



Traditional Taste Transformed

Lunch- Mon-Fri, 11am - 3pm
Happy Hour- Mon-Fri, 5pm - 7pm
Dinner- Mon-Sat, 5pm - 10pm

Call for reservations and musical line-up
Book your special events now!

Monday - Friday (5pm - 7pm)
1/2 price pizza, sushi and drink specials

Monday
children eat FREE (one child per paying adult)

Tuesday
dinner for 2 and a select bottle of wine for \$50.00

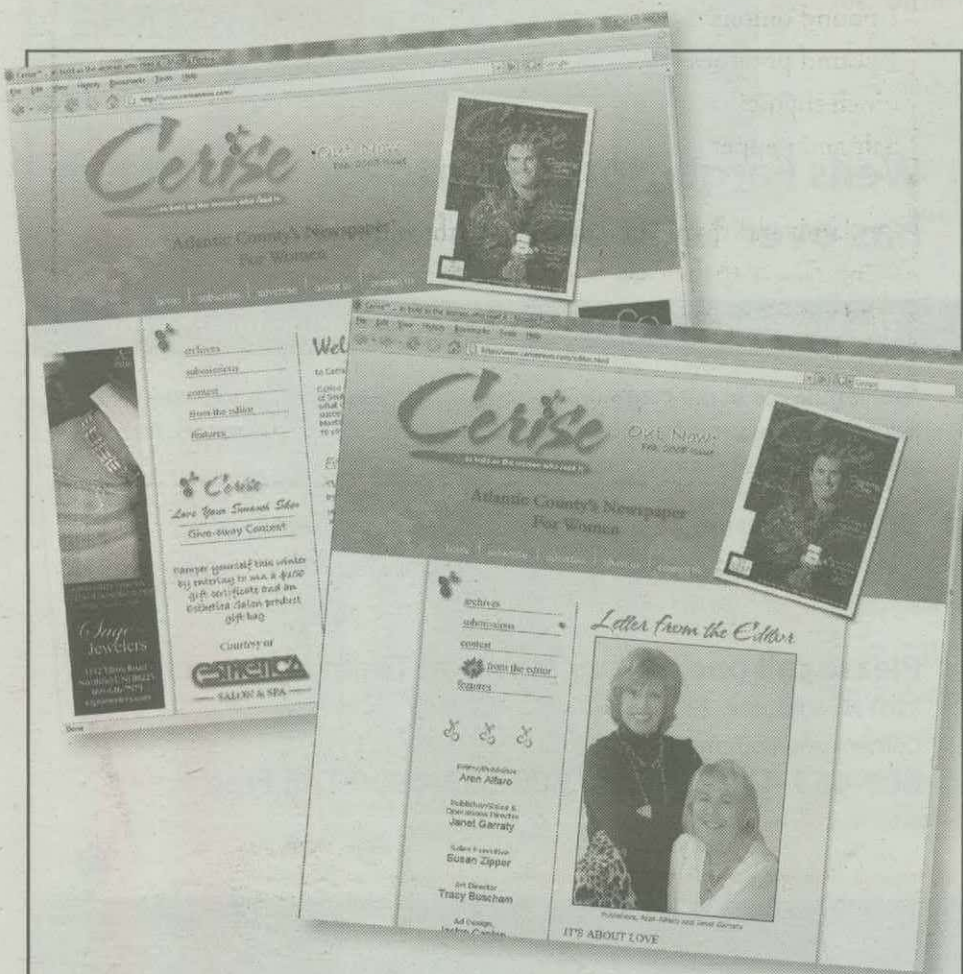
Wednesday
featured wines of the world

Thursday
3 pasta tastes for \$14.95

Friday & Saturday
live music

Johnny D'Angelo -
February 29, March 8, 17 with special guests for St. Patty's day, 22 & 28
Carl Granieri Trio - March 1
Jack and Yvonne Quartet - March 7, 14 & 29
Michael Pedicin - March 15
Rita Stafford - March 21

CORNERSTONE COMMERCE CENTER
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TAKE IT TO HEART

BY: Susan Ferrier

Women dressed in their Sunday-fines filled the fellowship hall of Asbury United Methodist Church in Atlantic City. It was hard not to notice this well dressed group, as they were all wearing red. On Feb. 9, they were not gathered to lift up their hearts in prayer, but to raise awareness of heart disease in women. This was the first "Go Red for Women Day" hosted by the Asbury United Methodist Women.

