

Back To Health and Living SDC News Letter

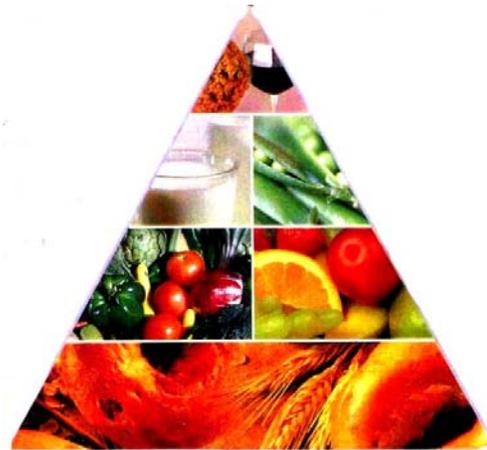


Clarksburg WV

DATE: April 28, 2005, L50

WEEKLY MEETING BHLC:
ST MARK'S LUTHERAN CHURCH
The Church is located at the corner of
Route 19 South & Route 98 (Davisson
Run Road) Next to the United Hospital
Center.

Below is our Ornish pyramid:



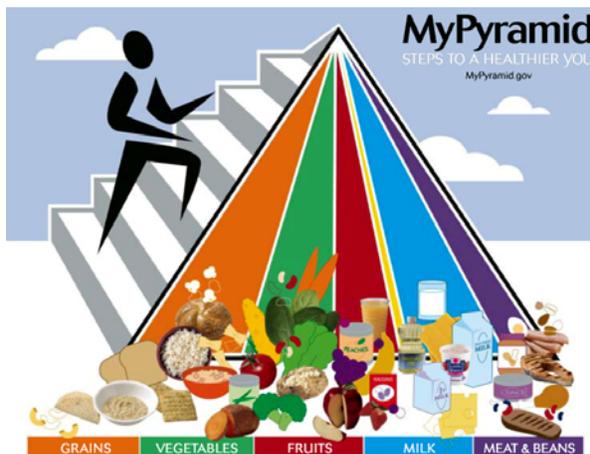
AGENDA – THURSDAY April 28, 2005

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

EDITORIAL: The world is starting to work toward our established diet in the Ornish program.

Below is the revised USDA food pyramid. The new pyramid puts greater structure on Grains, Vegetables and fruits. Dr. Ornish has made a large impact on the USDA changes to the food pyramid. For additional information on the new USDA pyramid, please visit www.myramid.gov.

Sweets 0-2 servings
Alcohol 0-1 serving
Dairy 0-2 servings non-fat milk products
Protein 2-4 servings.
Vegetables 3 or more servings.
Fruit 2-4 servings.
Grains 6 or more servings with a minimum of 6 whole grains. Nutrition supplements are also recommended.



SDC:

Newsletter: This is newsletter number 50 we are near the mark of 52 weeks of newsletters. I would like to receive testimonials from anyone so I can post these in the newsletters for others to read. I will put your name with the article if you desire. We need to spread the good news of our success. I would also like to thank Gerry Clemens and the Greensburg SDC for their weekly newsletters.

To be removed from this email please reply to lmasey@ma.rr.com and write Remove.

New SDC Location: Our meeting was held at the ST Mark's Lutheran Church, below United Hospital Center. We had an excellent meeting and a great dinner afterwards at Minards, please join us next Thursday, May 5, at 3:30 pm for exercise, stress management, group and dinner at the Church provided by UHC. This will be the **transition meeting and dinner** for Cohort 11. At the Church we have available a small room with kitchen for potluck dinners and a large room down stairs with a kitchen for larger events.

Mind-body matters: Many studies have shown that the health of people with coronary artery disease (CAD) worsens when they're depressed. But how much of that change is due to depression and how much to the severity of their CAD? To investigate this matter, researchers at several San Francisco medical centers screened 1,024 patients with CAD for evidence of depression. All of these individuals also underwent echocardiography along with treadmill testing and other tests to evaluate how well their heart was working and the extent to which it was being affected by the reduced blood flow resulting from the CAD. In addition, all the patients were asked about their health status, including their general quality of life and specific symptoms and physical limitations caused by CAD.

What they found – Signs of depression were identified in 201 participants. The depression was more closely linked with their general health status than with the results of their heart function tests. The people with depression, for example, were more likely to report such symptoms as chest pain, physical limitations, a diminished quality of life, and fair or poor overall health. The patients who were more depressed rated their symptoms and other measures of health status as worse than those who were less depressed.

A necessary part of heart care – The researchers concluded that identifying and treating depression is essential to improving quality of life among people with CAD. Improved health status, they note, is

associated with better heart disease outcome. *From the journal of the American Medical Association.*

This is one of our goals in the Self Directed Community to help with depression by having a loving and supporting community atmosphere.

Modality Adherence results for the week of 4-18-2005, from the Clarksburg Electronic Adherence form are shown below. Thank you for your weekly participation. The link to our weekly modality adherence form is <http://www.equipmenthealth.com/Clarksburg.htm>. Any one who is an Ornish graduate is invited to help us prove that a large group of participants can maintain the program.

MOLADITY	RESULTS %
Exercise	84.4
Diet	87.3
Stress Management	72.9
Group Support	92.3
Out Side Group Support	90.6
Not Attending Group	3
Number of Inputs	16

Next month we will show a graph of how well we have been doing over the last few months.

RECIPES: Rhubarb Crunch

From The Kitchen of Shari Walker

3 cups rhubarb, chopped
 3 tbsp. whole wheat flour
 3 tbsp. orange juice
 1 cup sugar (or Splenda to replace)
 1 cup brown sugar
 1 cup rolled oats
 1 ½ cups whole wheat flour
 ¾ cup Smart Squeeze

Combine rhubarb, flour, sugar, and orange juice; place in baking dish coated with nonstick pan spray. Blend together brown sugar, oats, flour and Smart Squeeze. Place this mixture over rhubarb mixture. Bake at 350 degrees for 40 minutes.