



Spotlight

Walk with Me, the R.D. (registered dietitian)

Sunday, Feb. 8
2 – 4 p.m.

Huntsville's Big Spring Park
101 Church St.

Enjoy a 1-mile Fun Walk, and take advantage of free cholesterol and blood sugar screenings. Raffle tickets for great prizes will be sold to benefit the North Alabama Dietetic Association local scholarship fund. You could win a one-year membership to the Huntsville Hospital Wellness Centers!

Know your *rhythm* by heart

February is American Heart month, and taking care of your heart is vital to a healthy life. The myth that heart disease is a man's disease poses a significant threat to women.

Research reveals that the risk for and symptoms of heart disease differ between women and men. Women's symptoms are often subtle and "nontraditional," including fatigue and sleep disturbance as the number one and number two symptoms. Know women's symptoms of a heart attack and risk factors for heart disease ... it could save your life!

Women's signs and symptoms:

- Pain, pressure, fullness, discomfort or squeezing in the center of the chest
- Shortness of breath or difficulty breathing
- Stabbing chest pain
- Radiating pain to shoulder(s), neck, back, arm(s) or jaw
- Pounding heartbeats (palpitations) or feeling extra heartbeats
- Upper abdominal pain
- Nausea, vomiting or severe indigestion
- Sweating for no apparent reason
- Dizziness with weakness
- Sudden extreme fatigue
- Panic with feeling of impending doom

Heart disease risk factors:

- Increasing age
- Heredity
- Smoking
- High cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Diabetes mellitus
- High triglycerides
- Excessive alcohol intake
- Individual response to stress

♥ **Heart Month** ♥

Click ♥ [here](#) ♥ to read
our **Special Heart
Month Publication.**

Source: Alicia Pettis, RN, clinical nurse specialist & educator for Huntsville Hospital's Cardiovascular Service Line

Spicy Vegetable Soup (eatingwell.com)

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| 2 tablespoons extra-virgin olive oil | 1 medium yellow summer squash, diced | 2 tablespoons sherry vinegar or red-wine vinegar |
| 1 large onion, diced | 2 cups diced cooked potatoes | |
| 1-3 teaspoons hot paprika, or to taste | 1 1/2 cups green beans, cut into 2-inch pieces | 1/4 cup chopped fresh basil or prepared pesto |
| 2 (14-ounce) cans vegetable broth | 2 cups frozen spinach (5 ounces) | |
| 4 medium plum tomatoes, diced | | |

Heat oil in a Dutch oven over medium heat. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, potatoes and beans; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes. Stir in spinach and vinegar; continue cooking until heated through, 2 to 4 minutes more. Ladle soup into bowls and top with fresh basil or a dollop of pesto. (Makes 4 servings. Per serving: 253 calories, 1 g saturated fat, 5 g monounsaturated fat)

Click [here](#) for more heart healthy recipes from eatingwell.com

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