

Cardiovascular Wellness

Program Newsletter

Issue #7

June 2021

Comments from Linda

I do have exciting news. I am working on getting us back into Folsom Hall by August. You will hear more from me soon as we won't be moving back without some schedule adjustments. And no, Rose, this doesn't mean we will meet 5 days/week. The new schedule will include a hybrid function, and things will still be offered through Zoom. Great thanks to all of you that have mastered the technology, helping us figure this out.

It will also likely mean a new plan for parking permits (you might have to start paying for these, undetermined as yet, similarly to the Renaissance Society -I am hoping to avoid that, but trying to give fair warning.)

Our June/July program will still be a virtual program, with some breaks here & there. We had some excellent sessions this past semester, thanks to contributions from our beloved UCD colleagues (Cari, Debbie, Linda Larsen, Margie, Sharon, Dr.Lopez, Dr.Bukkapatnam) and some really neat things done by students. We will be missing our students this summer, but do have some fun things lined up (described later in this newsletter). Thinking of you always and hoping to see you soon. Restarting in August is not official yet and I will let you know as soon as I can,



Radhika Nandur Bukkapatnam, MD
Medical Director, CWP

From time immemorial, there has been some form of music that has connected every living being: From babies to the elderly, from little birds to large animals, even plants grow better when exposed to music. When my music teacher commented on how her music teacher had an excellent memory into her 90s, it piqued my curiosity about the effects of music on memory. There is a lot of literature about music improving rehab in patients with stroke and Alzheimer's dementia, but I was surprised to see there is little literature on its effect on the healthy ageing brain. We reviewed studies and learned music improves the "plasticity" of the brain in healthy young male musicians. Its effect on mature adults, either listening to, training in or practicing professionally, is not well documented though. So, we want to look at this with the help of the Sac State faculty, and a study protocol is shaping up well. After the feedback from the first survey, which had an overwhelming response (Thank you!!), we took your advice and modified the survey. It is shorter, but still yields necessary information. Once we have approval from the Institutional Review Board (ensuring safety without compromising personal information), we will send the first questionnaires. Pass it on to others you know, and we can get the study going. Thanks to the pandemic, and modern technology, we can do this online. We hope to reach a lot more musicians who are willing to participate. There are no hard timelines, and no anticipated results; we shall test our hypothesis and share the results sometime later as we have solid data. We are very excited to do this project; in the true spirit of the CWP, where this is a community that promotes health, well-being, education and research. We hope all of you will participate in this research project, musically minded or not. Thanks to Linda, Sac State, and all of you for your support and participation.

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I went thinking out of the “box” and came right back to the “box”. What is the “box”? That is the space in which I do most of my work and play. As a preventive cardiologist, that work focuses on preventing heart disease, as you all know. Recently, I worked with a radiologist, Dr.



PreventionForward

Javier López, MD
Medical Director, UC Davis
Cardiac Rehabilitation Program

Shadi Shakeri, the chief of the Breast Imaging at UC Davis. She is passionate about diagnosing early breast cancer and helping patients do well despite this diagnosis. We got talking about breast cancer prevention- that is how I got out of my “box”. And this is a little of what I learned.

Except for skin cancer, breast cancer is the most common cancer in women in the United States. Up to 13% of women in the US will be diagnosed with breast cancer in their lifetimes. Deaths from breast cancer remain the 2nd leading cause of cancer death among women¹. Currently, more than 3 million U.S. women are living with breast cancer². Numerous studies show up to 40% decrease in mortality in women who undergo screening mammography^{3,4}. Cancer survivors, however, can develop cardiac disease as a result of breast cancer treatments including side effects from chemotherapy and radiotherapy. In addition, a patient’s cardiovascular (CV) status may impact her cancer treatment outcomes. The American Heart Association and the American Cancer Society recognize that cardiovascular disease is a competing cause of death in patients surviving cancer. In fact, most women with early-stage breast cancer will die of causes other than their malignancy, such as CV disease⁵. This elevated risk is thought to derive from both the direct effects of cancer therapies and the accumulation of risk factors such as hypertension, weight gain, cigarette smoking, and loss of fitness⁶.

