found that 2,183 of the men had a heart attack or developed fatal coronary heart disease) during the study. Men who had all five healthy factors had a 87 percent lower risk for coronary heart disease, compared to men who had none of the healthy lifestyle factors. Researchers found that 62 percent of coronary events may have been prevented if all men in the study population adhered to all five healthy lifestyle factors.

What hadn't been studied before was the parallel benefit of healthy lifestyle factors among men already with higher risk health conditions. Among men taking medications for high blood pressure or high cholesterol, 57 percent of all coronary events may have been prevented with a healthy lifestyle, she said. Those who adopted two or more healthy characteristics had a 27 percent lower risk of coronary heart disease compared with those who did not.

“We found that a healthy lifestyle, defined by these five factors, is associated with lower risk of coronary heart disease, even when men are taking medication to lower their blood pressure or cholesterol,” Chiueve said. “And while we want to encourage a healthy lifestyle throughout people's lives, this study shows that it's never too late to make changes to become healthier.” You can still achieve significant benefit by making changes in middle age or later in life.”

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Research at Washington Adventist
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Stuffed Chili Peppers



Stuffed Chili Peppers



Serves 4

Vegetable oil spray
4 Anaheim peppers (about 8 ounces)
2 ounces shredded low-fat Monterey Jack cheese
2 ounces nonfat or low-fat ricotta cheese
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/8 teaspoon cayenne
1/8 teaspoon ground cumin
1/8 teaspoon black pepper
1/4 cup all-purpose flour
3 egg whites

1. Preheat broiler. Spray a broiling pan with vegetable oil spray. Using a thin, sharp knife, make a small slit near the stem of each pepper so steam will be released.
2. Place peppers on a broiling pan and broil 3 to 4 inches from the heat for 1 to 2 minutes on each side, or until the skins are blackened. Do not overcook. Place peppers in a plastic bag and seal bag. Let peppers sit for at least 15 minutes, or until cool enough to handle. Using your fingers, paper towels or a knife, remove charred skin from peppers. Cut the stem end off and remove membrane and seeds. Rinse pepper in cold water and pat dry with paper towels.
3. In a small bowl, combine Monterey Jack cheese, ricotta cheese, chili powder, garlic powder, cayenne, cumin and black pepper. Spoon one-fourth of this mixture through the stem end of a chili pepper. Repeat with remaining filling and peppers. Lightly coat the outsides of the peppers with flour and set aside.
4. With an electric mixer, beat the egg whites in a medium mixing bowl until stiff peaks form. Set aside.
5. To bake peppers, preheat oven to 350 F and lightly spray a baking sheet with vegetable oil spray. To cook peppers on the stovetop, lightly spray a nonstick griddle with vegetable oil spray. Heat the griddle over medium heat.
6. Coat the chili peppers with egg whites and place on the baking sheet if baking. Bake, uncovered, for 15 to 20 minutes, until tops are lightly browned. Or cook egg-coated chilies over medium heat for 2 to 3 minutes on each side, until golden brown. Serve hot. The peppers are best when served immediately, but can be refrigerated up to 3 days.

Calories: 105
Protein: 10 g
Carbohydrates: 11 g
Total Fat: 3 g
Saturated Fat: 2 g

Polyunsaturated Fat: 0 g
Monounsaturated Fat: 1 g
Cholesterol: 8 mg
Sodium: 173 mg

For more information on the 2007 Heart Gala, please contact Gabrielle Urquhart at (703) 248-1704 or gabrielle.urquhart@heart.org or visit our website: www.ahaheartgala.com.

