

# Back To Health and Living SDC News Letter



DATE: March 20, 2007 Letter 78

Clarksburg WV

**WEEKLY MEETING BHLC:**  
**FIRST BAPTIST CHURCH OF**  
**NUTTER FORT.** 5:00 pm each Thursday.  
219 Maryland Avenue. Nutter Fort, WV.

#### ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. Product Guide
4. Article: A Matter of The Heart.
5. Stress Management.
6. Vegetarian Summer Fest:
7. Clarksburg SDC. member of the month, & birthdays.
8. UHC Information.
9. Editorial Larry Massey.
10. Recipes.

LINKS: (1) <http://www.chasoc.org>  
(2) <http://www.heartbeats4life.org/>  
(3) <http://www.msnbc.msn.com/id/3037964/site/newsweek/>  
(4) <http://www.clarksburgbhlc.com>

**NEWSWEEK HEALTH BY DR. ORNISH:** The **DIET STUDY** on the news in the past few weeks has many misleading statements and does not reflect a true picture of the total Ornish Program. Please take the link below and read the article by Dr. Ornish.  
<http://www.msnbc.msn.com/id/17490143/site/newsweek/>

**PRODUCT GUIDE:** Last month we added the Product Guide of Ornish Friendly Foods from Marlene Janco Highmark BC/BS. Website [www.clarksburgbhlc.com](http://www.clarksburgbhlc.com) diet and click on the down load for a .pdf printable file. Useful for food planning.

**ARTICLE: A MATTER OF THE HEART.** Women urged to take preventive steps against a leading cause of death.

By: *Laura Wilcox Staff Writer The Exponent Telegram.*

Picture Martha Griffith from the Clarksburg Self Directed Community, shown working at Shaffer Enterprises in Glen Elk, says following the Dean Ornish program for reversing heart disease has changed her life.



Staff photo by Jonah W.B. Myers

For years Martha Griffith, 61, has struggled with high cholesterol and high blood pressure. Over a decade ago, she suffered a heart attack. In January, Griffith completed a one-year program to reverse her heart disease, and now she feels better than ever. Griffith is one of the 127 people who have participated in the Dean Ornish program for reversing heart disease since it came to United Hospital Center in 2001. UHC was the first hospital in the state to get the program, which teaches participants healthy nutrition, exercise and stress management habits in an effort to reverse heart disease or reduce risks, depending on the course.

Heart disease is the leading cause of death for men and women in the United States and a major cause of disability, according to the Centers for Disease Control and Prevention. Griffith said people who have heart disease or are at risk should make lifestyle changes now instead of waiting.

“If I would’ve started making these changes when I had my heart attack (in 1995), I would have been a lot better off. People need to know to take care of themselves,” she said. According to the CDC, heart disease is the leading cause of death for women ages 65 and older. It is the second leading cause of death for women 45 to 64 years old, and the third leading cause of death for women between 25 and 44 years old.

Griffith called the Dean Ornish program a “life saver.” She started it around one year ago, when her blood pressure was very high and she had artery disease in her legs. “I just felt that if I didn’t do something, I wasn’t going to be here long,” she said. She said the heart disease program taught her to eat right, exercise and manage stress. “It’s really made a difference in my Life,” she said. “I feel so much better. I’ve lost weight. I really feel now that I have control over my life.”

Toni Marascio, director of Health Connections and a family nurse practitioner, said the Dean Ornish program works in two stages. The first is “boot camp,” she said, where participants meet twice a week for four hours each time for 12 weeks. Their instruction includes exercise, stress management, cooking demonstrations and group support. The second stage is maintenance, in which participants meet for two hours each week.

Dr. Gerardo Lopez of Clarksburg Cardiology said people with a strong family history of heart disease or who have high blood pressure, high cholesterol or diabetes are more at risk of developing heart disease. He

said individuals with family history of heart disease should be more aggressive when it comes to controlling other issues like cholesterol and blood pressure. Nutrition, exercise and not smoking also are important, Lopez said.

In the last year, Griffith has given up meat, fats and caffeine, and said she exercises more than she used to. At first she wasn’t sure she could make the changes, especially the diet, but she said it was easier than she expected. Now Griffith knows how to read food labels, and she finds it easier to spend more time on the treadmill. “I feel that I am going to be here longer now because I am taking care of myself better,” she said. “Your health is everything to you. People don’t realize that until they don’t have it.” More information about the Dean Ornish Program is available by calling Marascio at 624-2959.

## **STRESS MANAGEMENT: By**

*Elizabeth Connor, RYT*

*Integral Yoga Certified*

*Stress Management Therapist, UHC*

*Namaste Friends,*

*Time to emerge from winter hibernation and get your circulation flowing! Yoga is a great way to "defrost" your joints and uplift your energy. Spring into the change of season and join me for a new session of classes starting in March. Please check out the class schedule below. Now offering yoga Monday through Thursday evenings, so pick the day that suits you best!*

### **MONDAYS @ the Doddridge Co. FRN...**

#### **Hatha Yoga**

**Mondays 5:15- 6:15pm**

**...at the Old Smithburg School**

**\*Starting March 5th!**

**Tuition - 42\$ / 7 weeks**

**Second family member discount - 1/2 price!**

**Class meets - 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16. Call 873-1245**

**TUESDAYS @ The Lake Floyd Community**

**Spring Yoga!**

Tuesdays 7 - 8pm

\* Starting March 20th.

*Enjoy upbeat, refreshing vinyasa (flow) yoga to release stress.*

Tuition- 36\$ / 6wks

\*Second family member 1/2 price. Class meets 3/20, 3/27, 4/3, 4/10, 4/17, 4/24.