Risk factors such as age, obesity, diet, tobacco use and sedentary lifestyles contribute to both breast cancer and CV disease development⁶. As a case in point, a recent report showed that women with a personal history of breast cancer were demonstrated to be at higher risk for developing a 2nd cancer with increasing body mass index (BMI)⁷. More specifically, breast cancer survivors had an 11% higher risk of developing a 2nd cancer with every 5 kg/m² increase in BMI. As a reminder, BMI is a measurement including weight and height. Since the height does not change much, BMI changes mostly due to body weight. Moreover, there is a greater risk of having a cancer in the contralateral breast with increasing BMI. Obese women were also shown to be diagnosed with a higher stage of breast cancer compared to women with normal BMIs. These studies implicate obesity as an important target for cancer prevention. And as you know, obesity is also an important target for us to control blood pressure, heart disease, diabetes and remain well for prolonged periods of time. So, I realized in my discussions with Dr. Shakeri that preventing heart disease and breast cancer is essentially the same work; and that is how I came back to my “box” where I work. I hope this article stimulates some questions, and hopefully, I can convince Dr. Shakeri to visit us in the future at CWP and expand more on screening for cancer and prevention for both cancer and heart disease. See you next month!

1. Basic Information About Breast Cancer. In. https://www.cdc.gov/cancer/breast/basic_info/index.htm.

2. Cancer Stat Facts: Female Breast Cancer. In. <https://seer.cancer.gov/statfacts/html/breast.html>.

3. Tabar L, et al. The incidence of fatal breast cancer measures the increased effectiveness of therapy in women participating in mammography screening. *Cancer* 2019;125:515-523.

4. Broeders M, et al. The impact of mammographic screening on breast cancer mortality in Europe: a review of observational studies. *J Med Screen* 2012;19 Suppl 1:14-25.

5. Ligibel JA, et al. Risk of myocardial infarction, stroke, and fracture in a cohort of community-based breast cancer patients. *Breast cancer research and treatment* 2012;131:589-597.

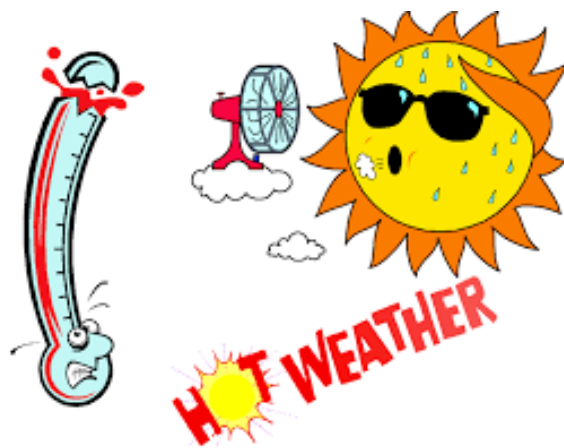
6. Mehta LS, et al. Cardiovascular Disease and Breast Cancer: Where These Entities Intersect: A Scientific Statement From the American Heart Association. *Circulation* 2018;137:e30-e66.

7. Feigelson HS, et al. Body Mass Index and Risk of Second Cancer among Women with Breast Cancer. *J Natl Cancer Inst* 2021.

8. Simon M, et al. Cardiac rehabilitation: A class 1 recommendation. *Cleve Clin J Med* 2018;85:551-558.

Exercise Reminders *from Linda Paumer*

I hope you were able to do something with the exercise challenges I tried to encourage during the spring. We tested ourselves three times, and I did see some really neat improvements there. Thanks to those of you who shared your results with me. This fitness testing is something we like to try and do twice/year, so look for that again in early fall (September/October maybe).



For our summer issue, I thought it would be worthwhile mentioning strategies for exercising in the heat. We've only had a couple of really warm days so far and the forecast is for "cooler" temperatures than normal but June & July are still the hottest months of the year. Most of us wouldn't live here if we couldn't take the heat, but it is certainly wise to pay attention to things like the temperature and how it treats you.

