

Back To Health and Living SDC News Letter



DATE: March 03 2005, L43

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY March 3, 2005

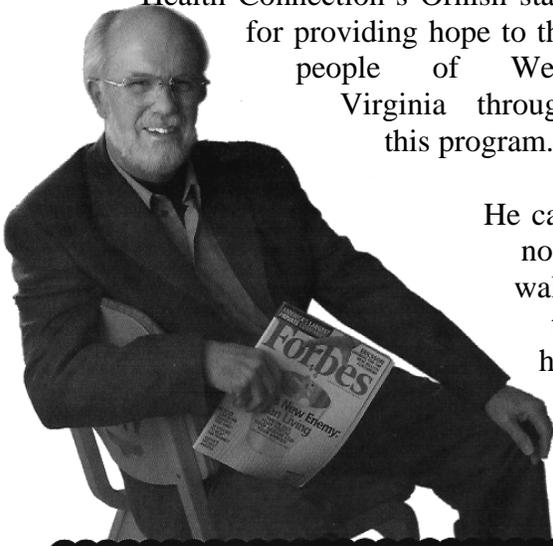
1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner RUNWAY GRILL

EDITORIAL: A few letters back I reprinted the article from Forbes magazine. I would like to share with everyone the article from the United Hospital House Call. I have known Wes Miller for three years and he is an exceptional man. His devotion to the Ornish Program provides us with a model of what the program can do for each of us.

Wesley miller was surprised when he learned he was going to be interviewed by Forbes Magazine.

For Miller, 65, a Clarksburg resident, it was an opportunity of a lifetime – a chance to tell his side of the story; and he was glad to do it.

“I am eternally grateful to UHC and the Health Connection’s Ornish staff for providing hope to the people of West Virginia through this program.”



He can now walk to his

mail box without having chest pains; he can ride his stationary bike 10 miles a day; and he can walk through department stores without the use of a wheelchair. And he owes it all to United Hospitals Center’s Dr. Dean Ornish Program for Reversing Heart Disease – without it, he wouldn’t be here today. “This program has prolonged and enriched my life,” said Miller. Miller is living proof that changing lifestyle habits – eating a diet low in fat and high in vegetables and whole grains, combined with exercise, stress reduction and group support – can work for those at risk of heart disease. The program, which kicked off in April of 2002 at UHC, has helped hundreds of local residents successfully reduce their risks for heart disease without the use of medications or invasive surgery.

Miller’s success with the program was featured in the November 29, 2004 issue of Forbes Magazine. The article, titled “Just Say No,” also explained the changing lifestyle habits rather than using prescription drugs has been proven more effective in treating not only heart disease, but also high cholesterol, chronic pain, hypertension and diabetes to name a few.

In 1994, Miller underwent triple-bypass surgery. He thought he was doing everything right for his coronary artery disease, but he was wrong. Miller suffered from a series of health problems including high cholesterol, diabetes and high blood pressure and suffered from frequent angina attacks. After his triple bypass, Miller ingested 16 different medications daily, including Lipitor for high cholesterol,

Glucotrol for diabetes, and four blood pressure pills.

Because of his poor health, doctors felt that Miller couldn't undergo a second triple-bypass surgery – it would be too risky. That's when his family physician recommended UHC's Ornish program. "When I heard the phrase, 'reversing heart disease,' I became interested and started banging on the door of UHC's Health Connection, begging to be let into this new program."

After just seven weeks in the program, Miller began to notice a difference in how he felt. He had no chest pain during exercise. This dramatic improvement continued to encourage his efforts as he walked beyond his two-mile goal. More importantly, he lost 40 lbs. (55 lbs to date), his cholesterol level went from 243 to 93, his triglycerides went from 19 to 24, and his blood sugar read normal. Now he only needs to take one pill for his hypertension.

"I am eternally grateful to United Hospital Center and the Health Connection's Ornish staff for their foresight and dedication in providing hope for the people of West Virginia through this comprehensive program.

For more information about the Ornish Program for Reversing Heart Disease, contact Toni Marascio, program director, at 624-2935.

Self Directed Community:

Modality Adherence results for the week of 2-07-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for the participation, keep up the good work.

MOLADITY	RESULTS %
Exercise	89.6
Diet	90.3
Stress Management	80.8
Group Support	100
Out Side Group Support	93.8
Not Attending Group	4
Number of Inputs	12

RECIPES: *Pineapple Delight* From the Kitchen of Jackie Vandevander

Crust:

2 cups nutty nuggets

3 tablespoons sugar

3 – 4 tablespoons Smart Squeeze butter
or I Can't Believe that It's Not Butter (Fat Free)

Filling:

1 cup fat-free cream cheese

½ cup sugar (or ½ cup sugar and 3 packs
Sweet N' Low)

2 egg beaters (1/2 cup)

1 teaspoon lemon juice

1 tsp. vanilla

3 tbsp. flour

Pudding:

1 (6 serving size) instant vanilla sugar
free pudding (Fat Free)

2 ½ cups cold skim milk

Topping:

Combine cereal, sugar, and Fat Free Smart Squeeze Butter. Press in 13 x 9 inch glass dish, sprayed with nonfat cooking spray. Beat cream cheese with sugar, egg beaters, flour, lemon juice, vanilla. Pour onto crust and bake at 350 degrees for 20 to 30 minutes. Remove from oven and cool. Arrange pineapple in even layer over cream cheese mixture. Using 2 ½ cups cold skim milk, prepare Fat Free pudding mix as directed on package. Spread over the pineapple. Chill several hours or overnight. Top with pineapple.

Laughs:

FIRST TIME USHERS:

A little boy in the church for the first time watched as the Ushers passed around the offering plates.

When they came near his pew, the boy said loudly, "don't pay for me Daddy I am under five."