



## NEWS FROM THE HEART

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February is  
American Heart Month



American Heart Month is a very important awareness event. If we can help change the mind of just one person this year, then the long-term impact can be huge! The tragic truth is that the majority of deaths caused by heart disease, stroke and [chronic heart failure](#) could have been prevented. If you are ready to make that commitment and keep your heart healthy, then this is the perfect month to act.

How much do you know about that all important muscle we call the heart? **The human heart truly is an incredible machine** when it is healthy and strong. Would you be surprised to learn that the heart actually pumps 1,800 gallons of blood through 60,000 miles (that's right, we said "miles") of blood vessels each and every day? It's a truly monumental effort from an organ that weighs on average 8 to 10 ounces.

### Common Risk Factors & Stats

The American Heart Association has identified some of the most common risk factors, including:

- High blood pressure (hypertension)
- High cholesterol
- Diabetes
- Family history of heart disease
- Obesity
- Atherosclerosis (hardened arteries)
- Sedentary lifestyle
- 

The **number one killer of both men and women** here in the U.S. is heart disease. Here are some heart disease statistics worth noting during February:

- 1 in 3 deaths in this country are caused by some form of cardiovascular disease (CVD)
- An estimated 787,000 deaths annually
- At least 720,000 Americans are expected to suffer a heart attack over the course of 2015
- Heart disease costs this country about \$320 billion each year in direct costs and lost earnings
- 15 percent of heart attacks end up being fatal

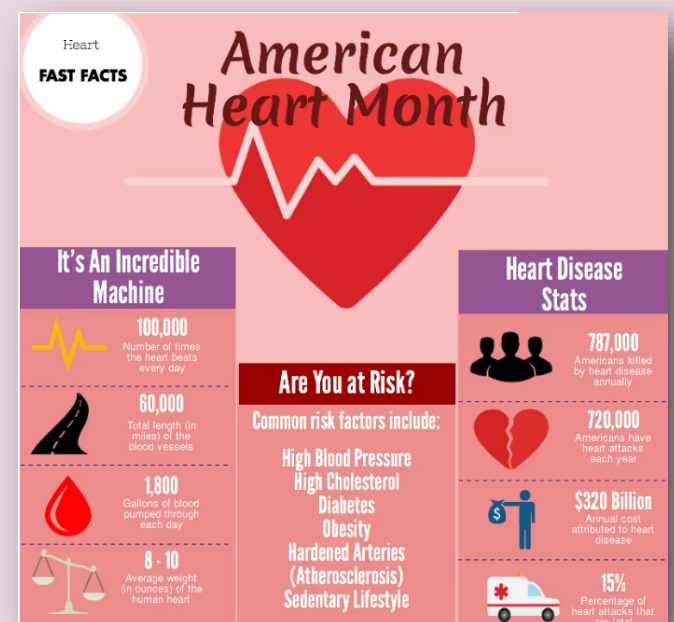
These 7 lifestyle habits can provide proven benefits to your heart health over the long run:

- Stay physically active on a regular basis
- Maintain a balanced diet healthy foods
- Keep your cholesterol levels in check
- Take steps to manage your blood pressure
- Stay within the healthy weight range for your age and height
- Keep your blood sugar levels in check
- Don't smoke cigarettes

### Heart Attacks: Know the Warning Signs

The following symptoms could mean serious trouble, so please do not ignore them. Call 911 if you start to experience the following:

- Lightheadedness
- Sweating
- Shortness of breath
- Chest pain
- Nausea
- Significant discomfort in the upper body— such as unusual pain in the upper arm



