



GIVING **BACK** INFORMATION

**HEART DISEASE- Curse of Slavery or Neglect?**

Throughout history it has been no misunderstanding that ethnic groups share a culture that is unique to their group. This often includes music, dance, language and we can not forget **FOOD!** Custom and culture of ethnic groups often dictate how they celebrate and share certain foods during special ceremonies and events. **Because of tradition and culture the choice of delicatessens and food preparation processes are generally passed down from generation to generation.**

Today, these practices continue to be shared throughout the world, even within our African-American community. However, if we analyze the culture that we have become accustomed because of slavery and being forced to assimilate to the culture of our European counterparts. **We have got to understand that our culture has changed drastically from our African ancestry.**

**During slavery, choosing of food for many was non-existent.** We ate when and what we could in order to survive. This is reality! **Due to this fact, there were certain types of foods such as chitterlings (pig intestines), collard greens, corn bread, etc... that we learned to prepare in a fashion that is unique and has a taste to soothe the soul of many during misfortune.**

The recipes were passed to my great grandmother your grand-mother my uncle and your cousins. **As a result, a new culture evolved.** Today, because of the abolition of slavery and freedom, we now have a choice in our food selections and lifestyle. **Unfortunately, our people tend to abuse these freedoms and make repetitive selections that are not healthy.** As a result, **we African-Americans are afflicted with diseases that are directly related to decisions we**

**make for our diet.**

One disease in particular that is extremely prevalent in African-Americans is Coronary Heart Disease. This is a disease of the heart vessels. In fact, **Coronary Heart disease is responsible for the death of 33.4% African-American males and 39.6% African-American women in 2002.** This disease leads any other including cancer, violence and HIV.

The foods we discussed above are often cooked in a fashion that has a **high concentration of fat and cholesterol which over a period of time clog the arteries (vessels) of the heart.** In essence, it stops the blood from flowing smoothly because of fatty deposits that develop inside of the vessels. **There are other factors that contribute to the onset of this deadly disease that are totally dependent upon us to change and they are: smoking, alcohol, lack of exercise, obesity.** Hereditary, age and gender are among those factors that we cannot change. However, there are many lifestyle changes we can make to help reduce the risk of onset of cardiovascular disease.

**Cardiovascular Exercise 30-45 minute sessions per day 4 days per week is at the top of the list.** Cutting back on those high fat and high cholesterol foods is recommended. Reduce your intake of sodas, snacks and cookies. Drink half of your body weight in oz. of water. I.e) A person weighing 150lbs. should drink 75oz. of water. Per day.

**Our history is something we can not change. However, when you look at the present health status and future of our people we must look inward in order to**

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**HEART DISEASE**

- *OUR DIETS CHANGED WITH SLAVERY*
- *WE HAVE FREEDOM TO CHOOSE DIET & LIFE-STYLE*
- *33.4% AFRICAN AMERICAN MALES DIE*
- *39.6% AFRICAN AMERICAN WOMEN DIE*
- *EXERCISE 45 MINUTES 4 DAYS PER WEEK*

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## HEART DISEASE- Curse of Slavery or Neglect?

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**break this deadly cycle.** The reality is it all starts with us. Let us be proactive and take a stand in preventing heart disease.

### CALL! Get Your Free Report!

24 Hr. Toll free recorded hotline

#### Headache:

800-968-4867



#### Low-back pain:

888-730-2239



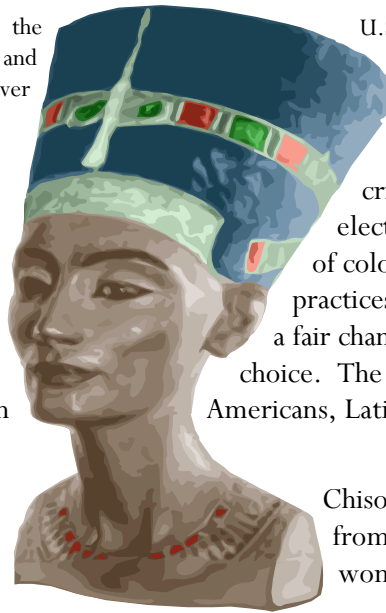
#### Auto Accidents:

