

# *The Beat Of MCA*



Winter

**Happy and Healthy 2021!**      **By Dafna Chazin, R.D.**

The new year is a great time to turn over a new page and start fresh with your healthy eating habits. Especially after the challenges brought on throughout 2020! If you've spent the majority of the last year working hard to keep patients and co-workers healthy & safe, as well as watching Netflix while munching on every snack still left on the supermarket shelves, you're not alone. The combination of stress, lack of exercise and less-than-ideal eating habits can significantly impact your overall health, as well as cardiovascular health. So in light of Heart Health month, here are some quick tips to improve your eating habits and add back nutrition into your day.

**Fill up on fiber & protein** I see many clients eating cereal and a banana for breakfast and a bowl of pasta for dinner. While I'm a fan of both pasta and cereal, these meals do not contain enough of the two essential nutrients for health; protein and fiber. Including protein early in the day will help manage blood sugar, increase fullness and promote a healthy metabolic rate. Fiber, on the other hand, can help regulate digestion, tame cravings and boost energy. Fiber rich foods are often also rich in magnesium, iron, and potassium. Some great combinations of both protein and fiber include Greek yogurt with berries, string cheese with baby carrots, and apple with peanut butter.

**Focus on plant based fats.** Who doesn't love a nice bowl of ice cream or potato chips? But did you know saturated fats found in both of these snacks can increase cholesterol and promote the build up of plaque? Focusing instead on snacks that contain plant based fat can make a huge difference in your heart health. Examples include, nuts and seeds, edamame (soy beans), popcorn made with olive oil, nut butters and avocado (sprinkle with everything but the bagel seasoning!).

**Prioritize high potassium produce.** You've likely heard that lowering sodium intake can help reduce blood pressure. But did you know that adding potassium rich foods into your day can help your body get rid of sodium through urine? This sneaky way to manage HTN is quite effective, and tasty. Potassium rich produce include all leafy greens (spinach, swiss chard, kale), broccoli, butternut squash, sweet potatoes as well as kiwis, cantaloupe and nectarines. (Individuals with kidney issues should consult their doctor first.)

**Practice mindfulness around food.** This is perhaps the most important, yet overlooked strategy for healthy eating.



Sure, we all want to be productive and multitask. But taking a pause to sit down, put food on a plate (including those office kitchen treats!), and savoring it in a distraction free manner can transform your eating experience. Studies show that mindful eating can not only increase pleasure from food and improve our digestion, it can also reduce stress, prevent overeating and help manage weight more easily over time.

*Wishing you a healthy and happy 2021!*

# ***Coming Soon...Our Monroe Office!***

**298 Applegarth Road  
Clearbrook Commons**



**Hi! I'm Victoria Coman, Front Desk Receptionist, Eatontown**

My name is Victoria and I am the new face at the front desk of Monmouth Cardiology, Eatontown location. I am originally from North Jersey (Clifton) but have been living in Monmouth County on and off for many years. I finally landed near Asbury Park for good in 2018. I absolutely **LOVE** living by the shore. Living by the shore means getting to walk the boardwalk (almost) daily, breathing the sea air and catching the



beauty all around. I have many hobbies and passions. Photography is one of my passions. I love to shoot landscapes and enjoy capturing a beautiful sunrise or magnificent sunflowers ( my favorite). In addition to photography, I work in the wedding/event industry and always consider it an honor to be a part of any special event. Healthy living and fitness is another passion. I like to share this passion with others through my Arbonne business. The "clean" philosophy is a way of life for me and through Arbonne I get to share this. I have a fur baby, Violet , she is my seven year old feline who I rescued five years ago. Having over twenty years experience in various administrative positions, I always enjoyed serving others with a smile, *even now with a mask on.*

I look forward to working with all of you.

## Bookends by Diana Martinez, Front Desk Supervisor, Freehold

What do you think you would do after having “your last bad day”? That is the question that was answered when Michael O'Brien had his. Michael O'Brien was out on one of his routine bicycle rides. He was an avid cyclist who participated in many races and enjoyed this sport so much that even when he traveled he brought his bike everywhere. While on a business trip and during his routine daily bike ride he was hit head on by an SUV that crossed into his lane traveling 40 MPH. Near death and away from his NJ home and family he went through a long extensive recovery. He remained in New Mexico for months until his wife finally found a private airplane owner willing to fly him back to NJ to continue his recovery closer to his family. He did not want to be defined by his tragedy but knew right from the beginning that if he was going to survive he was not going to let this opportunity pass him by. He was intent on creating a better tomorrow for himself and with that the people around him. While recovering he struggled with this but persevered and he created and is President and Founder of Peloton Coaching and Consulting. He encourages techniques for people facing illness and adversity so they can pick themselves up and soldier ahead through whatever roadblock they encountered. Through the power of mindset, perspective and grit he teaches us “ways of being” that builds a better version of ourselves. It's for the everyday hero and to show that you don't have to be famous to change lives. This is a very uplifting book, giving great insight on being the best you can be. Definitely worth reading even if you just want encouragement in your everyday life.



## Wine down by Elizabeth Ciampoli, Eatontown Medical Assistant Supervisor

When the winter weather sets in and the timing is right, I love to indulge in a nice stout. So what is a stout anyway? A stout is a dark ale made from roasted malts, barley, and hops. The dark-roasted malts and barley give stouts their characteristic rich body and flavor. The roasted grains impart flavors of coffee, dark chocolate, dark fruit, and nuts into the beer. Prior to packaging, stouts are often conditioned on various adjuncts such as coffee beans, oats, vanilla beans, lactose, and/or cacao nibs. The result is an incredibly rich and pleasantly aromatic beer. In recent times, a trend has emerged of aging stouts in bourbon barrels for several months or even up to several years prior to packaging. The barrel-aging process imparts flavors of caramel, oak, vanilla, and/or brown sugar into the already complex beer. Perhaps the most ubiquitous stout is Guinness. My personal favorite stout is the world famous Bourbon County Brand Stout brewed by Goose Island in Chicago. A great place to try a well-crafted stout is Kane Brewing Company, which is conveniently located just a few minutes from our Eatontown office! So what are you waiting for? It's time to put the kids to bed, light the fireplace, watch the snowfall, and pour a fine stout.

Edan Cohen, Medical Assistant



Salute!

# HAPPY ANNIVERSARY

10/1/2020 — 3/31/2021

## 5 Years

Nancy Etter, Call Center Representative, 10/2/2015

Jo Ann Weigel, Collector, 10/15/2015

Lorraine Ravallo, Collector, 10/20/20215

Cheryl Lanza, Call Center Representative, 2/9/2016

## 15 Years

Chantee Fisher, Biller, 12/28/2005

Alina Lenczewski, Medical Records, 3/6/2006

Kay Morgan, Pre-Authorization, 3/13/2006

## 25 Years

Karin Singer, Practice Scheduler, 1/8/1996

*Thank you for your years of service!*