inspire
YOUR HEALTH, YOUR LIFE

HOW DO YOUR
HEALTH CHOICES
ADD UP?

STRESS LESS
FOR BETTER
HEART HEALTH

Pulses: YOUR NEW
SUPERFOOD

CAROLINAS
Hospital System
A new study in the journal *Gut* suggests high consumption of red meat is associated with an increased risk in men for diverticulitis, a painful condition that occurs within the body’s digestive system. Analyzing data from more than 46,000 men ages 40 to 75, researchers examined the risk of the disease and eating different types of meat, including processed and unprocessed red meat, fish and poultry. Compared to men who ate the least amount of red meat, those who consumed the most had an increased associated risk of developing diverticulitis by 58 percent.

To lessen your possible risk, try substituting a portion of red meat with fish or chicken.

New research published in *The Lancet* strengthened the possible link between stress and cardiovascular disease (CVD). Tracking nearly 300 people for an average of 3.7 years, researchers gave patients PET/CT scans to record data such as brain activity and artery inflammation. Patients who had more activity in the amygdala, an area of the brain involved in processing emotional distress, had a greater risk of CVD than those with lower activity.

The results of the study also found a link between increased amygdala activity and artery inflammation, which could be a reason behind the heightened risk. Although more research is needed to solidify this relationship, properly managing stress may lessen your risk for CVD and other health-related issues.

The next time you struggle with low back or knee pain, call your doctor instead of blaming the weather.

To manage your stress levels, try meditation, taking a brisk walk once a day or deep breathing.
Can you recognize the subtle signs of a silent heart attack?

Could you be having a heart attack without even realizing it? It’s a scary thought — and a scenario that’s quite commonplace.

While many heart attacks come with distinct warning signs — chest tightness, pain in one or both arms, discomfort in the jaw or neck, shortness of breath, nausea, and cold sweats — nearly half occur silently, according to the American Heart Association. Fortunately, there are ways to get a handle on asymptomatic heart attacks.

**REALIZE YOUR RISK**
High cholesterol, high blood pressure, smoking, obesity and family history increase your chances of experiencing a heart attack. Risks for regular and silent heart attacks are the same. Know your risk factors so you can make appropriate lifestyle changes.

**SPOT THE SUBTLE SIGNS**
Don’t wait for intense chest pain before seeking medical help. Question subtle problems, including indigestion, flu-like symptoms, prolonged fatigue or the feeling that you may have pulled a muscle in your chest, back or arms.

**REACT IN REAL TIME**
Minor symptoms may not immediately seem like a reason to call 911, but don’t be reluctant to seek emergency medical care. If you suspect you’re having a heart attack, get help immediately.

Eat your berries!
According to a study by the Harvard School of Public Health, eating at least three servings per week of blueberries or strawberries can help women lower their heart attack risk by 32 percent.

Know the risk factors and warning signs of a heart attack. If you or a loved one experiences them, call 911. Learn more about Carolinas Hospital System’s accredited Chest Pain Center at CarolinasHospital.com. Select “Services” and then “Cardiac Care.”

Carolinas Medical Alliance’s board-certified doctors
The heart health professionals at Carolinas Medical Alliance – Cardiology can help you prevent a silent heart attack. They can offer preventive tips and help you manage a chronic condition that may increase your risk for heart issues.

Call us toll-free at (855) 806-7760 to learn more about heart health screenings or visit CMACardiology.com to request an appointment.

Carolinas Medical Alliance - Cardiology is associated with Carolinas Medical Alliance, an affiliate of Carolinas Hospital System. Doctors at Carolinas Medical Alliance - Cardiology are members of the medical staff at Carolinas Hospital System and Carolinas Hospital System - Marion.
Don’t be fooled by their size. Pulses — a class of legume that includes dry beans, dry peas, chickpeas and lentils — may be small in stature, but they pack a mighty nutritional punch. Have you had your pulses today?

