

March 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

March is National Nutrition Month®!

This year, we are celebrating flavors from different cultures. One way to do this is to use spices and herbs from cuisines around the world to add flavor to meals and snacks.

How many regions can you explore by taste?

- Italy - oregano, basil, thyme, rosemary, garlic
- Mediterranean - cumin, coriander, oregano, sumac, lemon zest or juice
- Latin America - ancho chili, cilantro, cumin, anise seed, low-salt sofrito
- Central Asia - garlic, mustard seeds, marjoram, dill, tarragon, bay leaf
- South Asia - curry leaf, spicy chilis, cardamom, turmeric
- Southeast Asia - lemongrass, mint, ginger, lime zest or juice
- East Asia - sesame seeds, wasabi, Sichuan pepper, miso paste

Heart Healthy Tip

Excess sodium can raise blood pressure, which can increase risk of disease. Along with limiting fast food, canned soups, chips, and other processed foods, try the seasonings above in place of salt.



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.

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@musckids.org.

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

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

Heart Health 5K

February 19, 2022



We had a record number of participants this year at 134, including 8 Heart Health participants and their families, and raised over \$3500 for the program. We had 9 vendors at the wellness expo portion who provided an on-site service or discounted service at their locale. We also gave away some great swag, finisher medals and age group prizes. We had 14 fabulous raffle prizes that everyone loved, including (but not limited to) gift baskets to Fleet Feet and Sky Zone, a Fit Bit, an Apple watch, 10 grandstand tickets to the RiverDogs, and a free class from For the Love of Art. The event has continued to grow each year and we will continue to support wellness in our communities for years to come.





Thank you for your support!!

Greek Tzatziki Sauce

Time to Make

5-10 minutes

Serving Size

1/4 cup

Makes 7 Servings



Ingredients

- ½ cup finely grated cucumber
- 1 cup plain Greek yogurt (try fat free)
- 1 tablespoon lemon juice
- ½ tablespoon extra-virgin olive oil
- 1 garlic clove, grated
- ¼ teaspoon sea salt
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh mint

Nutrition Information

Serving Size: 1/4 cup

Per Serving

Calories: 33
Protein: 3 g
Carbohydrate: 3 g
Dietary Fiber: 0 g
Total Fat: 1 g
Saturated Fat: 0 g
Sodium: 128 mg

Instructions

- Place the grated cucumber on a towel and gently squeeze out a bit of the excess water.
- In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill, and mint.
- Chill until ready to use.

How to Use

- Spread on meat or fish
- Use as a dip for fresh veggies or whole wheat pita bread
- Add to sandwiches for a special twist

Recipe adapted from <https://www.loveandlemons.com/tzatziki-sauce/#wprm-recipe-container-43122>

National Nutrition Month® information and photo from www.eatright.org/food/resources/national-nutrition-month

International flavor information from http://gernot-katzers-spice-pages.com/engl/spice_geo.html

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=aVVna3NKT2ZKcThWTdYdjZiNHRRgUT09>. **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>