Events like this are happening all over the county and country. Because of these events and the Red Dress Campaign, now in its fifth year, awareness about the seriousness of heart disease in women is up 57 percent, according to Charisse Fizer, Vice President/Administrator at AtlantiCare Regional Medical Center, Mainland Division.

With so much emphasis on breast cancer and the importance of monthly breast self-examination and mammograms, you might think cancer is the greatest risk to a woman's health-but it's not-heart disease is the leading cause of death among women in this country. The number of deaths related to cardiovascular disease has surpassed the number of all cancer-related deaths in women combined.

Why is it that a woman's risk of heart disease has been ignored for so long? Traditionally considered a man's disease, the female population has been severely under-represented in cardiac disease studies. As a result, the testing procedures and treatments used were based on studies conducted only on men or using a small number of women. Because women were considered less frequently afflicted by cardiovascular diseases, it may explain why the number of heart-related deaths in women was previously under-reported.

Now, women can decrease their risk of becoming a victim of heart attack or stroke by becoming advocates for their own healthcare. Know the symptoms of a heart attack or stroke in women. The warning signs experienced by women often differ from the more highly publicized symptoms suffered by men.

According to Christina Kozmor, Director of Cardio-Pulmonary Rehabilitation and Community Outreach at Shore Memorial Hospital, women frequently do not experience the same crushing feeling in the chest that men often describe. In women, it might be pain between the shoulder blades or shortness of breath. (For a complete list of symptoms, see sidebar).

"Women tend to put things off when it comes to their own health," says Kozmor. Often women will attribute these symptoms to something less serious. Do not disregard the warnings, she said.

Treatment is more than the therapy received after a heart attack or stroke - it is taking steps to reduce your risk. While we cannot change our genetic makeup or predisposition toward diabetes, high blood pressure or cholesterol, many risk factors can be significantly decreased with lifestyle changes.

Kick the habit. Smoker, take advantage of the many smoking cessation tools available to you. This may be the risk you have the greatest control over.

Get active. Incorporate 30 minutes of activity into your day five times per week. This will help you build a healthy heart and burn calories. And it may help lower your cholesterol.

Toss the salt. Many packaged foods are high in sodium. Read package labels and switch to reduced-sodium salt or eliminate it altogether. Substitute other spices for flavor.

Tame the sweet tooth. Cut the sugar in your diet whether it comes from adding it to your food or from sweetened cereals or that after-dinner bowl of ice cream. By reducing your sugar intake, you may shrink your chances of developing diabetes or gain control over the disease if you have it already.

Don't stress about it. Try to minimize the amount of stress in your life. If you can't eliminate or reduce the stress, at least learn skills to manage it. Take a yoga class, practice deep breathing techniques, exercise or squeeze a stress ball.

Finally, heart disease can affect women of all ages. Once believed to affect only women beyond menopause, it is now known that women of any age can become afflicted. It is never too early to be aware of the symptoms and take steps to reduce your chances of becoming a statistic.

•DON'T IGNORE THE WARNING SIGNS•

- Chest discomfort.
- Pain spreading to the jaw, neck, shoulder or arm.
- Shortness of breath.
- Nausea.
- Sweating.
- Dizziness.
- Indigestion or gas-like pain, especially when in an upright position.
- Unexplained weakness or fatigue.
- Discomfort or pain between the shoulder blades.
- Sense of impending doom.