

Cardiovascular Disease & Stroke

Cardiovascular disease (CVD) includes diseases of the heart and blood vessels. CVD can refer to a number of conditions including stroke, arrhythmia, heart failure, coronary heart disease (heart attack and chest pain), and heart valve problems.

CVD is caused by the restriction of normal blood flow to parts of the body due to plaque build-up. When this occurs, aneurysms and clots can cause disorder in the body.

- Native Hawaiian and Pacific Islanders are **10% more likely** to be diagnosed with coronary heart disease than non-Hispanic whites (Office of Minority Health, 2021).
- There is a **40% higher chance of mortality** from heart attacks among South Asians than the average population (Stanford, 2021).
- Heart disease is the **leading cause of death** for Filipinos, representing about 32% of all Filipino deaths (U.S. Department of Health and Human Services, 2003).

Heart Attacks occur when blood flow to the heart is blocked.

Strokes occur when a blood vessel carrying oxygen to the brain get blocked.

High blood pressure (hypertension) is an elevated pressure within the arteries.

Heart failure is the shortage of blood and oxygen in the body due to a poorly pumping heart.

Prevent Cardiovascular Disease & Stroke

From the Centers for Disease Control and Prevention

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

-  Exercise for 30 minutes everyday. Walking, running, hula, paddling, tai chi, or cricket are great examples.
-  Incorporate fruits & vegetables into your diet like kalo, 'ulu, mango, papaya, lentils, and durian.
-  If you consume alcohol, drink in moderation.
-  Avoid smoking & secondhand smoke altogether.
-  Get regular check-ups and screenings from the doctors.
-  Reduce stress and choose to eat healthy foods to prevent unhealthy weight gain.

Signs and Symptoms of Heart Disease

Heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).

Signs and Symptoms of Stroke

- Numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Trouble walking, dizziness, loss of balance, or lack of coordination.
- Severe headache with no known cause.

Call 9-1-1 right away if you or someone else has any of these symptoms.

If you think someone may be having a stroke, act **F.A.S.T.** and do the following test:

F–Face: Ask the person to smile. Does one side of the face droop?

A–Arms: Ask the person to raise both arms. Does one arm drift downward?

S–Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T–Time: If you see any of these signs, call 9-1-1 right away.

Heart Healthy Recipes

Recipe from the American Heart Association



Healthier Loco Moco

Number of Servings: 3

Ingredients:

- 1/2 cup zucchini, finely chopped
- 1/3 cup onion, finely chopped
- 1/8 tsp garlic powder or 1 garlic clove, minced
- 1/2 tbsp oil
- 1/2 lb ground beef (95% lean)
- Black pepper to taste
- 1 (0.87 oz) packet low-sodium gravy (such as McCormick 30% Less Sodium Brown Gravy Mix)
- 3 eggs [184mg cholesterol per egg]
- 3 cups brown or hapa rice, cooked
- 3 cups of vegetables, such as salad or cooked vegetables
- Green onions, sliced (optional)

Directions:

1. Heat oil in a medium pan over medium-high heat. Add the onion and cook for about 3 minutes, stirring every so often.
2. Add the zucchini and garlic and cook, stirring, for another minute or two, until zucchini begins to soften. Remove from heat and set aside to cool.
3. Once the cooked onion and zucchini are cooled, mix with ground beef in a bowl. Add black pepper, if desired.
4. Form mixture into 3 patties and refrigerate for about 1 hour. If pressed for time, you may skip this step.
5. In the meantime, prepare a salad or cook a medley of vegetables to serve on the side.
6. Prepare gravy by following instructions on packet.
7. Once patties are cool to touch, heat a pan with oil and cook patties (about 4 - 5 minutes on each side).
8. Cook eggs, sunny side up or over easy.
9. Assemble plates with a bed of rice, a patty, and an egg, topped off with gravy. Garnish with green onions, if desired. Serve with a side of vegetables.

Nutritional Facts Per Serving:

Calories: 480 cal	Sodium: 550 mg
Total Fat: 14 g	Total Carbohydrate: 58 g
Cholesterol: 235 mg	Protein: 29 g

Tandoori Chicken with Brown Rice

Number of Servings: 4

Ingredients:

- Brown Rice
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 1/4 cup fresh lemon juice OR 1/4 cup bottled lime juice
- 1/2 cup plain, fat-free yogurt
- 3 clove fresh garlic (minced) OR 3 tsp. jarred, minced garlic
- 1 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 tsp. turmeric
- 1/2 tsp. ground ginger
- 1/4 tsp. pepper

Directions:

1. Preheat oven to 400 degrees.
2. Place chicken in a 9x9 baking dish and pierce chicken pieces with a fork all over.
3. In a small bowl, whisk together lemon juice, yogurt, garlic, cumin, paprika, turmeric, ginger and pepper.
4. Add mixture to chicken, turning to coat, let stand 20 minutes (or refrigerate overnight). Bake for 15 minutes, turn chicken, and bake 15 minutes more.
5. While chicken bakes, prepare rice to package instructions.
6. Serve chicken over rice.



Nutritional Facts Per Serving:

Calories: 243 cal	Sodium: 162 mg
Total Fat: 4 g	Total Carbohydrate: 22 g
Cholesterol: 73 mg	Protein: 28 g