

February 2022

HEART HEALTH



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

February is Heart Health Awareness Month!

Did you know that cardiovascular disease begins in childhood? The American Heart Association has developed **Life's Simple 7** guidelines that can help you live a life free from cardiovascular disease!

Check out what they are using the link!

https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_461359.pdf

Take a look at page 2 for
15 Heart Healthy Foods!

Save The Date!



The 7th Annual Building Healthy Communities 5K Run/Walk & Wellness Expo is Coming Up!

When: Saturday, February 19, 2022 at 9:00 a.m.
Where: Hampton Park, Downtown Charleston

Cost is \$35 per person. For military or veteran discount, use coupon code MILVET2022 at checkout. Group discounts are also available.

All Heart Health participants can sign up for free using coupon code FREE2022 at checkout.

For more information and to register, visit www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K

Enter our essay contest for a chance to win free tuition to Camp New Heights fitness and nutrition summer camp in Santa Barbara, California.

Camp New Heights Free Tuition Essay Contest Rules

- Essays must be written by a currently-active Heart Health patient (seen for a clinic visit within the 2 months prior to their essay submission).
- Eligible age range is 9-17 years.
- All essay entries that meet the following criteria will be entered into a random drawing to win the tuition:
 - At least 1 full page typed or hand-written, single spaced.
 - Must include the reason for wanting to attend Camp New Heights.
 - Must include a plan for maintaining healthy habits after completion of the camp.

Camp New Heights, Santa Barbara, California:
<https://www.campnewheights.com/>

The prize for the winner will be free tuition to Camp New Heights for their choice of a 2-week, 4-week or 6-week camp program for one participant (\$3499.00, \$6499.00 or \$8599.00 value). Depending on the length of camp that is chosen, the optional start dates are:

- 6/19/22
- 6/26/22
- 7/3/22
- 7/10/22
- 7/17/22

• TRAVEL EXPENSES ARE NOT INCLUDED NOR ARE ANY EXPENSES FOR FAMILY MEMBERS.

- Estimated round-trip flight to Santa Barbara for one person: \$550-800.
- Estimated single room hotel fee for a family member accompanying the child: \$150-300/night.

Essays should be emailed to hearthealth@muscc.edu.

Deadline for submission: March 25, 2022
(late submissions will not be considered).



Leafy green vegetables



Tomatoes

Whole grains

Berries

Avocados

Fatty fish

Walnuts

Beans

Dark chocolate

15 HEART
HEALTHY
FOODS TO
TRY
TODAY!

Almonds

Seeds

Garlic

Olive oil

Edamame

Green tea



Source: https://www.healthline.com/nutrition/heart-healthy-foods#TOC_TITLE_HDR_16

Simple Tortilla Pizza

Prep time:

5 minutes

Cook time:

10 minutes

Yield:

1 serving

Nutrition Information

Serving Size:

1 tortilla with marinara
and mozzarella

Per Serving:

Calories: 220

Protein: 16.9 g

Carbohydrates: 24.6 g

Dietary Fiber: 5.7 g

Total fat: 6g

Saturated fat: 2.2g

Sodium: 679.5 mg



February Recipe of the Month

Ingredients:

- 1 whole wheat tortilla (or whole wheat pita bread)
- ¼ cup sauce (marinara, pesto, olive oil and garlic, barbecue sauce)
- ½ cup or less shredded/crumbled cheese (mozzarella, cheddar, goat, feta)
- Toppings (get creative!)

Instructions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Place the tortilla in a 12-inch cast iron pan or baking sheet (max crispiness option: place the tortilla on a stainless steel, oven-safe cooling rack, and place that on the baking sheet).
3. Spread sauce evenly across the tortilla, leaving ½ inch around the edges. Sprinkle with cheese and toppings.
4. Bake until the cheese is golden and bubbling (no sooner!) and the edges of the tortilla are lightly browned, about 10 to 14 minutes. Let the pizza cool for a few minutes before slicing.

Recipe retrieved from <https://cookieandkate.com/simple-tortilla-pizzas/#tasty-recipes-23299-jump-target>

Clinic Updates

- Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and in person. **Please specify when scheduling if you would like a virtual or in person appointment.**
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
- **Fit Kids group exercise sessions are now offered both in person and virtually!!** Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM in Park Circle. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>. **If your child would like to attend in person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up.** We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.
- Please continue to read your Heart Health text messages for updates.
- If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>