



# The CPRx Newsletter

Keeping In Touch With Our Clientele Through News and Expert Medical Information

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## Hello Friends and Customers!

I hope that your New Year is off to a great start! CPRx, Inc. is having exciting growth! We are so happy and blessed to have added many clients this year and we look forward to serving all of you in Indiana, Kentucky and Ohio!

We are proud to announce that our newest client is the Indiana State Medical Association; we look forward to serving your physicians and their staff with quality training!

With added clients comes added staff! We have added yet another Paramedic to our team Aaron Jeanette, he is a preceptor for paramedic students in the Emergency Room at St. Francis South. He is also a Physician Extender for St. Francis South for 5 years, and a Paramedic/Firefighter at Beech Grove FD. We are happy to have him with us this year! He will help with ACLS classes along with Kerry, Jeremy, Rob, and Dennis. Rob also teaches our very sought after 12-Lead class.

If you have a need for a class this year please e-mail me at [admin@mycprx.com](mailto:admin@mycprx.com) or call me at 317-431-9707, we are already getting pretty booked up and any lead time you can give us would be appreciated. Check out our expanded list of classes on our web site [www.mycprx.com](http://www.mycprx.com) like "Human Factors and Medical Errors", also remember we can customize any class to your needs.

## February 5th is National Wear Red Day!

Choose to be a leader. Inspire friends, family and coworkers to wear red and speak up about heart disease — our No. # 1 killer — on National Wear Red Day, Friday, February 5th! National Wear Red Day is the one day each year we dedicate to building awareness of risk, and raising funds for research and education on behalf of women everywhere. Each year thousands of men and women at companies, organizations, churches, and schools wear red and Go Red to fight heart disease on this day. So invite your friends, family and coworkers to join us on February 5, 2010 as we paint the country red!

## February Is American Heart Month

Since 1963, February has been declared American Heart Month. This month is dedicated to raising awareness about cardiovascular diseases, including heart disease and stroke – the nation’s first and third leading causes of death, respectively.

Throughout the month, funds are raised for increased research and education. This month also marks the third annual "Go Red For Women" initiative, designed to raise public awareness of the fact that heart disease is the number one killer of women, claiming more women’s lives than the next six causes of death combined.

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## THE ABCs OF PREVENTING HEART DISEASE AND STROKE

Cardiovascular diseases can often be prevented, so understanding these diseases and their causes is life-saving information. The American Heart Association recommends these three simple steps to reduce ALL the modifiable risk factors for heart disease, heart attack, and stroke:

- Avoid tobacco
- Become more active
- Choose good nutrition

Other actions recommended to reduce risk factors include:

- Reduce blood cholesterol by lowering intake of saturated and trans fat, exercising, or medication.
- Reduce high blood pressure through diet, exercise, and medication.
- Be physically active every day. Research has shown that getting 30–60 minutes of physical activity most days of the week can help lower blood pressure and cholesterol.
- Aim for a healthy weight to reduce risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes.
- Manage diabetes. Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease.
- Reduce stress. Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease.
- Limit alcohol. Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke.

## FACTS ABOUT HEART DISEASE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION:

- Nearly 930,000 Americans die of cardiovascular diseases each year, which amounts to one death every 33 seconds.
- About 70 million Americans (almost one-fourth of the population) have some form of cardiovascular disease, which is responsible for more than 6 million hospitalizations each year.
- About 90% of middle-aged Americans will develop high blood pressure in their lifetime, and nearly 70% of those who have it now do not have it under control.

## HEART DISEASE RISK FACTORS

Through clinical studies, the American Heart Association has identified several factors that increase the risk of heart disease and heart attack. Some of these factors can be controlled, treated, or modified, while others cannot.

Factors that cannot be controlled:

- Increasing Age
- Gender (men are at greater risk)
- Heredity (including race – African Americans, Mexican Americans, American Indians, native Hawaiians and some Asian Americans are at greater risk)

Factors that can be controlled, through lifestyle changes or medicine:

- High blood cholesterol
- High blood pressure
- Smoking
- Physical Inactivity
- Obesity
- Diabetes
- Stress
- Alcohol Intake

## New iPod application that can save lives!

Introducing the  
**Hands-Only™ CPR App.**  
Available on the iPhone and iPod touch

**DOWNLOAD IT FOR FREE**

Coming soon for Blackberry, Palm Pre, and Android (Google) platforms

Go to <http://handsonlycpr.org/> for more information.

