



# HEALTHY LIVING SECTION

Weekly tips and advice from your neighborhood Carolinas HealthCare System Blue Ridge providers.

## Sleeping for Heart Health

40 MILLION people in the U.S. suffer from chronic sleep problems.

### <6 Hours

Too little sleep is defined as less than six hours of sleep each night.



### >9 Hours

Too much! Oversleeping is often defined as more than nine hours each night.

### Snoring?

You may have sleep apnea, which can lead to health problems. Talk to your doctor about your snoring.



### Too Much Sleep

Sleeping too little is bad for overall health, but sleeping too much may also be dangerous. It's also associated with a higher risk of heart disease, obesity, diabetes and depression.



### Good Sleep

Sleep gives your whole body time to make repairs from damage caused by stress.



### 7 to 9

Sleep needs to vary from person to person, but strive for seven to nine hours.

## Slumber Tips



- Avoid alcohol, caffeine and nicotine, especially late in the day.
- Go to bed and wake up at the same time every day – even on the weekend!
- Don't go to bed overstuffed or hungry.
- Create a bedtime ritual to tell your body it's time to wind down.
- Create an ideal sleeping environment that's cool, dark and quiet.
- If you have sleep apnea, work with your doctor for sleep solutions.

To learn more heart health tips and stay connected, visit [www.Blueridgehealth.org](http://www.Blueridgehealth.org).



### Foil Packet Cajun Shrimp Boil Serves: 4

Four ounces of shrimp provides over 100 percent of your daily value of selenium, which is an antioxidant that helps with immunity and thyroid function.

#### Cajun Spice Blend

- 2 teaspoons sweet paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon dried oregano
- 3/4 teaspoon dried thyme
- 1/2 teaspoon celery seeds
- 1/4 teaspoon ground cayenne
- 1/4 teaspoon hot red pepper flakes

#### Shrimp Boil

- 1 pound red potatoes, diced into 1/2-inch pieces
- 2 tablespoons canola oil, divided
- 1 1/2 pounds extra-large shrimp, peeled and deveined
- 1/4 pound turkey kielbasa, thinly sliced
- 4 ears corn, husked and halved

In a small bowl, add all the spices and mix together and set aside. Preheat the oven to 425 degrees. Make 4 sheets of aluminum foil about 20 inches long. Reserve.

Dice the potatoes into 1/2-inch pieces. Add diced potatoes into a medium bowl with 1 tablespoon oil and 2 teaspoons of the Cajun spice blend. Stir to combine spices with potatoes. Divide potatoes between each sheet of foil, placing in a horizontal line in the center.

Add shrimp and sliced kielbasa into the bowl along with the remaining Cajun spice blend and 1 tablespoon oil. Stir together to combine. Divide the shrimp and place flat around the potatoes. Place each corn half vertically on the sides of each potato/shrimp mixture.

Securely seal the top and sides of each foil packet. Place each foil packet onto a large baking sheet and place into the preheated oven. Cook until shrimp is pink and fully cooked, about 25 minutes. (Remove 1 packet to check that shrimp is fully cooked before removing all of them from the oven.) Carefully empty the packets onto plates and serve.



## Women and Heart Disease

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It is often thought of as a "man's disease," but heart disease is the number one cause of death for both men and women in the United States. This doesn't mean that it affects women the same as men though. Many of the symptoms and risk factors are the same, but the usual suspects are often different for women. This is particularly true when warning signs of a heart attack begin appearing.

The typical pain, pressure or discomfort in the chest is still the most common sign to be aware of for both sexes. However, women are far more likely than men to have symptoms unrelated to chest pain. Symptoms can include pain in the neck, jaw, shoulder, upper back; abdominal discomfort; shortness of breath; pain in one or both arms; nausea or vomiting; profuse sweating; feeling lightheaded or dizzy; and unusual fatigue.

Due to all of the additional warning signs, women often don't realize what is causing them and show up in emergency rooms after damage has already been done to their hearts. This is why it's incredibly important for women to consult with a doctor if they are feeling any of the symptoms, so treatment can be given before damage becomes too severe.

Risk factors for women can also be different. Again, women need to be wary of high cholesterol, high blood pressure and obesity, but other factors are also more likely to be an indicator of heart disease. Diabetes, mental stress and depression, smoking, inactivity, menopause, broken heart syndrome and pregnancy complications all raise women's risk for heart disease and potential to experience heart attacks.

Thankfully, with all of the differences to consider, reducing your risk is the same. Women should quit smoking, exercise regularly and maintain a healthy weight along with a healthy diet. If you have any questions regarding heart disease, please call us at 828-580-4230.

## Broken Heart Syndrome

A colorful name for stress-induced cardiomyopathy, broken heart syndrome is caused by sudden emotional stress and is usually triggered by the death of a loved one, divorce or a breakup, and even after happy events such as winning the lottery. It is similar to a heart attack, but not as severe and can occur without heart disease as a factor.