# Shout Outs!



| Who will you like to Shout-Out and why?   | Your Name and Location   |
|---|--|
| <b>Toney Tuten</b> - He is always so helpful with a smile and not even a hint of annoyance.   | Tracy Hope- Main   |
| <b>My Referrals Team</b> , Kim, Gwen, Jennifer, Latoya, Jeanie, and Laura... Ladies I appreciate all your hard work, Thank You for making me Look Good :)   | Crystal - Main   |
| Heather James- keep being awesome! You always do an amazing job with the events and promoting HFHC!   | Heather Wyman- Main  |
| <b>The Finance Dept.</b> for all that they do to keep the doors open, lights on, and money in all our pockets/wallets/purses! Thank you for all that you do and being patient and helpful w/PO's & Check Requests.  | Heather James Admin/Main   |
| Our <b>Residents</b> who placed 2nd and 3rd place in the Marion county research fair for their poster presentations . They are currently working on writing an article on the topic to publish nationally. Heyden: Change in the Gender Birth Ratios in Florida Following the Onset of the COVID-19 Pandemic.<br>Watkins: Evaluation of Maternal Age, Race and Ethnicity role in the Male-Female birth ratios during and after the COVID-19 Pandemic in Florida | Nicholas Dorsey, MD<br>Program Director<br>Family Medicine Residency Program |
| <b>Dr. David Nguyen</b> was selected out of a pool of national resident candidates for a scholarship to attend the AAFP Family Medicine Advocacy Summit in Washington, DC. He will have the opportunity to engage with Congress as a constituent and work towards building connections with representatives. What a remarkable way to represent Ocala, UCF and HFHC.  | Nicholas Dorsey, MD<br>Program Director<br>Family Medicine Residency Program |

SHOUT OUT

Shout– Out to those who deserve it. If you know of someone who deserves to be recognized please send in your shout- out via the link below.



<https://www.surveymonkey.com/r/SHOUT-OUTS-MARCH2022>







# Herbes de Provence–Crusted Branzino and Fingerlings

## Ingredients

- ☐ 1 pound fingerling potatoes, halved lengthwise
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 2 tablespoons plus 2 teaspoons herbes de Provence, divided
- ☐ Kosher salt and freshly ground black pepper
- ☐ 1/4 cup unsalted butter, softened
- ☐ 1 tablespoon Dijon mustard
- ☐ 2 (12-ounce) butterflied branzino or trout

**Active:** 10 mins

**Total:** 40 mins

**Yield:** 2



## Directions

### ✓ Step 1

Preheat oven to 375°F. Line a rimmed baking sheet with aluminum foil.

### ✓ Step 2

Toss together potatoes, olive oil, 2 tablespoons herbes de Provence, 1 teaspoon salt, and 1/2 teaspoon pepper on prepared baking sheet. Roast in preheated oven until potatoes are golden around edges and nearly tender, about 20 minutes.

### ✓ Step 3

Meanwhile, mash butter, mustard, remaining 2 teaspoons herbes de Provence, and 1 teaspoon salt together with a fork in a small bowl. Arrange fish flesh side up, season with salt and pepper, and spread butter mixture evenly on fish.

### ✓ Step 4

Flip potatoes and arrange around edges of pan to accommodate fish. Add fish to baking sheet, flesh side up, and roast at 375°F until fish is opaque and flaky and potatoes are cooked through, about 10 minutes.







**In this podcast, Heather Wyman and Shatara Summerall discuss dental sealants.**

This episode of the "Healthcare from the Heart" podcast is hosted by Heather Wyman, Health Education Coordinator and Shatara Summerall, Dental Hygienist.

<https://soundcloud.com/myhfhc/healthcare-from-the-heart-16-dental-sealants>



- Some would say your birth flower is the iris, which represents faith, hope, and wisdom. Others say it's the violet, which represents faithfulness, modesty, and virtue. Which one's your favorite?
- According to tradition, the Roman emperor Augustus took one day off February and added it to August, the month named after him.
- There are a few dozen national monthly observances during February, including Black History Month, Bird Feeding Month, Embroidery Month, Grapefruit Month, Haiku Writing Month, and Umbrella Month. There are just as many national weekly observances during February, including Friendship Week (week 1), Flirting Week (week 2), Secondhand Wardrobe Week (week 3), and Pancake Week (week 4).
- A person born on February 29 during a leap year (which occurs only every four years) is called a "leapling" and will usually celebrate their birthday on either February 28 or March 1 in all non-leap years. The odds of being born on February 29 are 1 in 1,461 (or 0.068%) according to the Honor Society of Leap Year Day Babies.
- An impressive roster of famous people were born in February! These iconic household names include: Jennifer Aniston (2/11), Drew Barrymore (2/22), Sheryl Crow (2/11), James Dean (2/8), Charles Dickens (2/7), Michael Bolton (2/26), Thomas Edison (2/11), Michael Jordan (2/17), Norman Rockwell (2/3), Babe Ruth (2/6), John Steinbeck (2/27), and John Travolta (2/18).
- If you're a history buff, you probably also know that the following four presidents shared February birthdays: William Henry Harrison, Abraham Lincoln, Ronald Reagan, and George Washington.

