

COMPILED BY:  
SUE OWENS, MOORE COUNTY &  
KAY ROGERS, LIPSCOMB COUNTY,  
COUNTY EXTENSION AGENTS,  
FAMILY & CONSUMER SCIENCES



Improving Lives. Improving Texas.

ASSISTED BY:  
HEATHER M. EASTERLING, MOORE COUNTY &  
RITA SAUNDERS, LIPSCOMB COUNTY  
ADMINISTRATIVE ASSISTANTS

# EXPECT MOORE TODAY

TEXAS AGRILIFE EXTENSION MONTHLY NEWSLETTER

VOLUME 4, ISSUE 2 FEBRUARY 2012

## FEBRUARY IS AMERICAN HEART MONTH

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than \$444 billion in health care expenses and lost productivity. However, we can fight back against heart disease and stroke. CDC and other parts of the US government have launched Million Hearts™, to prevent the nation's leading killers and empowering everyone to make heart-healthy choices.

### What is Million Hearts™?

Launched in September 2011 by the Department of

Health and Human Services (HHS), Million Hearts™ is a national initiative that aims to prevent 1 million heart attacks and strokes in the US over the next five years. This public-private partnership, co-led by CDC and the Center for Medicare and Medicaid Services (CMS) is integrating and amplifying a range of existing heart disease and stroke prevention programs, policies and activities.

### Goals of Million Hearts™

The Million Hearts™ Initiative seeks to prevent 1 million heart attacks and strokes by the end of 2016 by:

- **Empowering Americans to make health choices** such as avoiding tobacco use and reducing the amount of sodium and trans fat they eat. These changes will reduce the number of people who need medical treatment for high blood pressure or cholesterol—and ultimately prevent heart attacks and strokes.

- **Improving care for people who do need treatment** by encouraging a focus on the “ABCS” - Aspirin for people at risk, Blood pressure control, Cholesterol management, and Smoking cessation—four steps to address the major risk factors for cardiovascular disease and help to prevent heart attacks and strokes.

### Million Hearts™ Support

Million Hearts™ has the support of multiple federal agencies and key private organizations, including the American Heart Association, the American Pharmacists' Association, the YMCA, Walgreens, and UnitedHealthCare. Over the next five years, Million Hearts™ is pursuing commitments and participation from many more partners in health care, public health, industry, and government. These partnerships will help Million Hearts™ leverage and advance existing investments in cardiovascular disease prevention.

### SPECIAL POINTS OF INTEREST:

- *February is American Heart Month*
- *Cholesterol is a waxy, fat-like substance made in the liver and other cells and found in certain foods, such as food from animals, like dairy products, eggs, and meat.*
- *Textile Craft Rodeo!*
- *Pecans For Sale!!!*

### INSIDE THIS ISSUE:

The Basics of Cholesterol	2-3
Prostate Cancer	4
Textile Craft Rodeo	5
February Recipes	6

**What Million Hearts™ Means to You**

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)
- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:

- Ask your doctor if you should take an Aspirin every day.
- Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
- If you Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor’s prescription instructions.

Together, we can all be one in a million this Heart Month

and every month.

**Additional Million Hearts™ partners:**

- Federal Partners
  - Agency for Healthcare Research and Quality
  - HHS Office of the Secretary
  - Indian Health Service
  - National Institutes of Health
  - Office of the National Coordinator for Health IT
  - Substance Abuse and Mental Health Services Administration
- Private-Sector Partners
  - American Heart Association
  - Walgreens
  - National Alliance of State

- Pharmacy Associations
- Alliance for Patient Medication Safety
- National Community Pharmacists Association
- American Pharmacists Association
- American Pharmacists Association Foundation
- YMCA
- America’s Health Insurance Plans—Aetna, UnitedHealthCare, WellPoint, Cigna
- American Medical Association
- American Nurses Association
- Kaiser Permanente

Courtesy of: <http://www.cdc.gov/features/heartmonth/>

*The Basics of Cholesterol*

Have you been diagnosed with high cholesterol? Is lowering your cholesterol a goal? The first step is to find out: What is cholesterol?

Cholesterol is a waxy, fat-like substance made in the liver and other cells and found in certain foods, such as food from animals, like dairy products, eggs, and meat.

