

 **the** Telehealth  
*Times*



AMERICAN  
**HEART**  
MONTH ♥ FEBRUARY

*Happy New Year!*



# KAMRYN'S CORNER

Hello there! I hope you're finding our newsletter as enjoyable and insightful to read as I do putting it together! February is “American Heart Month” and our newsletter is packed full of information to assist us in maintaining a healthy heart. The American Heart Association reports that remote patient monitoring (RPM) benefits you by engaging you in managing your health. Keep up the good work and continue your monitoring!



**Kamryn Williams, LPN**  
*Telehealth Coordinator*  
*Palmetto Care Connections*

Yours Truly,  
*Kamryn*

# Heart Health Risk Factors

Understanding your risk factors is the first step to achieving a healthy heart. These may vary for each person and some are changeable, while others are not.

## Heart Diseases Factors



Age

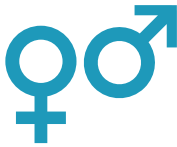


Alcohol



Blood pressure

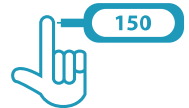
Sex



Unhealthy Diet



Diabetes



Tobacco

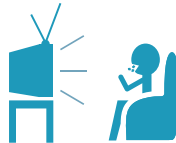


Obesity



Cholesterol

Physical Inactivity



Family History



Stress



# Heart Healthy Living

## Steps to a Healthy Heart

Control Cholesterol

Stop Smoking

Manage stress

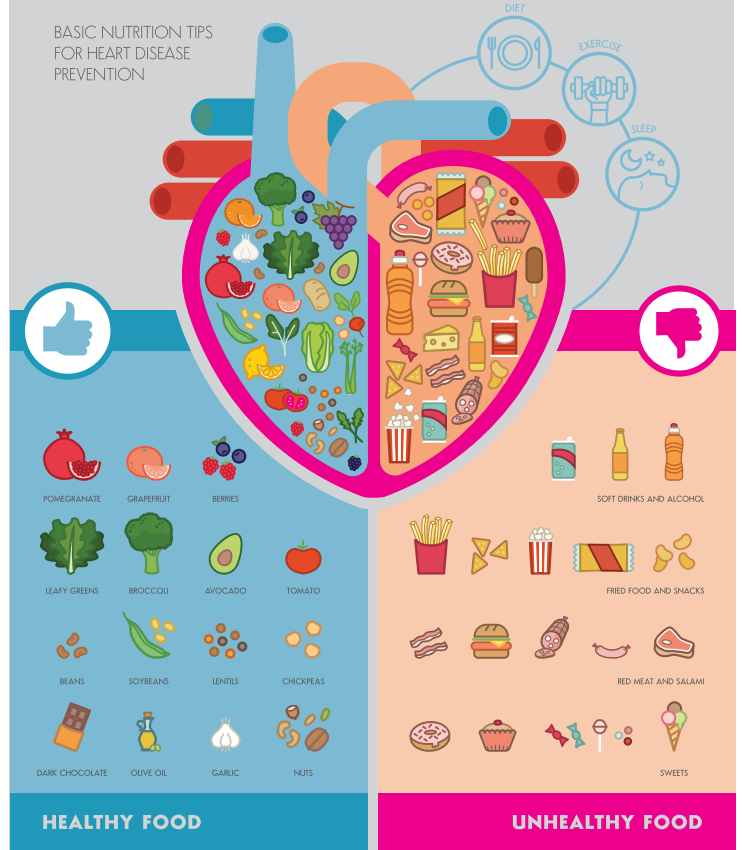
Exercise regularly

Eat a balanced diet

### BEST FOOD

FOR HEART HEALTH

BASIC NUTRITION TIPS FOR HEART DISEASE PREVENTION



## FOOD FOR YOUR HEART

Infographic elements

GOOD		Sea food		Oily fish		Champignons		Dried fruits		Tea and dark chocolate		Olive oil
		Fruits		Citrus fruits and fresh				Whole grains, oatmeal		Low-Fat meat and dairy products		
		Berries		Grape and pomegranate				Leafy greens		Nuts		
		Vegetables		Bell pepper		Garlic		Cinnamon, honey		Pumpkin		Legumes
BAD		Alcohol		Ketchup and mayonnaise				Soft drinks		Fried food, snacks		Salami and fatty meats
		Margarine		Salt and sugar		Sweets						

# Take Care of Your Heart



*Take care of your heart  
Before it's too late*

1. Eat a heart healthy diet - this includes skim milk, no fried foods and low sodium
2. Get active - walk short distances as tolerated or do chair exercises
3. Maintain a healthy weight
4. Quit smoking
5. Control blood pressure, diabetes and cholesterol with compliance to medication regimen and RPM monitoring
6. Manage stress
7. Get adequate, good quality sleep - 7 to 8 hours a night
8. Keep scheduled appointments with primary care provider, cardiologist and other specialists

# Corn and Salmon Chowder

## Ingredients

2 cups fat-free milk  
2 [14.75 oz] cans no-added-salt cream-style corn  
2 cups frozen whole kernel corn  
2 [5 oz] can boneless, skinless salmon in water [with lowest sodium available]  
1/4 cup minced red or green bell pepper  
1/2 teaspoon dried thyme, basil, or oregano  
1/2 teaspoon salt substitute  
1/4 teaspoon pepper

## Preparation

In medium saucepan, combine both corns, milk and salmon.

Heat over low heat for 5 minutes, stirring occasionally.

Add the remaining ingredients and increase the heat to medium low.

Cook for 7 minutes, then enjoy.



# FACTS AND STATS

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- ♥ Heart disease is a leading cause of death in the United States for both men and women.
- ♥ The average human heart beats over 100,000 times per day.
- ♥ The heart does more physical work than any other muscle in the body.
- ♥ The woman's heart usually beats about eight beats per minute faster than a man's heart.
- ♥ The heart pumps about 2,000 gallons of blood per day, which is about 1.5 gallons per minute.
- ♥ An adult heart is about the size of two hands clasped together.



## WHAT WE ASPIRE TO BE

### OUR VISION

Every South Carolinian is connected to healthcare services

## WHAT WE ARE

### OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

## WHAT WE DO

### OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

## WHAT WE DO

### FOCUS AREAS



Technology



Telehealth



Broadband



Education

**Telephone: 803.956.6221**

**[www.palmettocareconnections.org](http://www.palmettocareconnections.org)**

*\*The provided content is intended solely for educational purposes and should not be treated as medical advice*

