

Greetings!

We hope you received our 2009 Annual Report. We have made significant progress in all our strategic initiatives. Yet, we cannot rest, as there is much more we have to do! We look to you for support in our mission. Please use the donation form in the report to make a contribution. You may [donate](#) online as well. The South Asian Heart Center's **2011 Scarlet Night Gala** is scheduled for **Saturday March 19, 2011 – Save the Date!** Last year, our gala was one of the most talked-about social events! Don't miss out! Also, mark your calendar for **Sat. Nov. 13, Health & Wellness Fair* at the Jain Center, Milpitas** featuring Health (incl. heart-health) Screenings, "Ask-a-Doctor" sessions, Lectures Physical Exams & Wellness Education. [Pre-register](#) to participate in the Center's special heart-health screening program.

* On Nov. 13, there will also be a **Bone Marrow Registration Drive for Sanjana**, a loving wife and mother of young twins, who is fighting for her life. She is suffering from Multiple Myeloma, a rare form of blood cancer. She needs a matching blood stem cell donor **NOW!** Please [register online](#) and visit the [savesanjana website](#) for more info.

♥ Nutrition Tip of the Month – Eat the Colors of the Rainbow –

Be an artist! Use the colors of the rainbow to guide you in meal preparation. Red foods (tomatoes, watermelon, guava) contain lycopene – reduce heart disease risk & prevent cancer. Yellow/Orange foods (apricots, pumpkins, cantaloupe, carrots, oranges) contain beta-carotene – prevent cancer, slow aging, improve lung function. Green foods (broccoli, kale, spinach, collard greens, romaine lettuce, brussel sprouts) contain lutein & zeaxanthin, - healthy vision and may aid in the prevention of cancer. White foods (onions, garlic, scallions, leeks) - help lower LDL (bad) cholesterol, reduce certain cancers & help control hypertension. Blue foods (blueberries, plums & currants) rich in Vitamin C - strengthen blood vessels. The various hues will definitely make your meal very inviting!

Monthly Cooking Demonstrations –

The Center is excited to launch a monthly cooking demonstration with Executive Chef Jacques Wilson and Food and Nutrition Chair, Nancy Bugwadia. Bring your friends and learn to cook attractive, heart-healthy meals, in a jiffy. Space is limited! Mark your calendars. First demo is on Tue. Nov. 16, 6.30pm – 8.30pm at El Camino Hospital, Mountain View.

♥ Advice from Dr. Surendra Gudapati, Physician Partner Network – Control Diabetes

"The early stages of diabetes can usually be controlled with 30 minutes of cardiovascular exercise and a healthy diet low in carbohydrates. Medication would be required if diet and exercise fail to control elevated blood sugar levels. However, the optimal approach to addressing the disease would be through lifestyle changes first."

♥ 'Partner' with your Heart Health Coach –

The South Asian Heart Center offers heart-health coaching as a resource at no additional cost. The coaches are your partners, who work with you to reduce your risk factors for Heart Disease. Studies have shown that regular coaching helps individuals follow lifestyle recommendations & reach their goals more effectively. To ensure a successful partnership, it is very important that you respond to their emails/calls in a timely manner.

♥ Corporate and Community Outreach –

Sep. 24: It was wonderful to see some of you at Shobha Reddy's Fitness High Tea featuring heart-healthy food and informational lectures.

Oct. 1: The Center had a Nutrition & Heart-health Information Booth at the **IBPW** (Indian Business & Professional Women) Career & Mentoring Conference in San Jose.

Oct. 23-24: "South Asians & Heart Disease" Lecture & Nutrition Booth during **Chinmaya Mission's Bala Vihar sessions** in Fremont (10/23 at 1.30 pm), San Ramon (10/23 at 4.30 pm) and San Jose (10/24 at 9.00 am).

Oct. 26, Noon: "Therapeutic Lifestyle Changes" Lecture during **Apple Inc.'s** "Diversity Week" program.

♥ Free Screenings & Lectures –

Take advantage of the following free screenings at El Camino Hospital.

Sat. Oct. 16, 8:30 am - 12:30 pm: Free Stroke Screening - Los Gatos. Open to participants 45 & older only. Pre-registration is required; Call 800-216-5556 to schedule your appt.

Sat. Oct. 23, 8:30 am - 12:00 pm: Breast Health Forum - El Camino Hospital - Mountain View. Lectures, Q&A, health fair and much more! [Register online](#) or call 800-216-5556.