The body needs some cholesterol in order to function properly. Its cell walls, or membranes, need cholesterol in order to produce hormones, vitamin D, and the bile acids that help to digest fat. But the body needs only a limited amount of cholesterol to meet its needs. When too much is present health problems such as heart disease develop.

**Health Check: Is High Cholesterol Putting your Health at Risk?**

**Cholesterol and Heart Disease**

When too much cholesterol is present, plaque (a thick, hard deposit) may form in the body’s arteries narrowing the space for blood to flow to the heart. Over time, this buildup causes atherosclerosis (hardening of the arteries) which can lead to heart disease.

When not enough oxygen-carrying blood reaches the heart, chest pain—called angina—can result. If the blood supply to a portion of the heart is completely cut off by total blockage of a coronary artery, the result is a heart attack. This is usually due to a sudden closure from a blood clot form-

ing on top of a previous narrowing.

**Types of Cholesterol**

Cholesterol travels through the blood attached to a protein—this cholesterol-protein package is called a lipoprotein. Lipoproteins are classified as high density, low density, or very low density, depending on how much protein there is in relation to fat.

- **Low density lipoproteins (LDL):** LDL, also called “bad” cholesterol, can cause buildup of plaque on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.
- **High density lipoproteins (HDL):** HDL, also called “good” cholesterol, helps the body get rid of bad cholesterol in the blood.

The higher the level of HDL cholesterol, the better. If your levels of HDL are low, your risk of heart disease increases.

- **Very low density lipoproteins (VLDL):** VLDL is similar to LDL cholesterol in that it contains mostly fat and not much protein.
- **Triglycerides:** Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

**What Factors Affect Cholesterol Levels?**

A variety of factors can affect your cholesterol levels. They include:

- **Diet.** Saturated fat and cholesterol in the food you eat increase cholesterol levels. Try to reduce the amount of saturated fat and cholesterol in your diet.
- **Weight.** In addition to being a risk factor for heart disease, being overweight can also increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as increase HDL cholesterol.
- **Exercise.** Regular exercise can lower LDL cholesterol and raise HDL cholesterol. You should try to be physically active for 30 minutes on most days.
- **Age and Gender.** As we get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men of the same age. After menopause, however, women's LDL levels tend to rise.
- **Diabetes.** Poorly controlled diabetes increases cholesterol levels. With improvements in control, cholesterol levels can fall.
- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.
- **Other causes.** Certain medications and medical conditions can cause high cholesterol.

### How Much Cholesterol is Too Much?

Everyone over the age of 20 should get their cholesterol levels measured at least once every five years.

When being tested, your doctor may recommend a non-fasting cholesterol test or a fasting cholesterol test. A non-fasting test will show your total cholesterol and HDL cholesterol. A fasting cholesterol test, called a lipid profile or a lipoprotein analysis, will measure your LDL, HDL, and total cholesterol. It will also measure triglycerides.

Doctors recommend your cholesterol stay below 200. Here is the breakdown:

Total Cholesterol	Category
• Less than 200	Desirable

• 200—239	Borderline High
-----------	-----------------

• 240 and above	High
-----------------	------

Your LDL, HDL, and triglyceride levels are important as well.

### How Can I lower My Cholesterol and Risk of Heart Disease?

A few simple changes can help lower your cholesterol and risk for heart disease:

- **Eat low-cholesterol foods.** The American Heart Association recommends that you limit your average daily cholesterol intake to

less than 300 milligrams. If you have heart disease, limit your daily intake to less than 200 milligrams. People can significantly lower their dietary cholesterol intake by keeping their dietary intake of saturated fats low and by avoiding foods that are high in saturated fat and that contain substantial amounts of dietary cholesterol.

- **Quit Smoking.** Smoking lowers HDL ("good") cholesterol levels. This trend can be reversed if you quit smoking.
- **Exercise.** Exercise increases HDL in some people. Even moderate-intensity activities, if done daily, can help control weight, diabetes, and high blood pressure—all risk factors for heart disease.
- **Take medication as prescribed by your doctor.** Sometimes making changes to your diet and increasing exercise is not enough to bring your cholesterol down. You may also need to take a cholesterol-lowering drug.

