

Heart Health July 2020

Keep in touch and stay on track

Important information

SCHEDULING (843) 876-0444

HEART HEALTH TEAM (843) 792-4717

BE SURE TO LEAVE A MESSAGE

HEARTHEALTH@MUSC.EDU

WWW.MUSCKIDS.ORG/HEART/HEALTH

Save the Date!

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 can sign up for FREE using the code: HeartHealth

*must be accompanied by at least one paid adult registration

Special discounts for groups of 4 or more (see registration website) and veterans (use code: MILVET)

Sign up today!

www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K

Planning a Picnic?

Summer is a great time to get outside and enjoy a picnic. It is important to keep food safety in mind when planning and preparing for your picnic. Check out some of the tips below!

- Pack food in a well-insulated cooler with an ice pack to keep cold food below 40 degrees.
- Take a food thermometer to check the temperature of food often. Cold foods should be below 40 degrees and hot or cooked foods should be above 140 degrees.
- Don't let food sit out for more than 2 hours.
- Keep cooked and raw foods in separate containers.
- Separate fruits and vegetables from meat, seafood or poultry.

For more information, visit:

<https://www.eatright.org/health/lifestyle/seasonal/how-to-prevent-7-picnic-food-safety-mistakes>

Recipe of the Month

Blueberry Walnut Salad

Ingredients:

1 (10 ounce) package mixed salad greens 1 pint fresh blueberries

1/4 cup walnuts

1/2 cup raspberry vinaigrette salad dressing

1/4 cup crumbled feta cheese

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: 6

Directions: In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.

Nutrition Facts: 128 calories, 3 g protein, 18 g carbohydrates, 9 mg cholesterol, 420mg sodium.

Source: <https://www.allrecipes.com/recipe/72721/blueberry-walnut-salad/?internalSource=staff%20pick&referringId=2774&referringContentType=Recipe%20Hub&clickId=cardslot%201>

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 are also conducting virtual educational sessions at 4:00 on Mondays and Thursdays via Webex (<https://musc.webex.com/meet/catjan>). Please sign up for our Facebook Group page, where we will be posting helpful resources and making important announcements: <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!