Here are a few tips to help you to safely work out on even the hottest of summer days.

Stay hydrated with the RIGHT fluids. Water is your best friend on a hot day for staying hydrated, so be sure to drink some. If you're planning to exercise for more than 60 minutes, you may want to consider a sports drinks, but please check with your doctor first. These drinks contain sodium, potassium and other electrolytes that can rehydrate and replenish your body but you need to know if they are okay for you to use. As with everything, moderation is key.

Wear light clothing. Bright colors are good since they will reflect the sun and also help to make you more visible to oncoming traffic. Cotton is a light-weight and affordable material that can help you to stay dry. If you're willing to splurge a bit more, opt for sweat-wicking shirts and shorts to keep the sweat at bay.

Don't forget the sunscreen. Nothing is worse than trying to complete a summer workout with a sun burn. Stop the burn before it occurs by using a sunscreen with an SPF of at least 30 & one that is water-proof so that it doesn't sweat off.



Timing is everything. 10 a.m. to 4 p.m. is the hottest time of the day in the summer. If you're planning an outdoor workout, try to do it either before or after this time slot.

Many athletes prefer to work out earlier in the morning as it can help them to stay energized throughout the day and to sleep better at night.



Don't fear the water. Summer is a great time to make water your friend. On hot days, try adding a water activity to your workout such as swimming, water aerobics, or boating. These activities could be a fun & new way to stay fit while also staying cool.

Take it indoors. There's nothing wrong with working out indoors as we have learned from Zoom. On days when there is an excessive heat warning, this can be your best decision to stay cool and avoid a heat-related injury while still getting in your workout. Of course, your indoors needs to be climate-controlled and a fan might be in order.



Know your limits. Listen to your body and if you begin to feel dizzy, nauseous, or tired, give yourself a break. Taking some time off for rest is better than overdoing your workout and getting sick or injured and having to stop working out altogether.

If the summer heat proves to be too much of a challenge for your standard high-intensity workout, break it up into multiple smaller workouts throughout the day. This will allow your body time to rest and refuel without jeopardizing your fitness and workout goals.

RECIPE CORNER

Hibiscus Tea

4 Red or Lemon Zinger teabags
(or other tea that has Hibiscus as first ingredient)

8 cups water

Options:

Juice of one lemon

Pineapple chunks

Let steep overnight.



You can make Hibiscus tea from actual hibiscus petals. Directions here: If using fresh hibiscus flowers, remove the calyx (green part) at the base of the flower. You can also remove the pistil (thin tube in middle of the flower) or you can keep it. You don't need to do this if you are using dried flowers.

Bring the hibiscus flowers and water to a boil in a large pot. Once boiling, switch off the flame and cover the vessel. At this point, you can also add other herbs such as basil, lemon grass, lemon zest etc. Let the tea steep for 15-20 minutes. Sweeten if desired with honey or sugar. Strain the tea.

Take care when cooking as dried hibiscus will stain clothes, countertops, containers bright red.

Summer Sweet Treats

By Debbie Lucas



I should have known that food and sweets would be part of my life with my first few summer jobs. At 16, I got up at 5 am to work at Don's Donuts. You would think that being immersed in donuts would have made me sick of donuts, but sadly, no. Then at 17, I was a server at the ice cream parlor, Farrell's. Remember them? Servers running around the restaurant with the 'zoo' – a bowl filled with tons of ice cream and toppings for kid's parties? Loved that place! Thus began my love of food and sweets.

Now, between schooling and updated science studies, I know that sugar and unhealthy fats can be killers as they contribute to chronic disease, inflammation and weight gain. But what is one to do when summer comes and everyone is enjoying ice cream, cookies, cakes and pies?

Actually, I realize that happens year-round, but particularly in the summer, it seems that we all scream for ice cream. What is a whole-food, plant-based person to do?

