

Greetings!

We hope you all had a delightful summer! As the Health and Wellness partner for Sevathon 2010, the South Asian Heart Center conducted free health screenings & seminars on nearly 16 different health issues including men's & women's health, osteoporosis/bone density, body mass, mental health, eye care and dental care. We completed 100 cholesterol screenings at the event, with eight physicians providing consultations that day. The event was a great awareness builder for heart disease.

♥ Nutrition Tip of the Month - Ins and Outs of Health Claims on Nutrition Labels

Ever wonder about the difference between reduced fat and low fat? Or does "light" on a label really mean no fat? The Food and Drug Administration has strict guidelines on how these food label terms can be used. Here are some of the most common claims seen on food packages and what they mean.

Low calorie: Less than 40 calories

Low cholesterol: Less than 20mg of cholesterol and 2g or less of saturated fat per serving

Reduced: 25% less of the specified nutrient or calories than the usual product

Good source of: Provides at least 10% of the Daily Value of a particular vitamin or nutrient per serving

Calorie free: Less than 5 calories per serving

Fat free/sugar free: Less than ½g of fat or sugar per serving

Low sodium: Less than 140 mg of sodium per serving

High in: Provides 20% or more of the Daily Value of a specified nutrient per serving

High fiber: 5g or more of fiber per serving

Lean (meat, poultry, and seafood): 10g of fat or less, 4 ½g of sat. fat, less than 95mg chol. per 3oz serving

Light: 1/3 fewer calories or ½ the fat of the usual food

Healthy (individual food item): Low fat, low sat. fat, less than 480mg sodium, less than 95mg chol. and at least 10% of the Daily Value of Vitamins A and C, iron, protein, calcium and fiber

Save the date: Tuesday Oct. 19, 6:30pm. The South Asian Heart Center will feature Chef Jacques Wilson, CEC, AAC, Executive Chef, El Camino Hospital in a 3-course dinner cooking class. He will be assisted by our Food & Nutrition Chair, Nancy Bugwadia, who will present the selections for the night provide interesting tips for tasty, nutritious and heart-healthy cooking at home. Look for details and invitations to this event soon!

♥ **Advice from Leslie Abrams, Clinician – Any exercise is good exercise!** Take the stairs at work, park in the farthest spot available, dance while cooking, go for a hike, splash in the pool, jump on the bed, and march in place while on the phone. All movement counts!

♥ **Corporate and Community Outreach** – The South Asian Heart Center had a very good presence at OPEN (Organization of Pakistani Entrepreneurs and Professionals) Forum 2010, where 40 people signed up for a screening and received nutrition information. Also, our medical director, Dr. Molina, presented to nearly 50 South Asians at Genentech on June 30th. If your company would like to invite the South Asian Heart Center for an informational session, please call or email the Center.

♥ **Free Screenings & Lectures** - Take advantage of the following free screenings at El Camino Hospital.
Skin Cancer Screening every Wed starting Sep 1, 3pm-4:30pm. Pre-Registration reqd. Call 888-25-CANCER.
Prostate Cancer Screening at two locations:
- El Camino Hospital Mountain View on Sat, Sep 11, 8:30am-11am, Pre-registration is required
- El Camino Hospital Los Gatos on Sat, Sep 25 from 8:30am-11am, Pre-registration is required
For informational lectures on exercise, nutrition & heart disease, call 800.216.5556 to sign up!

Check out http://www.elcaminohospital.org/About_El_Camino_Hospital/Calendar for the schedule.

Lunch & Learn series continues with An Overview of Female Pelvic Health with speaker Wesley Kong, MD
Wed, Sep 8, 12:30-1:30pm, El Camino Hospital, Mountain View, Conference Rooms A & B

♥ South Asian Heart Center 2009 Annual Report! Watch for our annual report in your mail in September. Check out the progress the Center has made in its ongoing mission. We applaud the support of our patrons and the efforts of our participants in the fight against heart disease.



Mission - The South Asian Heart Center's mission is to reduce the high incidence of heart disease in South Asians through a comprehensive, culturally-appropriate program to raise awareness by education, evaluate risk factors using advanced screening, & facilitate lifestyle changes with supportive heart health coaching.
www.southasianheartcenter.org / 650-940-7242