

Function of the Heart

- The heart supplies the body with oxygenated blood.
- Each time the heart beats, it exerts pressure on the veins and arteries (blood pressure).
- Right side of the heart: receives de-oxygenated blood from the body tissues.
- Left side of the heart: receives oxygenated blood from the lungs into the left atrium, to the left ventricle, then to the aorta, in order to make sure it is effectively delivered to other parts of the body.
- It continuously pumps blood, enriched with oxygen and vital nutrients through the network of arteries to all parts of the body's tissues.

Why is it Important to Keep Your Heart Healthy?

- To prevent cardiovascular diseases, such as high blood pressure, stroke, congestive heart failure and coronary heart disease
- Heart disease is the number one killer in America, according to a recent report from the American Heart Association.
- Heart attacks: occur when blood flow to a section of the heart muscle becomes blocked.
- May have to undergo surgery.

Top 10 Power Foods for Your Heart

1. Dark Chocolate
2. Olive Oil
3. Pomegranate
4. Avocados
5. Salmon
6. Beans
7. Pumpkin
8. Whole Grains
9. Mushrooms
10. Tea

Toilet Talk

March 4, 2011

You Make My Heart Go BOOM BOOM BOOM

Did You Know...

- ...Starting in 1938, Ft. Lauderdale hosted the college Coaches' Swim Forum and 300 swimmers are their respective student bodies attended?
- ...In 1959, 20,000 students showed up in Ft. Lauderdale for Spring Break and called it Ft. Liquordale, and in 1985, 370,000 students showed up, causing the mayor to ban students?
- ...Today, Panama City, Fl. has 18,000 rooms prepared for students?
- ...On South Padre Island they average 25 arrests a day and collect \$80,000 in fines during spring break?
- ...Half of sexual encounters are unplanned or random and half are unprotected?
- ...Between Florida and Texas students spend \$1 billion during break?
- ...Students report drinking an average of 10 alcoholic drinks a day when on spring break?
- ...In 2002, The American Medical Association released a report which stated that spring break is no longer an "innocent respite from rigorous academics," but potentially life threatening?

Easy tip on Living Laker Green:

If you are planning a birthday party or other event, decorate with live plants instead of cut flowers, and look for special touches that can be reused each year. A fabric "Happy Birthday" banner; china instead of paper plates; funny hats instead of paper crowns or plastic tiaras.

Answer to Last Week's Question:

Dark chocolate helps arteries relax and widen, which lowers blood pressure, promotes good blood flow and reduces strain on the heart. It is also high in antioxidants, which deactivate unstable molecules in blood called free radicals.

Question of the Week:

What percent of college students will experience an eating disorder during their college years?

Events of the Week:

- Saturday, February 19th: Men's Ice Hockey Game. Campus Center Arena, 7-9 p.m.
- Saturday, February 19th: Student Theatre: "New Voices." Tyler Hall Lab Theatre, 7:30-9:30pm
- Tuesday, February 22nd: Women's Ice Hockey Game. Campus

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.

Words to whiz by...

"It is health that is real wealth and not pieces of gold and silver."

-Mahatma Gandhi

Bad Habits that Affect Your Heart

- High fat diets are bad for your heart. Even if consumed for a short amount of time, the fat tissue surrounding blood vessels can become inflamed, possibly contributing to cardiovascular disease.
- Smoking also puts the heart at risk. Carbon monoxide is a by product of tobacco smoke that has been found to boost cholesterol, levels of white blood cells, and other risk factors for heart disease.
- Caffeine increases blood pressure. Studies have shown that drinking regular and decaf coffee significantly increases homocysteine in the bloodstream.
- Heavy drinking over time can damage the heart and lead to high blood pressure, alcoholic cardiomyopathy, congestive heart failure, and stroke.

Vitamins for the Heart

- Vitamin E: reduces risk of heart disease by 40%.
- Vitamin C: antioxidant.
- B Vitamins (B2, B6, B12, and Folic Acid): lowers artery toxic homocysteine.
- Vitamin K: For clotting.
- Omega-3 (Vitamin F): Decreases risk of heart disease.
- Magnesium: For heartburn, high blood pressure, and heart failure.
- CoQ10- Good for the heart and for blood pressure.

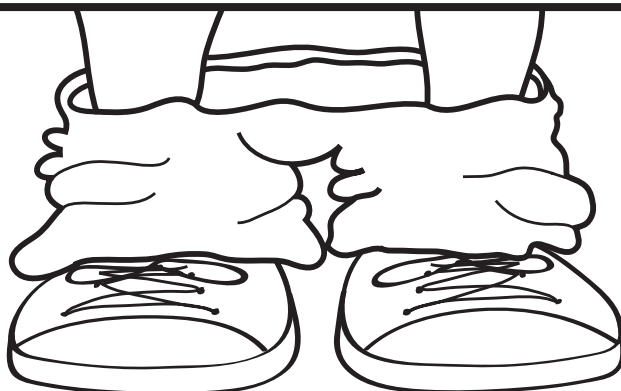
Resources

- Mary Walker Health Center, M-F 8:30-4:00 p.m. Walk-ins 8:30-10:30 a.m. (315)312-4100
- American Heart Foundation: www.heart.org

Lifestyles

AFTER DARK

Open Mic Night
February 24th at
7pm in the Lake
Effect Cafe



Lifestyles

Walker Health Center
SUNY Oswego
(315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Sara D'Addesio, Intern Mary Hankin and Peer Educators Veronica Kelly, Audrey Hinnant, Erin Marulli, Willmary Rose and Tamara Tingman.

Sources available upon request.
Watch for our ads on WTOF and digital signage!