888-874-2870



## Black History Facts

- Carter G. Woodson is responsible for the establishment of February as Black History Month
- On December 1, 1955, in Montgomery, Alabama, the arrest of Rosa Parks, a black seamstress, sparked a citywide boycott of the bus system that lasted 381 days. This was also the beginning of the Civil Rights movement.
- In November 1956, the segregation on buses, and again, sitting wherever U.S. Supreme Court outlawed blacks began riding the buses they pleased.
- The Voting Rights Act was adopted in 1965 in response to discriminatory practices used by election authorities to limit the ability of people of color to elect representatives. By making these practices illegal, the Act seeks to give all Americans a fair chance at voting into office a candidate of their choice. The Act prohibits discrimination against African Americans, Latinos, Asian Americans and Native Americans
- 1972– Shirley Chisholm, a member of the House of Representatives from New York, was the first African-American woman to make a serious bid for presidency.
- 1974– Baseball legend Hank Aaron hit his 715th home run, breaking Babe Ruth's record, which had stood since 1935
- 1983 Guion Bluford Jr., becomes the first African American in space as a member of the crew of the space shuttle Challenger.
- 1986– by legislation in 1983, Martin Luther King, Jr. Day is first celebrated as a U.S. national holiday.



## Notice:

# Office Hours Change January 30, 06

Thanks to many of you who have completed the random survey recently, we have gathered a lot of valuable information. Our office hours have been changed to accommodate your schedules. I am sure you will find these hours accommodating. There are morning hours for our early birds and afternoon and evening hours for our owls.

**MONDAY: 9 am-1pm, 3-7pm**

**TUESDAY: 9am-1pm**

**WEDNESDAY: 9 am-1pm, 3-7pm**

**THURSDAY: 3pm-7pm**

*\*Health Class coming soon 7:15pm-8:00pm\**

**FRIDAY: 9am-1pm**

### Guess the word

The following words have been spelled WRONG. These words all relate to healthcare. Some may be very familiar to you and others may not. Those that are unfamiliar may have been used during your office visit(s). Hint: Chiropractic terms.

The words are scrambled so put them together by aligning them properly.

1) **LOGAS**

HINT: WE ALL SHOULD HAVE THEM WRITTEN

2) **GEIWHT**

HINT: MOST PEOPLE WANT TO LOSE THIS

3) **WEN EARY**

HINT:2006

4) **VLASEYR**

HINT: ENDED 1865

5) **TIOACN**

HINT: MUST BE DONE TO REACH GOALS

6) **HLEATH**

HINT: THE WHOLE THEME TO THIS NEWSLETTER

7) **TRKOSE**

HINT: WHEN THE BRAIN DOES NOT RECEIVE PROPER BLOOD SUPPLY

8) **RTAEH SIDEAES**

HINT: NO LONGER SILENT KILLER AMONG AFRICAN-AMERICANS

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SHOW WHAT YOU KNOW &  
LEARN WHAT YOU DON'T

1. This word is best used to describe a certain groups language, food & customs?

- A) Religion
- B) Politics
- C) Culture

2. During slavery many had the opportunity to control their food selection?

- A) True
- B) False
- C)

3) African-american men suffer from a higher incidence of coronary heart disease than African-American women?

- A) True
- B) False

**GUESS THE WORD ANSWERS: SEE PAGE 3**

ANSWERS  
1. C  
2. False  
2. B

1. GOATS  
2. WEIGHT  
3. NEW YEAR  
4. SLAVERY  
5. ACTION  
6. HEALTH  
7. STROKE  
8. HEART DISEASE

**Do you know of someone you think could benefit from this type of information?**

**Complete form and Fax or mail to:**

**(301) 853-7040 fax**

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**Please send Newsletter to:**

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