

February is Heart Health Awareness

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

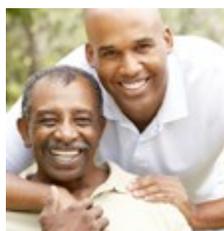
You can take steps today to lower your risk of heart disease and heart attack.

To help prevent heart disease, you can:

- **Eat healthy and get active.** Click here for a [Heart Healthy Foods: Shopping List](#).

- **Watch your weight.** Join the [Greatest Loser Challenge!](#)
- **Quit smoking and stay away from secondhand smoke.** Call the University Pharmacy to schedule an smoking cessation appointment at 313-831-2008. [Click here](#) for more information on this [free service](#) as a Wellness Warrior.

- **Control your cholesterol and blood pressure.** Click here for [My Blood Pressure Wallet Card](#) - a tracking tool.
- **If you drink alcohol,** drink only in



[moderation.](#)

- **Take steps to prevent type 2 diabetes.**
- **Manage stress.** Call a Life Advisor for your life needs and mental wellness needs at 1-800-448-8326.

Resource: *National Health Observances*. Healthfinder (2015). Accessed on January 22, 2015 Available at: <http://healthfinder.gov/NHO/FebruaryToolkit.aspx>

What's Going On!

- > February Fitness classes with MHRFC instructors are posted! Sign up today through TSW on [Pipeline/Academica](#).
- > February Lifestyle Nutrition and Your Individual Plan with Debra Cavender. Register for your one on one session through TSW on [Pipeline/Academica](#).
- > February EAP Trainings with Ulliance Speakers. Sign up through TSW on [Pipeline/Academica](#).
- > February 10th - Know Your Numbers hosted by Debra Cavender. Sign up today through TSW on [Pipeline/Academica](#).

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HAP Wellness Workshop—Heart Health

Presenter: Clinton A. Brawner, PhD, ACSM-RCEP

Thursday, February 26, 2015 | 12:00 to 1:00 PM | UGL, Bernath AUD

Learn about the cardiovascular system, heart disease prevention and treatment and the importance of physical activity. **Sign up** through TSW on [Pipeline/Academica](#) under the Wellness Warriors subheading.



BIO: Clinton has a doctorate degree in public health and epidemiology. He is certified as a Registered Clinical Exercise Physiologist with the American College of Sports Medicine. He has been employed as a clinical exercise physiologist at Henry Ford Hospital since 1993 where he has worked in various areas of Cardiology. His research interests include the impact of lifestyle and the use of exercise testing and training for the primary and secondary prevention of chronic diseases, such as obesity, diabetes and heart disease.

Editor:

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Wellness Coordinator
Wellness Warriors



Refined Sugar and Heart Disease

Provided by: Debbie Cavender, RDN

A study at the United States Centers for Disease Control (CDC) found a significant link between the amount of sugar eaten and heart disease. Researchers studied the diets of thousands of Americans (JAMA Intern Med, 2014; 174: 516-24).

This study reported that drinking just one sugar-sweetened drink every day increases your chances of developing heart disease, and those who get a quarter or more of their daily calories from refined sugar triple their risk of dying from cardiovascular disease.

Although there is no daily recommended value established for sugar intake, refined sugar should make up less than 10% percent of total calorie intake. This equals approximately 70 grams for men and 50 grams for women a day.

Sugar is EVERYWHERE. Starbucks 16oz Peppermint Hot Chocolate sounds really good on these cold winter days but be aware steamed 2% milk with peppermint, mocha

and vanilla flavored syrups, sweetened whip cream and chocolate curls is *61 grams of sugar!!!* And that is just one drink!!!

A better choice would be to drink diluted tart or bitter cherry juice. Tart cherries have been shown to be as effective as drugs that regulate fat and glucose in diabetics, and come with none of the serious side-effects. (Researchers at the University of Michigan)



Photo credit: <http://thischickcooks.net/2011/09/26/deadly-sweets-a-look-at-the-real-effects-of-refined-sugars/>



Photo credit: <http://www.theguardian.com/uk-news/2014/mar/31/refined-sugar-real-villain>

Wayne State University's
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WARRIORS 
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Stay Connected with us
where ever you go!

While at home or out of town maintain your efforts in becoming your best self by seeking wellness information and tips through our social media sites

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Success! Your peers sharing their achievements

This section is dedicated to YOU, our most valuable asset. We want to showcase you! If you've been successful becoming a better version of yourself and would like to share your story, please tell us! Many wellness warriors have come up to us and told us their story, and we want to share these great people! Perhaps you quit smoking, or lost weight or learned a new language. These are all great accomplishments towards being a healthy and well-rounded individual.

We also think you'll inspire others to change. What a powerful tool you could be! So if you've made a change and want to share it with us, let us know!

How has the Wellness Warriors Program helped you reach your goal or helped you accomplish something? Write to us at wellness@wayne.edu.

Please include a picture! 175-200 words.

Keep Your Family Members in the Loop!

Support from your friends & family can help you stay committed to your wellness goals.

Keep your support team updated with Wellness Warriors news by submitting their email address to receive our monthly newsletter to wellness@wayne.edu