

Important Information:

Scheduling: (843) 876-0444--
currently closed

Heart Health team: (843) 792-4717
(be sure to leave a message)

Email: HeartHealth@musc.edu
www.musckids.org/heart/health



APRIL 2020 HEART HEALTH

Keep in Touch and Stay on Track!

CORONAVIRUS (COVID-19) HEART HEALTH UPDATE

The Coronavirus (COVID-19) pandemic has impacted all of us in many unpredictable ways. Because of the recommendations for gatherings and social distancing by public health officials, **Thursday group sessions and Fit Kids sessions are cancelled until further notice.** Clinic visits are now converted to virtual visits (you will have the choice of video or phone). We also will be conducting Facebook Live educational and exercise videos.

Please sign up for our Facebook Group page:

<https://www.facebook.com/groups/134995866512355/>

Please read your Heart Health text messages for updates.

For information on Coronavirus, **please refer to the CDC website.**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you feel like you may have symptoms or need to see a provider, **please utilize the FREE MUSC virtual care:**

<https://campaigns.muschealth.org/virtual-care/index.html>

Stay safe and healthy, and we will see you all soon!

New Date!

6th Annual

Building Healthy Communities

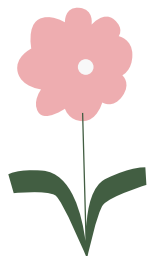
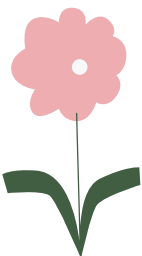
5K Run/Walk & Wellness Expo

September 13, 2020 - 9:00am

Hampton Park, Downtown Charleston

All Heart Health participants will receive a code to
participate for FREE *

*must be accompanied by at least one paid adult registration



RECIPE OF THE MONTH

Shrimp Spring Rolls



Ingredients:

- 2 cups water
- 8 large shrimp (peeled and deveined)
- 1 ounce cellophane noodles
- 1 cup boiling water
- 1/2 cup shredded carrots
- 1/4 cup peeled, sliced cucumber
- 1/2 cup thinly sliced Napa Cabbage
- 1/2 cup bean sprouts
- 2 tablespoons chopped cilantro
- 4 rice-paper wrappers, 8 inches in diameter
- 4 large fresh basil leaves, halved lengthwise

Cooking Instructions:

- In a saucepan, bring the 2 cups water to a boil. Add the shrimp and immediately remove the saucepan from the heat. Cover and poach until pink and opaque throughout. This will take about 3 minutes.
- Transfer the shrimp to a bowl of ice water and let cool for 3 minutes. Drain and cut each shrimp in half lengthwise. Refrigerate until ready to use.
- In a bowl, combine the noodles and boiling water and soak for 10 minutes. Drain and return the noodles to the bowl. Add the carrots, cabbage, bean sprouts, and cilantro. Toss gently to mix.
- Fill a large, shallow baking dish with water. Place 1 rice-paper wrapper in the water and soak until pliable (about 30 seconds). Carefully transfer the wrapper to a paper towel and turn once to blot dry. Arrange 1/2 cup of the noodle mixture on the bottom half of the wrapper.
- Fold the bottom edge toward the center and roll up the wrapper halfway, making sure to wrap tightly around the filling. Tuck 2 basil leaves along the inside crease of the roll. Arrange 4 pieces of shrimp, cut side up, along the crease. Fold the right and left edges of the wrapper over the filling and finish rolling.
- Repeat with the remaining wrappers, filling, basil, and shrimp.

Nutrition Information:

- Serving Size: 1 spring roll
- Calories: 138
- Total Fat: 1.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 25 g
- Protein: 6 g