### How is High Cholesterol Treated?

The main goal in lowering cholesterol is to lower your LDL and raise your HDL. There are two key ways to lower cholesterol: eat a heart-healthy diet and take cholesterol lowering drugs.

Doctor determine your "goals" for lowering LDL based on the number of risk factors you have for heart disease.

- If you have 0-1 risk factor for heart disease, you are at low-to-moderate risk. Lifestyle changes are recommended to keep the cholesterol in check.
- If you have 2 or more risk factors, you are at moderate risk or next-highest risk, depending on what heart disease risk factors you have. Sometimes your doctor will try lifestyle changes, but most of these people require cholesterol-lowering drugs.
- If you have known heart disease, diabetes, or multiple risk factors, you are at high, or very high, risk. These people may require a combination of cholesterol-lowering drugs and lifestyle changes to control their cholesterol levels.

### What Drugs Are Used to Treat High Cholesterol?

Cholesterol-lowering drugs include:

- Statins
  - Niacin
  - Bile-acid resins
  - Fibric acid derivatives
- Cholesterol-lowering medicine is most effective when combined with a low-cholesterol diet.

Courtesy of [www.webmd.com](http://www.webmd.com)

## Top 5 Foods to Lower Your Cholesterol

1. Oatmeal, oat bran, and high fiber foods
2. Fish and Omega-3 Fatty Acids
3. Walnuts, Almonds, and other nuts
4. Olive Oil
5. Food with added Plant Sterols or Stanols



excerpt received from [www.mayoclinic.com](http://www.mayoclinic.com)

## Men's Health

### Prostate Cancer

#### Prognosis

Prostate cancer is the most common male cancer in the U.S. Only lung cancer causes more cancer deaths in American men. The lifetime probability of developing prostate cancer is about 16%. Each year, nearly 200,000 men in the United States are diagnosed with prostate cancer, and about 27,000 die from the disease.

A survival rate indicates the percentage of patients who live a specific number of years after the cancer is diagnosed. For prostate cancer, the 10-year survival rate is about

93% and the 15-year survival rate is about 77%. After 15 years, survival rates stabilize. Research indicates that men who are diagnosed with low-grade prostate cancers have a minimal risk of dying from prostate cancer up to 20 years after diagnosis. However, men diagnosed with more severe forms of prostate cancer have a higher risk of dying within 10 years.

#### Prognosis for Early Stage Disease

Because so many prostate tumors are low-grade and slow growing, survival rates are excellent when prostate

cancer is detected in its early stages.

#### Prognosis in Late Stage Disease

*Locally Advanced.* If the disease is at the locally-advanced stage, in which it has spread beyond the prostate but only to nearby regions, it is more difficult to cure, but survival rates can be prolonged for years in many men. (When cancer has metastasized to the pelvic lymph nodes, the outlook is worse than if it has spread to other areas.)

*Metastasized Cancer.* If prostate

cancer has spread to distant organs (metastasized), average survival time is 1-3 years, but some of these patients may live much longer.

#### Prognosis after Recurrence

If cancer recurs after initial treatment for early-stage tumors, it is still potentially curable if it is contained within the prostate, although in most cases the cancer has spread. Hormone treatments for such recurring cancers can often prolong survival for years, although the cancer almost always returns again.

<http://health.nytimes.com/health/guides/disease/prostate-cancer/prognosis.html>

## Valentine Fun Facts

1. 15% of U.S. women send themselves flowers on Valentine's Day
2. The red rose was the favorite flower of Venus, the Roman goddess of love. The color red stands for strong romantic feelings making the red rose the flower of love.
3. Juliet, from Romeo and Juliet, receives over 1,000 letters every Valentine's Day.
4. About 1 billion Valentine's Day cards are exchanged each year.
5. Approximately 110 million roses, the majority red, will be sold and delivered within the three-day time period around Valentine's Day.
6. Hallmark has over 1330 different cards specifically for Valentine's Day.
7. Only the U.S., Canada, Mexico, France, Australia and the U.K. celebrate Valentine's Day.
8. Wearing a wedding ring on the fourth finger on the left hand dates back to ancient Egypt, where it was believed that the vein of love ran from that finger directly to the heart.
9. Teachers receive the most Valentine's Day cards.
10. Women purchase 85% of all valentines.
11. In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
12. In the United States, 64% of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.

