

Risk Factors

- Age (45 years or older for men, 55 years or older for women)
- Family History
- Lack of Physical Activity
- Being Overweight
- High Blood Pressure
- High Cholesterol
- Diabetes
- Smoking

Heart Attack Warning Signs

- Chest Pain
- Arm, Back, or Stomach Pain
- Neck or Jaw Pain
- Trouble Breathing
- Feeling Light Headed
- Breaking into a Cold Stomach
- Feeling Sick to Your Stomach
- Fatigue
- Your signs may differ. So pay attention to your body and how you feel



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**Keep Your
Heart
Healthy**



Heart Disease Information

- Heart disease is the number one killer of American's.
- Most people are unaware of the risk factors for heart disease and believe that heart attacks or strokes happen suddenly
- The truth is heart disease happens over many years and is the silent killer
- Heart disease happens when the blood vessels going to your heart become narrow and clog
- A heart attack is when the flow of blood to the heart becomes blocked and a stroke is when this happens to the brain.



Prevention Tips

- Lose weight
 - Try to eat smaller portions
- Get 30 to 60 minutes of moderate physical activity every day
 - Take a walk after dinner
 - Park further away
- Eat less saturated fat and sodium
 - Baked chicken instead of fried
 - Use herbs instead of salt to season food
- Eat more fruits and vegetables
 - Have them for snacks or dessert
- Limit sugary beverages and food
 - Replace your sugary beverages with water
- Quit smoking
 - Join a support group or look for free counseling
- Have regular checkups!
 - Track your weight, blood pressure, waist measurement, blood cholesterol, and blood sugar



Crispy Oven-Fried Chicken

Yield: 6 servings

Serving size: ½ breast or 2 small drumsticks

Ingredients:

½ cup nonfat milk or buttermilk
1 tsp poultry seasoning
1 cup cornflakes, crumbled
1 ½ tsp onion powder
1 ½ tsp garlic powder
2 tsp black pepper
2 tsp hot pepper (dried crushed)
1 tsp ginger (ground)
8 chicken pieces, skinless (4 breasts and 4 drumsticks)
Paprika (a few shakes of)
1 tsp vegetable oil (to grease baking pan)

Instructions:

1. Preheat oven to 350°
2. Add ½ tsp of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes.
9. Remove foil and continue to bake for an additional 30 to 40 minutes. Drumsticks may require less baking time. Do not turn chicken during baking.