

# Getting Fit to Serve

From the desk of  
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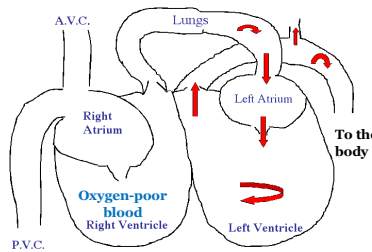
## FEBRUARY IS HEART DISEASE AWARENESS MONTH

### GO RED LADIES

Heart disease is the number one cause of death in both men and women today. Heart attacks are most frequently caused by plaque buildup in the arteries, which leads to blockage of blood and oxygen flow to the heart muscle. To begin, let's talk about the heart and the vessels that supply it.

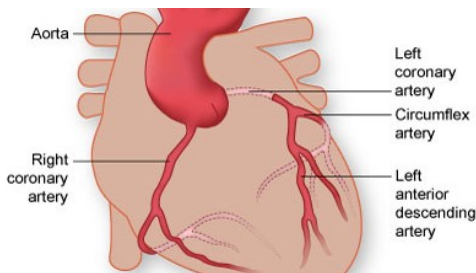
The heart is a muscular vessel that sits in the chest beneath the breast, pushed to the left. It beats continuously to send blood through arteries (blood vessels or tubes) to the organs and tissues of your body. The arteries carry oxygen-rich blood and nutrients that are necessary for the various functions of the different organs in your body. Veins, are also tubes or blood vessels, that take oxygen-poor blood back to the heart after being used by the various organs and tissues; and so the cycle continues over and over.

The heart is made up of 4 chambers. The two chambers on the right side of the heart receive the oxygen-poor blood from the body and take it to the lungs for oxygenation. The artery from the lung then brings the oxygen-rich blood to the left side of the heart into the other 2 chambers, which sends the oxygen-rich blood to the entire body via a big vessel called the aorta. The aorta has branches (much like a tree) that sends arteries out to every area of the body.



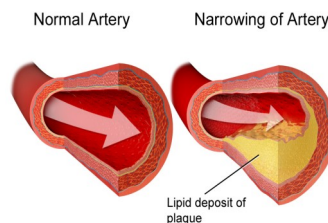
### WHY IS YOUR HEART SO EXTRA-SPECIAL?

Like all organs, your heart is made of tissue that requires a supply of oxygen and nutrients. Although its chambers are full of blood, the heart receives no nourishment from this blood. The heart receives its own supply of blood from a network of arteries, called the coronary arteries.



Two major coronary arteries branch off from the aorta; the right and left coronary arteries—supplying each side of the heart. Together, these arteries and their branches supply all parts of the heart muscle with blood (oxygen and nutrients)

**Coronary artery disease** occurs when plaque builds up in the coronary arteries and prevents the heart from getting the enriched blood it needs. The plaque build-up that occurs is called atherosclerosis (hardening and stiffening of the arteries) - leading to heart disease and stroke. However, this can occur anywhere in the body and affect any artery.



Coronary Artery Disease

## PUTTING THINGS IN PERSPECTIVE

- Heart disease is the #1 killer of men and women, and is more deadly than all forms of cancer combine.
- Heart disease causes 1 in 3 women's deaths each year, killing approximately 1 woman every minute.
- Heart disease affects 1 in 4 men
- An estimated 43 million women in the U.S. are affected by heart disease.
- Since 1984, more women than men have died each year from heart disease.
- The symptoms of heart disease can be different in women and men, and are often misunderstood.
- While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.

The Church, which is the body of Christ, is not immune from the health issues of today. We have been taught that our bodies are the temple of the most high God and we have tried to be spiritually minded, but most of us have forgotten about the physical part. Our soul is house within a physical structure that is fragile, with an expiration date. What you do with your bodies affect that expiration date. How you care for your physical man affects how much you can do for the Lord. A diseased physical house shortens your ability to effectively spread the gospel. Each of us has been strategically placed in our home, neighborhood, community and town—who will go, if you cannot?

