

Heart Health
October 2022

Important Information

Scheduling (843) 876-0444

Heart Health Team (843) 792-4717

Be sure to leave a message

HeartHealth@MUSC.edu

www.musckids.org/heart/health

October is National Liver Awareness Month

The purpose of liver awareness month is to encourage us to take part in healthy habits to prevent liver disease.

Ways to Keep Your Liver Healthy:

- Eat a balanced diet, making sure to incorporate healthy grains, fruits, vegetables, and lean proteins.
- Limit foods with high saturated fat, added sugar and sodium content.
- Consume lots of water and limit the number of sugary drinks consumed.
- Be active--regular exercise is key to a healthy liver.

Recipe of the Month

Pumpkin Hummus

Nutrition Information:

Calories: 101kcal

Carbohydrates: 7g

Protein: 2g

Fat: 7g

Saturated Fat: 1g

Sodium: 593mg

Potassium: 169mg

Fiber: 2g

Sugar: 2g

Ingredients:

1 can chickpeas

1 cup pumpkin puree or roasted pumpkin

1 teaspoon salt

½ teaspoon chili powder

½ teaspoon ground cumin

1 tablespoon extra-virgin olive oil

2 tablespoons tahini

2 tablespoons lemon juice

3 cloves garlic

Directions:

Place all the ingredients in a food processor and process until smooth and creamy. Add a dash of water if the hummus is too thick and adjust seasonings to your preference. Once it's ready, spread in a bowl and garnish with olive oil, pumpkin seeds, watercress, nigella seeds, and smoked paprika.

Find the recipe here: <https://littlesunnykitchen.com/pumpkin-hummus/>

Program Updates

Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>) and in person. Please specify when scheduling if you would like a virtual or in-person appointment.

Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page: <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.

Fit Kids group exercise sessions are now offered both in-person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at Quarterman Park, North Charleston. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom:

<https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>.

If your child would like to attend in-person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.

Please continue to read your Heart Health text messages for updates.

If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>