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## GETTING MORE OF A GOOD THING



We still are not eating enough fruits and vegetables, according to a recent report by the National Cancer Institute. Despite vigorous public health campaigns designed to up our intake to the recommended 5 to 9 servings of produce per day, Americans still are eating only about four servings per day. This represents little improvement over the past few years. Between 1994 and 1998, Americans increased their produce consumption by a measly .18 servings per day, which in terms of real food amounts to only 1.5 tablespoons of tomato sauce or fruit salad.

How can we do better? The key is to consciously work to eat more fruits and vegetables. As the statistics have shown, that's not easy to do, but as the nutrition research tells us, it's well worth the effort. Eating a diet rich in fruits and vegetables is associated with a reduced risk of heart disease, stroke, and cancer.

Here are some tricks to help you eat more of a good thing:

Make room in your diet for more fruits and vegetables by taking something away from your diet. Otherwise, you'll just end up feeling too full and eating more calories than you need.

- Instead snacking on pretzels or an energy bar, eat fruit.
- For dinner, have half as much chicken breast and fill the plate with more veggies.
- Instead of a giant bowl of cereal for breakfast, have less cereal and add fruit to fill the bowl.
- Instead of sugary soft drinks, coffees, and fruit drinks, drink 100% fruit or vegetable juice.

Add fruits and vegetables to foods you are already eating.

- Have extra veggies with sandwiches, pizza, and pasta.
- Choose soup containing vegetables.
- Add fruits or veggies to hummus, yogurt, or cottage cheese.
- Make a smoothie. Combine fruit, carrot juice, and yogurt in a blender.

- Make spritzers with carbonated water and fruit juice.
- Add fruit to cereal, yogurt, pancakes, and salads.
- Load veggies into omelets and casseroles.
- Make a grilled cheese sandwich with tomato or sautéed vegetables.

Make things simple and convenient.

- Buy frozen or canned fruits and veggies. Their nutrition is similar to fresh.
- Buy bags or containers of ready-to-use fresh broccoli/cauliflower, carrot sticks, cabbage and fruit salad, or stock up at the salad bar.

Try a new way of eating or preparing fruits and vegetables.

- Learn the art of cooking. Buy a basic cookbook and subscribe to food magazines.
- Try roasted or grilled fresh vegetables.
- Poach a pear, bake an apple, roast some figs.
- Make homemade apple, rhubarb, or peach sauce.
- Try a vegetable or fruit you've never eaten before.

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## Prevent Heart Disease with Knowledge

We are proud to offer 64-slice CT, the most innovative technology available to identify heart disease. VCS was one of the first cardiovascular groups to support CT screening of the heart for patients at risk for heart disease; through InteCardia, VCS began offering CT heart scans to the general public in 2002. The CT Heart Scan measures the amount of calcium build up in your coronary arteries and determines your risk for developing heart disease. The **CT heart scan** is recognized and recommended to help identify hidden heart disease in asymptomatic, at-risk adults. This screening procedure is recommended for anyone who does not currently have symptoms, but does have risk factors for developing heart disease. The scan is quick and painless. It does not require any patient preparation, injections or IVs. And, you receive your results before you leave. For more information, [click here](#) or to schedule an appointment, call (804) 285-SCAN.

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## Healthy Lifestyle May Help Women Avoid Sudden Cardiac Death

A study published in the *Journal of the American Medical Association* found another reason women may want to engage in a healthy lifestyle: it may help prevent sudden cardiac death (SCD). Women who ate a Mediterranean diet, kept a healthy weight, did not smoke, and exercised were less likely to experience SCD than those who didn't.

To read the full article, click [here](#).

## Focus On... Lipid Therapy

Abnormally high levels of total cholesterol ("high") cholesterol, LDL ("bad") cholesterol, triglycerides, or abnormally low levels of HDL ("good") cholesterol are called lipid disorders. When you have high levels of total cholesterol, your doctor will tell you to make some lifestyle changes. Eating a healthier diet, exercising more, and losing weight are all changes that can help lower your cholesterol. For some people, however, lifestyle changes may not be enough to bring their high cholesterol to healthier levels or improve their "good" cholesterol levels. In response, their doctor may prescribe medications. Learning about and understanding the various treatments for lipid disorders can help bring your lipids back to

healthier levels.

To read the full article, click [here](#).

### **More Health News...**

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