Call 873-2128.

**WEDNESDAYS @ the Benedum Center**

**Integral Hatha Yoga**

Wednesdays 6:30 - 7:30pm

\*Starting March 7th.

6 wks - 42\$

Class meets 3/7, 3/14, 3/21, 3/28, 4/4, 4/11.

Call Benedum Civic Center/ Bridgeport- 842-8240

\* ...also starting March 7th!

***Pregnancy Yoga and Relaxation***

*Wednesdays at 5pm*

**THURSDAYS @ the YWCA of Clarksburg**

**Vinyasa Flow YOGA**

Thursdays 6:30 - 7:30 pm

Join the current session NOW!

Call YWCA - 624-6881

Class meets 3/1, 3/8, 3/15, 3/22, 3/29.

Next Session starting April 5th!

Please e-mail your inquires or contact Elizabeth at 873-2128. See you soon!

***"Peace is your nature, don't disturb it"***

***- Yoga Sutra I.2***

**VEGETARIAN SUMMER FEST:**

**From Ed Ehlers: Rochester Group.**

Check out [www.vegetariansummerfest.org](http://www.vegetariansummerfest.org) and give it some thought for you and your posse. You will love it. Great food! Great speakers! One of which is Dr. Esselstyn that is a friend of Dr. Dean Ornish. A few people from Rochester besides myself are planning to go. Would be great for all of us to meet. The dates are July 25-29th.

**CLARKSBURG SDC:**

**SDC Birthdays: March** – Dan Webster and Martha Griffith. **HAPPY BIRTHDAY.**

**SDC Members of the Month:**

**Helen Vernon** – Cohort #12 United Hospital Center.



A few comments from Helen: "I have rally enjoyed the Dean Ornish Program. It has changed my way of living, the way I chose my food is now healthy. It gives me an uplift to know I can stay on this program and feel so much better and have a better outlook on life. I just feel really really great. I cannot say enough about the program and the self directed community; it is now an every day part of my life".

**Annual SDC Meeting:** The annual SDC meeting is scheduled for Saturday May 19, 2007. Our meeting this year will held at UHC in Clarksburg WV from 10:00 to 3:00 with dinner afterward. Dr. Ornish with be providing a talk with question answer session by video conference. We will have presentations from WV and PA Self Directed Community locations. Please mark you calendar. Agenda and registration will follow next month.

**UHC Information:**

**Taste of Ornish April 2, 2007** Let's all attend and give our support to any potential future participants. Call the Health Connection to make reservations by March 23. 304-624-2935

Transition night for Cohort 17 is scheduled for April 5<sup>th</sup>.

Cohort # 18 starts April 10, 2007

**Quote of the Month:** Something to think about.

*"Life is a coin. You can spend it anyway you wish, but you can only spend it once."*

**EDITORIAL: By Larry Massey:**

I had the wonderful opportunity to talk with cohort 17 this past week at the hospital. They will be having their transition next month, and cohort 18 will be starting. Time does fly; I am not sure if it is age for me or that I am enjoying life more. As I talked to the group I can remember asking the same questions many years ago about stress management. When do you do yours, how do you find the time, and many other questions about stress management?

To answer these questions: I schedule each morning to complete 15 minutes of stretches, with breathing practice during the day with additional hour of stretches and deep relaxation before I go to bed. But there are many ways to do the stress management and should be an individual decision for meeting each person's goals.

This also was a great positive reinforcement for my daily stress management. I explained to the cohort how I went through the class the first time and only comprehended how to do the different positions and not how each position (shoulder stand, fish pose, and many others) along with breathing techniques were helping certain parts of my body and mind. It has taken me many years to achieve only a small portion of the stress management.

I left the meeting with some words of thought. One; to listen very close to what Elizabeth is saying because I missed a lot of knowledge the first time I went through the program. Two; never give up for each day is new day to work toward this healthy life style change. We all have our not so perfect days,

but the better we follow the program the better chance we have of achieving a healthy and productive life.

**RECIPES: Cherry Cheesecake**

Yield: 12 pieces

1 ¼ cup fat-free graham cracker crumbs

2 tablespoons sugar

2 tablespoons Egg Beaters ® (egg substitute)

Filling:

15 ounces nonfat ricotta cheese

12 ounces nonfat cream cheese

½ cup Egg Beaters ® (egg substitute)

¼ cup all-purpose flour

¾ cup sugar

2 teaspoons vanilla extract

1 tablespoon lemon juice

Topping:

1 ½ cups canned light cherry pie filling

Place the cracker crumbs, sugar and egg substitute in mixing bowl, blend until mixture is moist and crumbly. Coat a 9-inch spring foam pan with nonstick fat free cooking spray. Use the back of a spoon to press the crumbs over the bottom of the pan and ½" up the sides. Dip the spoon in sugar to prevent sticking. Bake the crust in a 350-degree oven for 8 to 10 minutes. Cool the crust to room temperature.

Place all of the filling ingredients in a food processor, and process until smooth. Pour the filling into the crust, and bake in a 325-degree oven for 55 to 60 minutes, or until the center feels firm when lightly touched. Turn the oven off, and let the cake cool in the oven with the door ajar for 1 hour. Remove from oven and cool another hour at room temperature. Remove from the pan to serving plate. Spread the cherry filling over the top of the cooled cake. Refrigerate for 6 hours or overnight. Cut into wedges and serve.

Adapted from: The Cooking Cardiologist (Expanded 2nd Edition), Richard Collins, MD, p. 196