## Indianapolis Go Red For Women® Luncheon -- 02/26/2010, 9:30am - 1:30pm

**Fee:** Please call the American Heart Association for information.

**Location:**

Indianapolis Marriott Downtown  
350 West Maryland Street  
Indianapolis, IN 46225

On Friday, February 26th over 900 women will gather for the Indianapolis Annual Go Red For Women Luncheon presented by St. Vincent Heart Center of Indiana. The Go Red For Women Luncheon is an empowering, half-day event that includes educational breakout sessions, free health screenings, exhibits, a heart-healthy lunch, and featuring the participants in the Go Red For Women BetterU Makeover Challenge.

Five women are participating in the 12-week Go Red BetterU Challenge, which provides the women with Go Red For Women® Indianapolis

**SPEAK UP.** Too many women die each year because they are unaware that heart disease is their No. 1 killer. One in three women suffers in silence, and almost one woman dies every minute of this largely preventable disease. Together, we can bring a voice to this silent killer to help save lives. Save lives with the power of your very own voice. Start the conversation by choosing to Speak Up about heart disease.

Speak Up to Save Lives at [www.GoRedForWomen.org](http://www.GoRedForWomen.org).



## Go Red BetterU Heart Healthy Makeover Challenge

Beginning Jan. 4, follow along with five Central Indiana women who are ready to improve their health by taking the Go Red BetterU Heart Healthy Makeover Challenge presented by St. Vincent Heart Center of Indiana. Jessica, Amy, Ruth, Dee and Kimila were selected to participate in the 12-week challenge. The women will address their own unique health challenges that include cholesterol, blood pressure, BMI, weight, physical activity and smoking. They will also receive free wellness screenings, consultations with medical professionals, and ongoing coaching from a personal trainer and dietician.

Go Red BetterU is a free 12-week online nutrition and fitness program that can makeover your heart. Each week focuses on a different area and provides step-by-step guidance. The site provides everything from daily expert tips and an online journal to a downloadable BetterMe coaching tool. You can participate by visiting Go Red BetterU and following the 12-week free online program making simple choices to improve your health.



Articles courtesy of The American Heart Association

## Valentine Recipe

### Warm chocolate soufflés

Serves 6

#### Ingredients

- 1/2 cup unsweetened cocoa powder
- 6 tablespoons hot water
- 1 tablespoon unsalted butter
- 1 tablespoon canola oil
- 3 tablespoons all-purpose (plain) flour
- 1 tablespoon ground hazelnuts (filberts) or almonds
- 1/4 teaspoon ground cinnamon
- 3 tablespoons firmly packed dark brown sugar
- 2 tablespoons honey
- 1/8 teaspoon salt
- 3/4 cup 1 percent low-fat milk
- 4 egg whites
- 3 tablespoons granulated sugar
- 1 teaspoon confectioners' (powdered) sugar
- 1 cup raspberries

#### Directions

- Preheat the oven to 375 F. Lightly coat six 1-cup individual soufflé dishes or ramekins with cooking spray or coat a 6-cup soufflé dish with the spray.
- In a small bowl, combine the cocoa and hot water, stirring until smooth. Set aside.
- In a small, heavy saucepan over medium heat, melt the butter. Add the canola oil and stir to combine.
- Add the flour, ground hazelnuts and cinnamon and cook for 1 minute, stirring constantly with a whisk.
- Stir in the brown sugar, honey and salt. Gradually add the milk and cook, stirring constantly, until thickened, about 3 minutes. Remove from the heat and stir into the cocoa mixture. Let cool slightly.
- In a large, thoroughly cleaned bowl, using an electric mixer on high speed, beat the egg whites until foamy. Add the granulated sugar 1 tablespoon at a time and beat until stiff peaks form. Using a rubber spatula, gently fold 1/3 of the egg whites into the cocoa mixture to lighten it. Then fold the remaining egg whites into the cocoa mixture, mixing gently only until no white streaks remain.
- Gently scoop the cocoa egg white mixture into the prepared dishes (or dish). Bake until the soufflé rises above the rim and is set in the center, 15 to 20 minutes for individual soufflés or 40 to 45 minutes for the large soufflé. Cool the soufflés on a wire rack for 10 to 15 minutes. Using a fine-mesh sieve, dust the top with the confectioners' sugar. Garnish with raspberries and serve immediately.

#### Nutritional Analysis

(per serving)

Calories	184	Cholesterol	7 mg
Protein	6 g	Sodium	106 mg
Carbohydrate	30 g	Fiber	4 g
Total fat	7 g	Potassium	248 mg
Saturated fat	2 g	Calcium	58 mg
Monounsaturated fat	3 g		