**WHAT THEY ARE:** Chickpeas, also called garbanzo beans, are hearty pulses best known as the star ingredient in hummus, a Middle Eastern dip that enjoys widespread popularity in the United States.

**WHY THEY’RE GOOD:** Like all pulses, chickpeas are an excellent source of lean, plant-based protein. An ounce of chickpeas contains 30 percent more protein than an ounce of ground beef. Chickpeas are also abundant in potassium, magnesium and iron, making them a great post-workout recovery snack.

**HOW TO USE THEM:** Chickpeas taste great in homemade hummus and as salad toppers. You can also roast them in an oven until they’re crispy for a protein-rich snack.

**DON’T DRAIN THE CAN!** Chickpea juice can be used as a substitute for egg whites in everything from meringues to mayonnaise!

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**CHOCOLATE SALTED CARAMEL HUMMUS**

**Ingredients**
- 6 tablespoons extra-virgin olive oil
- 4 teaspoons dark agave syrup
- 4 teaspoons dark cocoa powder
- 2 teaspoons salted caramel extract
- 10.5 ounces boiled chickpeas

**Directions**
Add the oil, syrup, cocoa and caramel extract together in a blender bowl and mix with a spoon. Add the chickpeas to the mixture and blend with a hand-held blender until smooth. Serve with pita chips or fresh fruit.
**Ingredients**

- 2 avocados, diced
- 1 can corn, drained
- 1 can black-eyed peas
- ½ white onion, chopped
- ½ cup fresh cilantro, chopped
- 1 cup roma tomatoes, diced
- ⅛ cup red wine vinegar
- ¼ cup olive oil
- ⅛ teaspoon ground coriander
- ⅛ teaspoon chili powder
- ⅛ teaspoon minced garlic

**Directions**

Combine avocados, corn, peas, onion, cilantro and tomatoes in a large bowl. In a separate bowl, whisk together remaining ingredients, pour over the salsa and toss. Refrigerate for 1 hour before serving.

**WHAT THEY ARE:**

From lending their name to a chart-topping pop group to their status in the South as a New Year’s good-luck food, black-eyed peas are one of the more famous pulses. Their signature black spot is where the bean attaches to the pod.

**WHY THEY’RE GOOD:**

Black-eyed peas are an excellent source of sustained energy because of their high protein content and complex carbohydrates. They also boast a good dose of vitamins A, B and K.

**HOW TO USE THEM:**

Substitute black-eyed peas for other beans for a unique twist on chili, pork and beans, or burritos. They’re also great in “Texas caviar” and other fresh salsas.

**2016**

The United Nations officially declared 2016 the International Year of Pulses. Global Pulse Day also occurs every January to celebrate this flavorful (and underappreciated) source of protein.

For inspiring ideas on incorporating pulses into your cooking, visit Pulses.org/recipes.

**EVERYDAY WELLNESS**

**Patriotic Pea**

Black-eyed peas were a favorite of George Washington. In 1792, he bought 40 bushels of seeds to plant on his Virginia plantation. He called them “cornfield peas” because they were typically planted between rows of corn.

**CHICKPEAS**

**Lentils**

**WHAT THEY ARE:**

Lentils are staples of cuisines across Asia and Africa and come in hundreds of varieties. In fact, they were one of the first domesticated crops in the world. Their name reportedly owes to their shape — they look like an eye lens. Today, many lentils are grown in Canada and the northwestern U.S.

**WHY THEY’RE GOOD:**

Aside from being rich in folate and potassium, lentils are a particularly good source of dietary fiber. One cup provides more than half the recommended daily value.

**WHY THEY’RE GOOD:**

With a mild flavor, lentils readily absorb other flavors and seasonings, making them a great base for soups and stews. Unlike dried beans, lentils do not have to be soaked before cooking them.

**HOW TO USE THEM:**

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Total hip replacement can be an effective treatment option for people with chronic hip pain that hasn’t responded to medications, therapy or other nonsurgical treatments.

