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## Rochester General Hospital Edition

February 2008

### HEART HEALTHY LIFESTYLE: NUTRITION, DIET AND EXERCISE

#### February is American Heart Month

Heart disease is the leading cause of death in the United States and is a major cause of disability and morbidity. The most prevalent heart disease in the U.S. is coronary heart disease which can manifest as a heart attack. More than 1.5 million American suffer a heart attack every year. Steps can be taken to lower and prevent factors that put people at high risk for developing cardiovascular disease that leads to heart attacks. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any Library staff member.

**Akesson A. et al.**, "Combined effect of low-risk dietary and lifestyle behaviors in primary prevention of myocardial infarction in women." *Archives of Internal Medicine*, 167(19):2122-7, 2007 Oct 22.

**Alspach G.**, "The truth is often bittersweet...: chocolate does a heart good." *Critical Care Nurse*, 27(1):11-5, 2007 Feb.

**Engler MM. Engler MB.**, "Omega-3 fatty acids: role in cardiovascular health and disease." *Journal of Cardiovascular Nursing*, 21(1):17-24, quiz 25-6, 2006 Jan-Feb.

**Estruch R. et al.**, "Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial." *Annals of Internal Medicine*, 145(1):1-11, 2006 Jul 4.

**Gidding SS. et al.**, "Dietary recommendations for children and adolescents: a guide for practitioners: consensus statement from the American Heart Association." *Circulation*, 112(13):2061-75, 2005 Sep 27.

**Ignarro LJ. Balestrieri ML. Napoli C.**, "Nutrition, physical activity, and cardiovascular disease: an update." *Cardiovascular Research*, 73(2):326-40, 2007 Jan 15.

**Kavey RE. et al.**, "Cardiovascular risk reduction in high-risk pediatric patients." *Circulation*, 114(24):2710-38, 2006 Dec 12.

**Kay CD. Kris-Etherton PM. West SG.**, "Effects of antioxidant-rich foods on vascular reactivity: review of the clinical evidence." *Current Atherosclerosis Reports*, 8(6):510-22, 2006 Nov.

**McCauley KM.**, "Modifying women's risk for cardiovascular disease." *JOGNN - Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 36(2):116-24, 2007 Mar-Apr.

**Mead A. et al.**, "Dietetic guidelines on food and nutrition in the secondary prevention of cardiovascular disease - evidence from systematic reviews of randomized controlled trials (second update, January 2006)." *Journal of Human Nutrition & Dietetics*, 19(6):401-19, 2006 Dec.

**Mora S. et al.**, "Physical activity and reduced risk of cardiovascular events: potential mediating mechanisms." *Circulation*, 116(19):2110-8, 2007 Nov 6.

**Rudkowska I. Jones PJ.**, "Functional foods for the prevention and treatment of cardiovascular diseases: cholesterol and beyond." *Expert Review of Cardiovascular Therapy*, 5(3):477-90, 2007 May.

**White K. Jacques PH.**, "Combined diet & exercise intervention in the workplace: effect on cardiovascular disease risk factors." *AAOHN Journal*, 55(3):109-14, 2007 Mar.

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585-544-1504 Fax

Do you need patient level information about a healthy heart diet, or about preventing or treating heart disease? Contact the Stabins Wellness Information Center in the Medical Library at 922-WELL (922-9355) or e-mail us @

[wellness@viahealth.org](mailto:wellness@viahealth.org)

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### Healthy Heart Fair

Thursday February 14<sup>th</sup> RGH will host the annual Healthy Heart Fair in the Atrium from 10 AM-3 PM. Join us for cholesterol checks, blood pressure checks, recipes, prizes and more.