Luckily, we can make some amazing sweet treats with whole, real foods and I've listed a few below. But remember a 'treat' is meant to be occasional. If we have treats every day, they are no longer a 'treat', they are the way we eat. Even though a number of plant-based sweets are made with healthy foods and are modified versions of the real deal (ie. making brownies by substituting flax eggs for the eggs), they are generally more calorically dense than the fruits and veggies that are meant to be the mainstay of our meals. So portion control is important. Also, be sure to assess your hunger when eating treats (or snacks) – are you hungry? If not, you may not really need it (I know, I take the fun out of everything!).

Sweet treat ideas:

Fruit. Of course, just eating fruit is nature's dessert-- tasty, healthy and sweet -- and is one of the terrific things that should be in our daily line-up. Summer fruits are showing up at the Farmers' Markets now and have been amazing. But for a special treat, try to blend it, grill it, or turn it into a cobbler, crisp, crumble, buckle or slump (yes, there is difference between each).

Blended fruit: You can blend fruit and pour into Popsicle molds and freeze for your own homemade frozen treat.

Grilled fruit: pineapple, peaches, nectarines, plums, watermelon are all amazing.

Fruit Crisp (often called crumble, too, depending on where you are from): These usually have a streusel-like topping. You can use fresh or frozen fruit as the base. Put your seasonal fruit into pan and top with a 'crisp' mix. I like this mix from Forks over Knives:

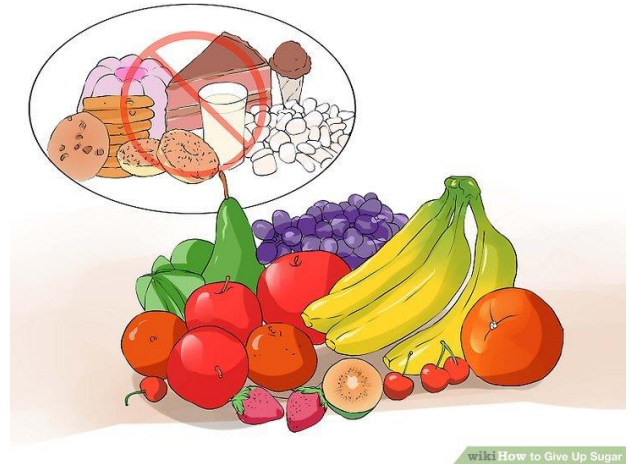
<https://www.forksoverknives.com/recipes/vegan-desserts/raspberry-apple-crumble/>

Fruit Cobbler: These usually have a cake or biscuit topping. The fruit often is mixed with a flour or liquid and then topped with batter. This is another one from Forks over Knives and the batter uses a flour made from blended oats: <https://www.forksoverknives.com/recipes/vegan-desserts/blackberry-peach-cobbler/>

Fruit Buckle: This is more of a moist fruit cake. I'm still searching for a sugar-free version, but here's one with no oil:

<https://healthyslowcooking.com/vegan-blueberry-buckle-no-oil-added/>

Fruit Slump (AKA Grunt): This is more of a fruit stew with biscuit topping. I found this recipe which is very low fat, but has some added sugar. I think I will use the fruit filling from this recipe and combine with the biscuit recipe from the cobbler recipe. <https://francostigan.com/vegan-blueberry-slump/>



Nice Cream

This is an amazing blend of frozen bananas that results in a soft-serve-type ice cream. Use a food processor or high-speed blender and throw in some pieces of frozen banana plus a little plant milk. Blend until creamy. To the blender you can add other flavors: ½-1 tsp. vanilla or vanilla bean, 2-4 Tbsp. cocoa powder, 1-2 Tbsp. nut butter, cinnamon or other fruits, such as cherries (and then stir in some non-dairy chocolate chips for Cherry Garcia), strawberries, blueberries, etc. I generally make just enough for 1-2 servings, which is about 1-2 frozen bananas and a few tablespoons of plant milk.

Other bases to try besides banana, include frozen mango, peaches, nectarines, honeydew, cantaloupe, apricots and persimmons.

