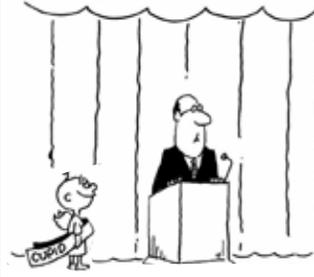


QUOTE OF THE MONTH

“And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.”
— Antoine de Saint-Exupéry, *The Little Prince*

HEALTH HUMOR

CARDIOLOGIST CONVENTION



“Our next speaker will be speaking on matters of the heart.”

Dave Coverly



Keep Fit Muscles For Better Heart Health

by: Maria Mendoza

How much muscle you have now could indicate how healthy your heart will be later, according to a new study. Entering middle age with plenty of muscle lowers the subsequent risk of developing heart disease by as much as 81%.

These results add to the growing evidence that building and maintaining muscle is essential for healthy aging.

Skeletal muscle is one of the body’s most versatile and active tissues, providing the strength and power we need to grasp, reach, lift and stride. Muscle is also critical for our metabolic health, slurping and storing blood sugar and producing specialized hormones that move to other tissues.

Our muscle mass declines as get older, with the loss often starting in our 30s or early 40s and accelerating as we pass through midlife. Severe muscle loss (sarcopenia) is associated with frailty and other medical conditions in the elderly.

But even relatively moderate declines in muscle mass are linked with worse outcomes in older people. Past studies found that, particularly in older men, low muscle mass tends often to be associated with concurrent cardiovascular disease.

Those studies didn’t look at which condition might have come first, so they can’t indicate whether there are links between diminished muscle at one age and heart disease later.

So, a new study by a group of scientists decided to track people’s muscles and heart health as they moved through middle age. After 10 years, they found that almost 27% of the participants developed heart disease which was six times higher among the men than the women. Those people with the most muscle in the beginning of the study were the least likely to have heart disease now.

That association remained significant when the scientists controlled people’s diet, education and physical activity, but not when they looked at gender. In general, women tend to get heart disease about 10 years later than men. But for men, having relatively large amounts of muscle early in middle age dropped the risk of heart disease later by 81%.

This study does not show that having lots of muscle directly staves off heart disease, only that the two are related. It also cannot tell us just how muscle helps to protect the heart, but it’s suspected that the metabolic effects of the tissue, which include better blood-sugar control and less bodily inflammation, are likely to contribute.

Overall, muscle-mass preservation, through physical exercise and an active lifestyle is probably key to protecting middle-aged hearts.

Source: The New York Times

ON THIS DAY IN HISTORY

Feb. **3** 1870, The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

Feb. **8** 1910, The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

Feb. **11** 1847, American inventor Thomas Edison was born in Milan, Ohio. Best known for his quote, "Genius is one percent inspiration and ninety-nine percent perspiration."

Feb. **27** 1950, The 22nd Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in office.

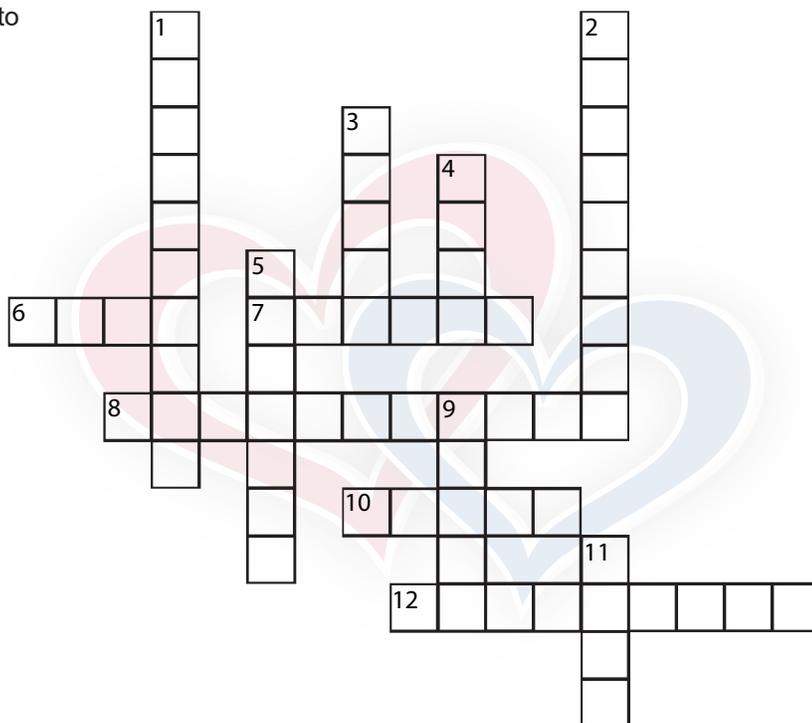
CROSSWORD

ACROSS

6. The mythological god of love
7. Blood carries this to your heart
8. _____ fat is good for your heart
10. _____ grains are great sources of fiber
12. Old term for engaged

DOWN

1. Doing this will keep your heart in tip-top shape
2. _____ fat is not good for you heart
3. Choose nutrient rich food, not _____ calories
4. Flower of love
5. This product causes heart disease and cancer
9. Italian word for love
11. Bird associated with Valentine's Day



Stuck?
Check next month's issue
for the answers!

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JANUARY CROSSWORD ANSWERS:

Across: 2. Memories 3. Garnet 9. Beginnings 10. Twelve O'Clock 11. Carnation

Down: 1. New Year Babies 4. Auld Lang Syne 5. Cheers 6. Plunge 7. Ecstatic 8. Countdown