



Wish You Well



American Heart Month

February
2013

Learning about the heart can be just as entertaining as it is educational. How well do you know your heart? Listed below are some facts that you may not know about your heart.

- ◆ The heart weighs less than 1 pound. The average weight for a woman is 8 oz., where a man is 10 oz.
- ◆ Your heart beats with enough strength to shoot blood a distance of 30 feet.
- ◆ The blood vessels fed by your heart are more than 60,000 miles long.
- ◆ Clench your fists and put them side by side. This is roughly the size of your heart. A child's heart is the size of one fist on an adult hand.
- ◆ Women's hearts beat faster than men's.
- ◆ The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year and 2.5 billion times during a lifetime.
- ◆ Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
- ◆ Five percent of blood supplies the heart, 15-20% goes to the brain and central nervous system and 22% goes to the kidneys.
- ◆ The "thump-thump" of a heartbeat is the sound made by the four valves of the heart opening and closing.
- ◆ Feel your pulse by placing two fingers at pulse points on your neck or wrists. The pulse you feel is blood stopping and starting as it moves through your arteries. As a kid, your resting pulse might range from 90 to 120 beats per minute. As an adult, your pulse rate slows to an average of 72 beats per minute.
- ◆ The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair.
- ◆ The heart pumps about 1 million barrels of blood during an average lifetime.
- ◆ A Big Heart: You don't want one! An enlarged heart can signal underlying heart disease with the most common type being called dilated cardiomyopathy. This occurs when the heart's chambers stretch out and enlarge. This bulging saps the heart's pump power and deprives the body's organs of enough blood. If left untreated, a big heart can lead to heart failure.
- ◆ Ease up and laugh a little! A good hearty laugh - the kind that sends a stream of tears from your eyes - does more than warm the soul. This causes the lining of blood vessel walls to increase blood flow for up to 45 minutes after the laugh attack.

Sources: www.2020site.org/fun-facts/Fun-Facts-About-the-Heart.html
<http://facts.randomhistory.com/human-heart-facts.html>
<http://www.pbs.org/wgbh/nova/heart/heartfacts.html>

Did you Know...

**Twin County Regional Hospital offers
a Cardiac Rehab program &
a FREE Cardiac Support Group.
For more information, please call
(276) 236-1763 or visit www.tcrh.org**



Balsamic Marinated Chicken

Ingredients

- 1/4 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1-1 1/4 pounds boneless, skinless chicken breast

Cooking Instructions

Whisk oil, vinegar, garlic, Italian seasoning, salt and pepper in a bowl until well combined.

Place chicken in a shallow dish or 1-gallon sealable plastic bag. Add the marinade and refrigerate for at least 1 hour and up to 12 hours. Remove from the marinade and pat dry.

Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.

To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.



Source: www.heart.org



**For more healthy recipes, meal planning and health information,
please visit the NEW www.tcrh.org for
FREE customizable My Health eRecipes, My Health eNewsletter & more...**

SOMETHING NEW!

The Wellness Center of Twin County Regional Healthcare now offers the following:

- ◆ 24-hour access
- ◆ Free Wi-Fi
- ◆ One month memberships

We also have three (3), six (6) and twelve (12) month memberships available.

CPR certified staff are available for you and your little ones in the Nursery service while you exercise!



Walk to Jerusalem

Walk to Jerusalem is now underway. It's not too late to begin! Our goal is to be in Jerusalem by Easter 2013. Keep track of your miles and turn them in weekly. Remember, 20 minutes of physical activity such as basketball, biking, tennis, etc. counts as 1 mile of walking.

The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Hospital. The Faith Community Nursing program is just one way we fulfill our mission to promote, preserve and restore the health of our community.

For more information on the Faith Community Nursing program, please call (276) 236-5433.

*For more information on Twin County Regional Healthcare or its services,
please visit www.tcrh.org or call (276) 236-1654.*