The hip is the largest ball-and-socket joint in the body. It plays a key role in mobility, and if it becomes damaged, it can significantly impact quality of life, making walking, standing and sitting painful or difficult.

Anyone dealing with chronic hip pain can undergo a hip replacement. However, total hip replacement recipients are often between ages 50 and 80, according to the American Academy of Orthopaedic Surgeons (AAOS). That is likely due to the fact that age is closely associated with the three most common causes of deteriorating hip functionality — rheumatoid arthritis, osteoarthritis and serious hip injury.

**LIFE-LIMITING PAIN**
According to the AAOS, you might qualify for hip replacement surgery if:

- hip stiffness prevents you from moving or lifting your leg
- pain-relieving medications, physical therapy, or walking with a cane or other support no longer provide relief
- your hip hurts even while resting
- you’re unable to walk, bend at the waist or perform simple daily activities

A new hip joint, called a prosthesis, may alleviate this pain. Made from metal, ceramic or plastic, a new prosthesis can last many years, depending on the amount of ongoing wear and tear and how it is attached to the bone.

**A LESS INTRUSIVE OPTION**
One of the least invasive alternatives for a total hip replacement is anterior hip replacement. With this procedure, the surgeon will access the hip joint from the front of the hip, allowing the joint to be replaced without detaching the muscle. This leaves the important muscles for hip function undisturbed, minimizing pain and shortening the recovery time needed after surgery.

With anterior hip replacement, you can get back to the activities you enjoy without too much disruption to your life.

To find out more about the orthopedic services available at Carolinas Hospital System, call (843) 674-2537, or visit CarolinasHospital.com and select “Services” and then “Orthopedic Services.”
Health Adds Up

**BIG SWIGS**

Drinking one 16-ounce bottle of soda per day adds

**18,980 GRAMS**

of sugar to your diet every year.

That means

**41.8 LBS.**

of sugar each year will pass through your body.

All those extra calories amount to

**10 POUNDS**

of body weight, which is the size of a watermelon.

**WHERE THERE’S SMOKE ...**

Smoking one pack of cigarettes per day adds up to

**7,300 CIGARETTES**

per year.

At $6 a pack, it will cost you

**$2,190**

annually.

After one year of quitting smoking, you’ll reduce your risk of coronary heart disease by

**50%**

Quitting this weekly ice cream binge will reduce your yearly calorie intake by more than

**27,000 CALORIES.**

**TAME THE TREATS**

Eating one chocolate chip cookie a day for a year adds more than

**3.5 POUNDS**

of fat to your diet.

A pint of ice cream every week adds nearly

**6.5 LBS.**

of sugar to your diet every year.

**STATES OF HEALTH**

America is a diverse country, especially when it comes to health habits, according to the United Health Foundation’s 2016 “America’s Health Ranking” annual report.

<table>
<thead>
<tr>
<th>Region</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Northeast</strong></td>
<td>The Northeast is the healthiest region. Four of its states (Massachusetts, Connecticut, Vermont and New Hampshire) landed in the report’s top six healthiest states based on factors such as smoking prevalence and rate of preventable hospitalizations.</td>
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<tr>
<td><strong>Midwest</strong></td>
<td>The Midwest is for meat-lovers. Residents in the Dakotas, Nebraska and Iowa consume more red meat on average than most other states.</td>
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<tr>
<td><strong>Southeast</strong></td>
<td>The Southeast has the largest waistlines in the United States, accounting for four of the five most obese states (Louisiana, Alabama, Mississippi and Kentucky).</td>
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<tr>
<td><strong>West</strong></td>
<td>The West is the most exercise-obsessed part of the country. Oregon, Washington, Utah and Colorado have the highest proportion of residents who report being physically active.</td>
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In fact, some women can experience a heart attack with no chest pain at all. So know the signs. If you feel them, get to an emergency room – fast. Call 911 and know that we’re here to help when you need us.

The signs of a heart attack can be different in women.