

Check It Out Column for week of February 15-21

Speaking of love...

By Kathy Stutzman, Community Public Relations Asst.

February is a month about love and although National Wear Red Day has passed, it's never too late to raise awareness that a women's heart is a very special thing, a thing to be treasured, and to be loved. An exhibit on heart health is currently on display on the second floor of the Library featuring books ranging from recipes, to statistics, to food plans, etc., to alert women about their risk for heart disease and motivate them to take steps to lower their risk.

So, in tribute to the brave women who have battled heart disease, here is a partial listing of some of the books on display. Use the list to increase your awareness about heart disease among women and make plans to view the complete display.

Heart Healthy for Life by Peter Jaret: An action plan for maintaining a healthy heart. Filled with practical advice, quizzes, checklists, and interactive tools, this guide shows how to prevent the vast majority of heart attacks and the increasing incidence of strokes, high blood pressure, and other coronary-artery problems.

Women Take Heart by Richard Helfant: Tools are presented to effectively combat the #1 killer of American women. Research shows that by stopping smoking, doing moderate exercise, relieving stress, and cutting fat from their diet, women greatly decrease their chances of heart disease.

From the Heart by Kathy Kastan: The author focuses on the steps of dealing with heart disease. From the diagnosis to the shock, to denial, to healing both physically and emotionally and learning to live well with heart disease. This book is a must for all women suffering with heart problems, and those who love them.

Strong Women, Strong Hearts by E. Miriam and Alice Lichtenstein: Strategies to prevent and reduce heart disease now.

Healthy Heart Cookbook by Joseph C. Piscatella: Over 700 Recipes for every day and every occasion. A nutritional analysis is provided for each recipe, usually on a per-serving basis and listing number of calories, grams of total fat, grams of saturated, etc.

Recipes for a Healthy Heart by Simeon Margolis: The idea behind this cookbook is to help one achieve heart health with delicious, easy-to-make recipes. Heart-smart meatloaf, chicken meatballs, and apple-apricot pie are just a few of the scrumptious recipes.

We invite you to visit and take advantage of this special display in your quest to develop a healthy heart lifestyle.