Whole Grains

Many of the crisp, etc. recipes above include whole grains. I also love to make desserts that are finger foods and a mixture of dried fruits and whole grains. One of my favorites is one we made a number of years ago at CWP called Oatmeal Peanut Butter Energy Bites. Just mix together 1¾ cup oats + ¾ cup natural peanut butter + 1/3 cup honey + 1/3 cup raisins. Shape into balls and enjoy! These freeze very well, also. I follow a dietitian I like named Sharon Palmer who has a lot of great recipes. One of her blogs included 40 energy ball recipes. Take a look at these and see if you find some you like: <https://sharonpalmer.com/40-plant-powered-energy-bite-recipes/>

Enjoy your sweet treats this summer!!!

Practicing Mindfulness

By Linda M, Larsen, RN-BC, RYT

Try “*slowing down*” for a joyful summer. Take time each day to take pleasure in something that is good or beautiful in your life. If you tried a *Sense and Savoring Walk* this spring you may have noticed increased happiness, appreciation and gratitude both during and after your walk. In fact, Nancy Fagley a Rutgers University Psychology Professor, found that appreciation and gratitude *both* seem to be strongly connected to happiness. Her results suggest that appreciation is twice as significant as gratitude in determining overall satisfaction with life! Here are a few more mindful practices which boost your productivity by deliberately slowing you down:



- Try doing one thing at a time instead of multitasking; A Stanford study confirmed that up to 40% of productivity could be lost by multitasking. Earl Miller, a professor of neuroscience at MIT, says that for the most part, we simply can't focus on more than one thing at a time. What we can do, he said, is shift our focus from one thing to the next with astonishing speed.
- Take a breath intermittently throughout the day. Pause, and take a few full, deep, abdominal breaths. Deep exhalation activates the autonomic nervous system—decreasing heart rate, lowering blood pressure, and releasing muscular tension.
- Last - but certainly not least, get enough sleep! Try to set up the conditions as best you can to get 7-9 hours of sleep a night. Often we are just tired; the same things that stress and overwhelm us today are better managed tomorrow after a good night's sleep! I have included some links below for more practice ideas and ways to slow down. This summer the Universe in a Rose Petal encourages you to slow down and appreciate. Mac Davis sang it best. . .

Hey Mister,

Where you going in such a hurry
Don't you think it's time you realized
There's a whole lot more to life than work and worry
The sweetest things in life are free
And they're right before your eyes

You got to Stop and Smell the roses
You've got to count your many blessings everyday
You're gonna find your way to heaven is a rough and rocky road
If you don't Stop and Smell the roses along the way -Mac Davis



For more on stopping and smelling the roses:

https://greatergood.berkeley.edu/article/item/a_scientific_reason_to_stop_and_smell_the_roses

<https://www.sciencedirect.com/science/article/abs/pii/S0191886912000888>

<https://www.psychologytoday.com/us/blog/breathe-mama-breathe/201505/8-mindful-ways-slow-down-time>

<https://www.mindful.org/seven-ways-to-slow-down/>

<https://news.stanford.edu/2009/08/24/multitask-research-study-082409/>

https://www.ted.com/playlists/204/slow_down_enjoy_life

<https://www.youtube.com/watch?v=h3a5vN4tUI4>



CWP Summer Projects

- CSUS students are mostly away currently but we soldier on, don't we? You are encouraged to get involved with these things during June/July:
 - 1) Nursing student interactions. We are partnered with a nursing class, as we have been every semester for two years. This summer the class is new RN's who are now working on their BSN. If you Zoom with us, please try to join us when we have Zoom sessions with them. Whether or not you Zoom, you could also please let me know you are willing to chat with a couple of these students (there are 40 in the class this summer) over the phone or via email. They have general questions about health care management and learn things by chatting with those of us who gotten this far in life with or without medical issues.
 - 2) Maturity, music & memory project. You have seen mention of this in several places and you will hear more very soon. We would appreciate your involvement with this project whether or not you are a musical person (non-musicians serve as well-needed control subjects). The entire project will be done online so obviously you need to know how to complete an online survey to participate. You also need to be at least 65 years old.
 - 3) Our high school students are again giving dance instruction on Monday afternoons and they will be also collecting some outcome data for us. Look for questions from them soon.