## Extension & 4-H Volunteer of the Month: **Aaron Lewis**

Aaron Lewis has been busy with 4-H activities. He and his family; wife, Tiffany and children Alexis and Colton are engaged in many of our projects. Last summer he accompanied

his children to an apron sewing activity and was soon found sitting at a sewing machine helping teach others how to use the equipment. Aaron was instrumental with serving

the meal at "Steakfast." After the Junior Livestock Show, FFA and 4-H youth held a dance, he encouraged youth to try dancing and taught some fancy dance steps. He is appreci-

ated for his leadership qualities and contributions to 4-H and Extension activities.

## Textile Craft Rodeo

The Moore County 4-H Textile Craft Rodeo will be held on Friday, March 2 at the First Street Church of Christ Gymnasium from 6:00 p.m. to 9:00 p.m. There will be lots of craft booths and fun for all. Cost is \$10.00 per person and is open to the public. Tell your kids and invite their friends!!

## BLANKETS NEEDED

The Moore County Extension Office is accepting new and gently used blankets. Please open your hearts and help those in need stay warm this winter. Please bring your donations by the Extension office, Monday - Friday, 8:30 a.m. - 5:00 p.m. Thank you for your generosity.

## PECANS!!!!!!!

**Moore County Parent Leaders Association are still selling pecans at the Extension office. Prices are \$11.50 per pound and \$34 for a 3 pound box and they come in halves or pieces.**

If you have any topics that you wish to have published in the Expect Moore newsletter, please let the Texas AgriLIFE Extension Service, Moore County Office know.

Sincerely,

Sue Owens,  
County Extension Agent-Family & Consumer Sciences



*Improving Lives. Improving Texas.*

Moore County Office  
310 East First Street, Room 100  
Dumas, Texas 79029  
Phone: 806-935-2593  
Fax: 806-934-9765  
E-mail: [csowens@ag.tamu.edu](mailto:csowens@ag.tamu.edu)  
Website: [moore-tx.tamu.edu](http://moore-tx.tamu.edu)

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



*Improving Lives. Improving Texas.*

Moore County Office  
310 East First Street, Room 100  
Dumas, Texas 79029  
Phone: 806-935-2593  
Fax: 806-934-9765  
E-mail: csowens@ag.tamu.edu  
Website: moore-tx.tamu.edu



## February Recipes

**Avocados.** Although this is one of the few fruits high in fat, it's mainly monounsaturated fat. Several studies find that eating one avocado a day can lower your LDL as much 17 percent while raising your HDL. Try them in salads and sandwiches or mashed with a bit of lemon juice, onion, and chopped tomato as a topping for baked potatoes. Just don't go overboard; one avocado has about 340 calories.

\*Courtesy of allrecipes.com

### Avocado, Tomato and Mango Salsa

#### Ingredients:

- 1 Mango—peeled, seeded & diced
- 1 Avocado—peeled, pitted, and diced
- 4 Med. Tomatoes, diced
- 1 Jalapeno pepper, seeded and minced
- ½ c. Chopped fresh cilantro
- 3 cloves Garlic, minced
- 1 t. Salt
- 2 T. Fresh lime juice
- ¼ c. Chopped red onion
- 3 T. Olive oil

#### Directions:

In a medium bowl, combine the mango, avocado, tomatoes, jalapeno, cilantro, and garlic. Stir in the salt, lime juice, red onion, and olive oil. To blend the flavors, refrigerate for about 30 minutes before serving.

### Avocado Dip II

#### Ingredients

- 2 avocados—peeled, pitted & diced
- ¾ c. sour cream
- ¾ c. salsa
- ½ t. ground cumin
- ½ t. garlic powder
- ½ t. salt
- 1 dash ground black pepper

#### Directions

In a medium bowl, mash the avocados with a potato masher. Mix in the sour cream, salsa, cumin, garlic powder, salt and pepper. Chill at least 30 minutes before serving.

\*Both recipes courtesy of all recipes.com

### Proper Storage of Fresh Produce Can Affect Both Quality and Safety.

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or peeled to maintain both quality and safety.

(excerpt from <http://www.fda.gov/food/resourcesforyou/consumers/ucm114299>)

