



The Newsladder

Special points of interest:

- The American Heart Association recommends keeping your sodium intake to about one teaspoon of salt per day.
- Carbon monoxide detectors should be tested once a month.
- Washing your hands often can help prevent you from getting the common cold.

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Managing Cholesterol: Diet and Exercise Tips

Some of your cholesterol is made by your body. The food you eat is responsible for the rest. Food products from animals contain cholesterol — including meats, poultry, shellfish, eggs, butter, cheese and whole or 2 percent milk. And any type of food can also contain saturated fats and trans fats, which cause your body to make more cholesterol.

The American Heart Association recommends that you keep your intake of total fat to between 25 percent and 35 percent, your saturated fat consumption to less than 7 percent and your intake of trans fat to less than 1 per-

cent of your total daily calories.

At the same time, limit your intake of cholesterol from food to less than 300 mg per day. People with high LDL (bad) blood cholesterol levels or who are taking cholesterol medication should consume less than 200 mg of cholesterol per day.

Eat at least 25 to 30 grams of dietary fiber each day — preferably from whole grains, fruits, vegetables and legumes.

To combat high blood pressure and for overall cardiovascular health, also limit sodium to 2,300 mg

or less per day. Some people — African Americans, middle-aged and older adults, and people with high blood pressure — need less than 1,500 mg per day. And if you drink alcohol, do so in moderation (no more than one drink a day for women, no more than two for men). But a heart-healthy diet isn't just about what you shouldn't eat. It also means eating a diet rich in vegetables and fruits, with whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and fat-free or 1 percent fat dairy products. Also, the *(Continued on page 2)*

February is American Heart Month

Controlling your blood cholesterol will reduce your risk of heart attack. By lowering your risk of heart disease, you will also indirectly reduce your risk of stroke. Eating less sodium will help lower blood pressure in some people, which will also help reduce their risk for heart dis-

ease and stroke.

Making small changes in recipes can help lower cholesterol.

Modifying recipes

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Managing Cholesterol: Diet and Exercise Tips

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diet should be low in saturated fat, trans fat and cholesterol.

By learning to make smart choices — whether you're cooking at home or eating out — you can enjoy flavorful foods while you manage your cholesterol.

Tips for Being Physically Active

- You don't have to join a structured exercise program to benefit

from physical activity. Physical activities that increase endurance such as brisk walking, jogging, biking and swimming done for at least 30 minutes on most or all days of the week provide cardiovascular fitness and can reduce your risk of a heart attack or stroke and improve your health in other ways. Here are some tips for

success:

- If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease and stroke or some other chronic health problem, see your doctor for a medical evaluation before beginning a new physical activity program.

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February is American Heart Month

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To control the amount and kind of fat (particularly saturated fat) and dietary cholesterol you eat:

- Select lean cuts of meat and trim off all visible fat before cooking.
- Serve moderate portions, and try "low-meat" dishes featuring pasta, rice, beans and/or vegetables.
- Use cooking methods that require little or no fat — boil, broil, bake, roast, poach, steam, sauté, stir-fry or microwave.
- Replace saturated fats with healthier substitutes. Instead of butter, use margarine that contains no more than 2 grams of saturated fat per 1 tablespoon, or unsaturated vegetable oil.



Reducing Sodium

Most of us eat much more sodium than we need. In some people, this can lead to high blood pressure, which increases the risk of stroke, heart disease and kidney disease. The American Heart Association recommends keeping your sodium intake to less than 2,300 milligrams per day. That's about a teaspoon of salt. People with high blood pressure may need stricter limits on sodium. To help reduce sodium in your diet:

- Use less salt or no salt at the table and in cooking.
- Use herbs and spices in place of salt.
- Limit your intake of foods high in added sodium, such as:
 - Canned/ dried soups
 - Canned vegetables

- Ketchup and mustard
- Salty snack foods
- Olives and pickles
- Luncheon meats/cold cuts
- Bacon/cured meats
- Cheeses
- Restaurant/carry out foods (such as French fries, onion rings, hamburgers)
- To reduce the salt in canned vegetables, drain the liquid, then rinse the vegetables in water before eating.
- Look for "unsalted" varieties of the canned foods and snack foods listed above. Some foods may be labeled "no salt" or "without added salt."
- Ask restaurants not to add salt to your order.

www.americanheart.org

Managing Cholesterol: Diet and Exercise Tips

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- Choose activities that are fun, not exhausting.
- Add variety.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing that's appropriate for the weather and the activity.
- Find a convenient time and place to do physical activities.
- Try to make it a habit, but be flexible. If you miss an exercise opportunity, work physical activity into your day another way.
- Find a companion to exercise with you if it will help you stay on a regular schedule and add to your enjoyment.
- Use music to keep you entertained.
- Surround yourself with supportive people.
- Don't overdo it. Do physical activity at a level that is appropriate for your fitness level, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to at least 30 minutes of most days of the week.
- If you plan to be active more than 30 minutes, then try to drink some water every 15 minutes, especially when exercising in hot, humid conditions.
- Keep a record of your activities.
- Pick rhythmic, repetitive activities that challenge the circulatory system.
- If you decide that walking is a great activity for you, choose a place that has a smooth, soft surface that doesn't intersect with traffic and that is well-lighted and safe.



