

# Words of Wellness

February 2015

## HEART AND STROKE

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### Spot A Stroke: Remember the word FAST

**Face Drooping** – Is one side of the face drooping or feeling numb? (Ask them to smile and see if it is uneven)

**Arm Weakness** – Is one arm feeling weak or numb? (Ask them to raise both arms.)

**Speech Difficulty** – Slurred? Unable to speak or hard to understand?

**Time to call 911** – Even if the symptoms go away, make the call.

### Signs of a Heart Attack – Not the same for everyone!

Don't assume the pain has to be where your heart is.  
Chest discomfort  
Discomfort / pain in other areas of the upper body  
Shortness of breath

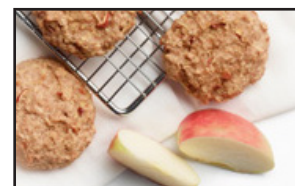
Cold sweats, nausea or light-headedness  
Men and women have different symptoms. Take them all seriously. Don't wait too long before getting checked out.

It's not too late to make some positive changes to help reduce heart and stroke problems:  
Start exercising – walking 30 min a day has many health benefits  
Quit smoking – Did you know that one year after you quit, you'll cut your risk of coronary heart disease by 50 percent? (American Heart Association)  
Have your blood pressure checked  
Eat foods that are low in saturated fat, trans fat, cholesterol and salt.

### Yummy apple breakfast cookies

Cookies for breakfast? These moist cookies loaded with oats, milk and fresh apples are a terrific start to the day at home or on-the-go. Recipe provided by Dairy Farmers of Canada ©

2 cups (500 mL) quick-cooking rolled oats  
1 1/2 cups (375 mL) whole wheat flour  
2 tsp (10 mL) ground cinnamon  
1 1/2 tsp (7 mL) baking powder  
3/4 cup (175 mL) brown sugar  
2 eggs  
1 cup (250 mL) 1% milk  
1/4 cup (50 mL) vegetable oil  
1 tsp (5 mL) vanilla  
1 1/2 cups (375 mL) finely chopped apples (about 1 large)



### Directions

Preheat oven to 375°F (190°C) with racks in top and bottom thirds of oven. Line 2 large baking sheets with parchment paper.  
In a large bowl, whisk together oats, flour, cinnamon and baking powder. In another bowl, whisk together sugar, eggs, milk, oil and vanilla. Pour over dry ingredients and sprinkle with apples; stir until just blended.  
Drop batter by 1/4 cup (50 mL) for each cookie onto prepared baking sheets at least 2 inches (5 cm) apart. Bake for about 15 minutes, switching pans on racks halfway, or until a tester inserted in the centre comes out clean. Let cool on pans on racks for 2 minutes, then transfer to racks to cool completely.  
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### per serving

Calories: 155; Protein: 5 g; Total Fat: 5 g; Saturated Fat: 1 g; Cholesterol: 19 mg; Carbohydrates: 24 g; Fibre: 3 g; Sugars: 7 g; Sodium: 51 mg; Potassium: 144 mg.

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