Here are a few reasons why you should take care of yourself physically:

- It glorifies and honors God (1 Cor. 10:31)
- You're taking care of your body - His temple (1 Cor 6: 19-20)
- It's being a good witness (Acts 1:8)
- You'll have more energy - be better equipped for what God has planned for you. (Eph. 2:10)

## THE BOTTOM LINE ABOUT WATER.

*It's good for you!*

- ◆ Drinking water helps maintain the balance of body fluids. *Your body is made up of 60% water.*
- ◆ Water can help control calories. *Helps you feel full.*
- ◆ Water helps to energize muscle. *Well-hydrated muscles work better. Less fatigue.*
- ◆ Water helps keep the skin looking good.
- ◆ Water helps your kidneys function better. After all, that is what they filter.
- ◆ Water helps maintain normal bowel function. *Which helps to rid toxins from your body.*

**How much water?** The formula use to be “one size fits all” — 8 glasses per day. That is still safe, BUT experts say that now it depends on your size, weight and also activity level and the climate where you live.

## WHERE DO YOU START?

I find walking to be one of the best exercises out there and a good and relatively inexpensive place to start. The good thing about it— *almost* everyone can do it.

### THE BENEFITS OF WALKING

- ◆ Reduce the risk of coronary heart disease
- ◆ Improve blood pressure and blood sugar levels
- ◆ Improve blood lipid profile
- ◆ Maintain body weight and lower the risk of obesity
- ◆ Enhance mental well being
- ◆ Reduce the risk of osteoporosis
- ◆ Reduce the risk of breast and colon cancer
- ◆ Reduce the risk of diabetes



Buy a “good” pedometer, clip it daily and start a walking journal. Start slow and increase your distance by 5 minutes each week or every 2 weeks. The goal is to achieve 10,000 steps per day (5 miles). If you are unsure of what to do or you are not physically fit and have concerns about your joints (ankles, knees, or hips)—see your doctor before starting any physical activity; especially if you have health problems.

You will need a good pair of sneakers. I would recommend a running shoe with plenty of cushion. Your feet and joints need good support so, you should avoid wearing worn out sneakers and try to replace your sneakers every 6 months (*if you are seriously active*).

## HEALTHY EATING TIPS: It's not just what you eat, it's how you eat

- **Eat with others when possible**—limits or prevents *mindless overeating* (tends to occur when sitting in front of the TV or computer or when eating at your desk)
- **Take the time to chew your food and enjoy mealtimes**—savor each bite and chew your food slowly. Enjoy and reconnect with the flavor and texture of your foods. Remember, it takes your brain *20 minutes* to realize that you are full. Eating too fast leads to overeating and unnecessary weight gain.
- **Listen to your body**—Are you full? Are you hungry or just thirsty? Start each meal with a glass of water.
- **Eat breakfast, and eat smaller meals throughout the day**—small, frequent meals keep your energy up and your metabolism going. You will feel more full and have less cravings throughout the day. Less likely to “binge”. Take *healthy* snacks with you when you travel to avoid drops in blood sugar.

## LET'S GET MOVING

Imagine living without illness to slow you down. While there are no lifetime guarantees, enough scientific research has been done to make long, healthy living a possibility. Here is a list of 9 health issues that affect men and women today.

1. **Heart disease**—#1 killer of men and women in the US.
2. **Obesity**— Over 67% of U.S. adults are overweight; of which 27.7% are obese.
3. **Cancer (Lung, Colon, Breast, Prostate)**—see your doctor regularly and get screened.
4. **High blood pressure**—affects 1 of 3 adults; increases damage to all vessels of the body.
5. **Diabetes** - leading cause of kidney failure, blindness and non-traumatic amputations
6. **Stroke**—1 American dies from a stroke every 4 minutes
7. **High Cholesterol**—increases the risk of heart disease
8. **Bone health/Osteoporosis**—threatens 44 million Americans, of which 68% are women!
9. **Depression**- about 12 million women are affected by a depressive disorder each year compared to about 6 million men.
10. **Sleep Deprivation**—chronic lack of sleep can be harmful to your health.

Guess what? There are two lifestyle changes that are proven to attack them all. You guessed it—**DIET AND EXERCISE**. Imagine that! It's not new or ingenious. It just plain, simple facts.

### What can you do?

1. Eat a well-balance diet and exercise
2. Get a yearly physical with blood work
3. Get a mammogram yearly
4. Take calcium and vitamin D supplement daily

I will be addressing each of these health issues in newsletters over the next few months. Remember, the life that you live now and how you age is under your control. IF it's not genetic.... You can fix it. **EAT RIGHT AND MOVE!**



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