- Because muscular adaptation and elasticity generally slow with age, take more time to warm up and cool down while exercising. Make sure you stretch slowly.

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Carbon Monoxide: Facts and Safety Tips

Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

Facts & figures

The dangers of CO exposure depend on a number of variables, including the victim's health and activity level. Infants, pregnant women, and people with physical conditions that limit their body's ability to use oxygen (i.e. em-

physema, asthma, heart disease) can be more severely affected by lower concentrations of CO than healthy adults would be. A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time. In 2005, U.S. fire departments responded to an estimated 61,100 non-fire CO incidents in which carbon monoxide was found, or an average of seven such calls per hour. The number of incidents increased 18 percent from 51,700 incidents reported in 2003. This increase is most likely due to the increased use of CO detectors, which alert people to the presence of CO. In 2005, January and December were the peak months for non-fire carbon

monoxide incidents in which CO was found. The peak time of day is between 6:00 p.m. and 9:59 p.m.

NFPA Safety Tips

Inside the home

- Install CO alarms inside your home to provide early warning of accumulating CO. CO alarms should be installed in a central location outside each separate sleeping area.
- Test CO alarms at least once a month and replace CO alarms according to the manufacturer's instructions.
- When using a fireplace, open the flue for adequate ventilation.
- Never use your oven to heat your home.
- Have fuel-burning heating equipment and chimneys inspected by a professional



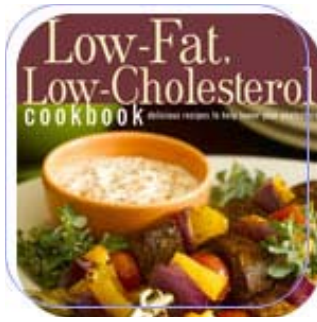
every year before cold weather sets in.

Outside the home

- If you need to warm a vehicle, remove it from the garage immediately after starting it.
- When camping, remember to use battery-powered lights in tents, trailers, and motor homes.

If your CO alarm sounds, immediately move to a fresh air location and call for help. Remain at the fresh air location until emergency personnel say it is ok.

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Celebrate Valentine's Day—Fix your Sweetheart a Heart Healthy Meal

Brunswick Stew

Serves 6

Vegetable oil spray
 1 teaspoon olive oil
 1 medium onion, chopped
 1 pound boneless, skinless chicken breasts, all visible fat discarded
 1 1/2 cups fresh or frozen baby lima beans
 2 cups fresh or frozen whole-kernel corn
 3 cups fat-free, low-sodium chicken broth
 1 1/2 cups chopped tomatoes
 6- ounce can no-salt added tomato paste

3 tablespoons fresh lemon juice
 1 tablespoon very low sodium or low-sodium Worcestershire sauce

Heat a deep skillet or Dutch oven over medium-high heat. Remove the skillet from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Pour the oil into the skillet and swirl to coat the bottom. Return the skillet to the heat and cook the onion for 3 minutes, or until tender.

Meanwhile, cut the chicken breasts into 1-inch cubes. Stir the chicken and remaining ingredients into the skillet. Reduce the heat and simmer, covered, for 1 hour.

Nutritional Information:

Calories 234
 Total Fat 3.0 g
 Saturated 0.5 g
 Polyunsaturated 1.0 g
 Monounsaturated 1.0 g
 Cholesterol 44 mg
 Sodium 123 mg
 Carbohydrates 29 g
 Fiber 6 g
 Protein 25 g

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Is It a Cold or the Flu?

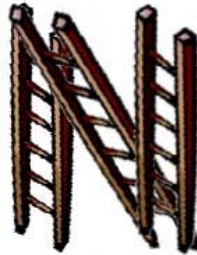
Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Antihistamines Decongestant Nonsteroidal anti-inflammatory medicines	Antiviral medicines— see your doctor
Prevention	Wash your hands often	Annual vaccination; antiviral medicines—see your doctor
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can be life threatening

U.S. Department of Health and Human Services



THE CITY OF TALLAHASSEE AND
THE TALLAHASSEE FIRE DEPARTMENT PRESENT:

The Newsladder
Tallahassee Fire Department
327 North Adams Street
Tallahassee, FL 32301



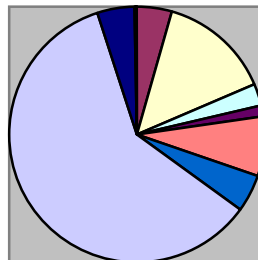
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Cindy Dick, Fire Chief
Mona Pearson, Editor and Contributing Writer
Email: pearsonm@talgov.com
Phone: 850-891-6600
Fax: 850-891-6606

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Just the Facts October 1—December 31, 2007

Total Calls- 5888



■ Airport Alerts- 7	■ Brush/Rubbish-259
■ Building Alarms- 824	■ Structure Fires- 169
■ Vehicle Fires- 78	■ Vehicle Rescues-444
■ Hazard Invest.- 274	■ Medical- 3533
■ Service- 285	■ Misc. Rescue-15