







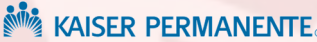




Tulare County Employee Wellness Program

Healthy Heart

February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>National Wear Red Day - February 2nd <u>Please take a photo of you and/or your coworkers wearing RED and submit pictures to OEHealth@tularecounty.ca.gov</u></p>			1	2
<p>American Heart Association®</p> 				
5	6	7	8	9
	<p><u>Article</u> Oral Health and Heart Health</p> 		<p><u>Article</u> How to Keep Your Heart Healthy</p> 	
12	13	14	15	16
<p><u>Video</u> Let Your Mind Protect Your Heart</p> 		<p>HAPPY Valentine's DAY</p> 		<p><u>Video</u> 8 Surprising Ways to Reduce Your Risk of Heart Disease</p> 
19	20	21	22	23
<p>COUNTY HOLIDAY</p> <p>★ HAPPY ★ President's DAY</p> 		<p><u>Article</u> A Healthy Heart: Care Instructions</p> 		
26	27	28	29	
	<p><u>Video</u> 8 Myths About Heart Disease You Need to Know</p> 		<p><u>Healthy Recipe</u> Tomato Walnut Tilapia</p>	



American Heart Association.



NATIONAL WEAR RED DAY[®]

Friday, February 2, 2024

This February, let's Go Red for each other.

Show your support for women across the nation, for the special women in your life, and for YOU. On Friday, February 2, share your heart and **WEAR RED.**



[WearRedDay.org](https://www.WearRedDay.org)
[#WearRedDay](https://twitter.com/WearRedDay)

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Go Red for Women is nationally sponsored by



Articles

A Healthy Heart: Care Instructions

Coronary artery disease, also called heart disease, occurs when a substance called plaque builds up in the vessels that supply oxygen-rich blood to your heart muscle. This can narrow the blood vessels and reduce blood flow. A heart attack happens when blood flow is completely blocked. A high-fat diet, smoking, and other factors increase the risk of heart disease.

Follow-up care is a key part of your treatment and safety. Read the following article to find information about how you can care for yourself at home: [A Healthy Heart: Care Instructions](#).



Oral Health and Heart Health

The health of your mouth may be a clue into the health of another part of your body—your heart. Ongoing studies have shown possible links between periodontal (gum) disease and heart disease.

Some researchers have found that people with gum disease are about two times more likely to have coronary artery disease. In the U.S., heart disease is the leading cause of death, with coronary artery disease being the most common type of heart disease. Other studies suggest a relationship between gum disease and stroke. So with the majority of American adults believed to have some stage of gum disease, the topic of a possible connection between the two diseases is a hot one.

Click the link below to read the full article: [Oral Health and Heart Health](#).



How to Keep Your Heart Healthy

Taking care of your heart is one of the best things you can do for your health. Your heart is one of the most important muscles in your body, even though it's only the size of a fist.

Coronary arteries send blood to your heart. Coronary artery disease, or CAD, is when your arteries get clogged. Arteries get blocked when plaque builds up over time. Plaque is made of fat, cholesterol and other things.

Small changes can make a big difference—and a good heart is worth it. What can you do for a healthy heart? Read the following article to find out: [How to Keep Your Heart Healthy](#).



Videos

Three fact-filled videos by the Mayo Clinic below provide great information about Heart Health. See details below and follow the links to watch each video!

8 Myths About Heart Disease You Need to Know

Don't fall for fiction about that important, blood-pumping machine in your chest! In this short video by the Mayo Clinic, 8 common myths about heart disease are addressed. Watch the video to find out what these myths are, and the facts behind them! [8 Myths About Heart Disease You Need to Know.](#)

Let Your Mind Protect Your Heart

Meditation can help lower your risk of heart disease, heart attack, or stroke. In this short video by the Mayo Clinic, you will find information on meditation, and ways to frame your meditation to be the most beneficial to you. Follow the link below to watch the video: [Let Your Mind Protect Your Heart.](#)

8 Surprising Ways to Reduce Your Risk of Heart Disease

How many heart-friendly habits can you fit into your life? Click the link below to watch the short video on ways to reduce your risk of heart disease. As the title suggests, some may even surprise you, such as getting a pet! Watch the video at the following link: [8 Surprising Ways to Reduce Your Risk of Heart Disease.](#)



Tomato Walnut Tilapia



Ingredients

- 4 tilapia fillets (4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon butter
- 1 medium tomato, thinly sliced

Topping ingredients

- 2 tablespoons lemon juice
- 1 1/2 tablespoons butter, melted
- 1/2 cup soft bread crumbs
- 1/4 cup chopped walnuts

Instructions

- 1) Sprinkle fillets with salt and pepper. In a large skillet coated with cooking spray, cook fillets in butter over medium-high heat until lightly browned, 2-3 minutes on each side.
- 2) Transfer fish to a broiler pan or baking sheet; top with tomato. Combine topping ingredients; spoon over the tomato slices.
- 3) Broil 3-4 in. from the heat until topping is lightly browned and fish just begins to flake easily with a fork, 2-3 minutes.



Total Time: 20 minutes Serves: 4 Difficulty: Easy

1 fillet 202 calories, 10g fat (4g saturated fat), 67mg cholesterol, 251mg sodium, 6g carbohydrate (2g sugars, 1g fiber), 23g protein.

Diabetic Exchanges: 3 lean meat, 2 fat, 1/2 starch.