

Cardiac Rehab Newsletter



1600 North Second Street

November 1, 2008

Volume 1, Issue 10

“Rewrite Your Favorite Recipe”

This article is an overview of ways to “Start” or “Maintain” a Heart Healthy Diet. Diet is one of the many *speed bumps* on the *road to a healthy heart*. Information taken from “Take a Load off Your Heart” by Joseph C. Piscatella

A trip to the bookstore is often the first step for many people trying to change their diets. They buy a low-fat cookbook, shop for hard-to-get ingredients with unpronounceable names, spend hours in the kitchen and are then disappointed when the family refuses to eat the great new dish they have prepared.

Here’s why. We like our own food, our own favorite recipes, better than we like the recipes of other people. *The fact is that most American families prepare 12 recipes 80% of the time.* So instead of worrying about how to create a hundred new low-fat meals, it’s more effective to reduce fat and calories in those recipes that already have your family’s stamp of approval.

Let’s say your family likes to have French toast on Sunday mornings. The traditional recipe calls for mixing whole milk and four whole eggs, dipping bread in the mixture and frying it in bacon fat. How can this recipe be lightened without losing taste? First, you can use nonfat milk instead of whole milk; Egg Beaters, or one whole egg and three egg whites, instead of four whole eggs. Next, instead of bacon grease, use a nonstick pan or griddle with a little cooking spray. Now you can afford to top the French toast with fresh fruit and yogurt, fruit compote, or even a small dollop of soft margarine and a little maple syrup.

It will be fantastic!



Thank you to everyone who donated time and money to support the Henry County Heart Walk on October 18th. There was a wonderful turnout for the event. The GVMH Cardiac Rehab Team raised \$3100.00 towards the fight for heart disease and stroke. Thank you again to everyone who bought “Heart Healthy” M&M’s, 50/50 tickets, Memory/Honor Hearts, or gave monetary donations.

♥ REMINDER: FLU SEASON IS AROUND THE CORNER. MAKE AN APPOINTMENT WITH YOUR PHYSICIAN TO GET YOUR ANNUAL FLU AND PNEUMONIA VACCINE!!!

Monthly “Heart Healthy” Recipe

“Rustic French Toast”

Servings: 6 slices

- 2 eggs or egg substitute
- 1/3 cup nonfat milk
- 1/4 teaspoon sugar
- 1/2 teaspoon cinnamon
- 6 slices day-old crusty 100% whole wheat bread
- 2 tablespoons tub-style safflower margarine
- 1/2 cup maple syrup or strawberry or raspberry syrup or preserves

1. Beat eggs (unless using egg beaters). Add milk, sugar and cinnamon.
2. Preheat a nonstick griddle over medium-high heat. Dip bread one slice at a time into the egg mixture, coating both sides evenly, and place on griddle. Brown 2 to 3 minutes. Turn and brown other side, 2 to 3 minutes longer.
3. Remove to warm serving platter. Serve with margarine and syrup on the side.

Nutrition Facts (per slice): Calories: 88,
 Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 63g,
 Protein: 3 g, Sodium: 143 mg, Carbohydrates: 6 g,
 Fiber: 1 gm

TID-BITS

CONGRATULATIONS TO OUR OCTOBER
 CARDIAC & PULMONARY REHAB GRADUATES FOR
 COMPLETING THEIR
 PHASE II CARDIAC OR PULMONARY REHAB:

- Jack Gurney: Clinton Cardiac Rehab**
- James Simmons : Clinton Cardiac Rehab**
- Alice David: Clinton Pulmonary Rehab**
- Beth Weaver: Clinton Cardiac Rehab**
- LeRoy Scheffler: Clinton Cardiac Rehab**
- Coby McCulloh: Clinton Cardiac Rehab**
- Mike Hawkins: Clinton Cardiac Rehab**
- Fran Huff: Clinton Cardiac Rehab**
- Tom Cooley: Warsaw Pulmonary Rehab**
- Janice Carmichael: Warsaw Cardiac Rehab**
- Ken Hanna: Warsaw Cardiac Rehab**
- Mildred Hunt: Warsaw Cardiac Rehab**
- Lois Slavens: Warsaw Pulmonary Rehab**
- Dorma Lutjen: Warsaw Cardiac Rehab**
- Philip Bingel: Warsaw Cardiac Rehab**

THANK YOU: We would like to thank our GVMH physicians for their
 October referrals to Cardiac/Pulmonary rehab: Dr. Khan,
 Dr. Hankins, Dr. Brian Bellamy, Dr. Scott, Dr. Bagley,
 Dr. Gabbert, Dr. Dailey

Contact Information

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Upcoming Cardiac Classes

DATE:
November 18, 2008

***“Cardiac Disease & Risk Factors”
 and
 “Cardiac Medications ”***

TIME
 1:00pm—3:00pm

PLACE:
 Medical Plaza Classroom
 2nd floor of GVMH Medical Plaza
 (Watch for signs)

Presented By:

 Megan Cunningham, RN, BSN
 and
 Kristal Moran, RN

Additional Resources:

Diabetes Support Groups

Warsaw

Monthly Topic: “Holiday Celebration”

PLACE: GVMH Warsaw Rehab & Wellness Gym

DATE: November 11, 2008

TIME: 11:30 a.m.-12:30 p.m.

Presented By: Jamie Ketterman RN, BSN, CDE

Clinton

Monthly Topic: “Holiday Celebration”

PLACE: Golden Valley Medical Plaza Classroom

DATE: November 13 , 2008

TIME: 10:30 a.m.-11:30 a.m.

Presented By: Jamie Ketterman RN, BSN, CDE