

HCAP / HEALTH CAREERS CLUB HIGHLIGHTS



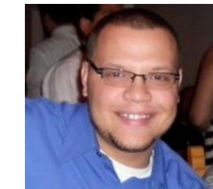
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DARK CHOCOLATE AND RED WINE ARE HEART-HEALTHY FOODS OF LOVE, DIETITIANS SAY

ScienceDaily (Jan. 13, 2012) — Forget the oysters and the champagne this Valentine's Day. If you want to keep your true love's heart beating strong, Susan Ofria, clinical nutrition manager at Gottlieb Memorial Hospital, said the real food of love is dark chocolate and red wine. "You are not even choosing between the lesser of two evils, red wine and dark chocolate have positive components that are actually good for your heart," said Ofria, a registered dietitian at the Loyola University Health System's Melrose Park campus. Red wine and dark chocolate with a cocoa content of 70 percent or higher contain resveratrol, which has been found to lower blood sugar. Red wine is also a source of catechins, which could help improve "good" HDL cholesterol. Ofria, who is also a nutrition educator, recommends the following list of heart-healthy ingredients for February, which is national heart month, and for good heart health all year. Eight Ways to Say "I Love You" -- Top Heart-Healthy Foods Red Wine -- "Pinots, shirahs, merlots -- all red wines are a good source of catechins and resveratrol to aid 'good' cholesterol."



- Dark chocolate, 70 percent or higher cocoa content-- Truffles, soufflés and even hot chocolate can be a good source of resveratrol and cocoa phenols (flavonoids) as long as dark chocolate with a high content of cocoa is used.
- Salmon/tuna-- Especially white, or albacore, tuna and salmon are excellent sources of omega-3 fatty acids, and canned salmon contains soft bones that give an added boost of calcium intake.
- Flaxseeds-- Choose either brown or golden yellow, and have them ground for a good source of omega-3 fatty acids, fiber, phytoestrogens.
- Oatmeal-- Cooked for a breakfast porridge or used in breads or desserts, oatmeal is a good source of soluble fiber, niacin, folate and potassium.
- Black or kidney beans-- Good source of niacin, folate, magnesium, omega-3 fatty acids, calcium, soluble fiber.
- Walnuts and almonds-- Both walnuts and almonds contain omega-3 fatty acids, vitamin E, magnesium, fiber and heart-favorable mono- and polyunsaturated fats.
- Blueberries/cranberries/raspberries/strawberries-- Berries are a good source of beta carotene and lutein, anthocyanin, ellagic acid (a polyphenol), vitamin C, folate, potassium and fiber.



Aaron M. Locklear
2nd Year Medical Student
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What's the best advice you can give students who wish to pursue health professions?

"Start early...Bump up your resume, it is better to be very involved in a few organizations than just be a member of several. And also it is very important to do well on the entrance exams and put in the time."

MCAT Practice

The smooth muscle that encircles arteries and arterioles contains α_1 -adrenergic receptors. Which of the following would be expected is an α_1 -adrenergic antagonist is administered?

- A. Increase systemic blood pressure
- B. Decrease systemic blood pressure
- C. Decrease cardiac muscle contraction
- D. Decrease stroke volume

B

UPCOMING DATES

SEP SCIENCE ENRICHMENT PROGRAM DEADLINE	FEB 15TH
CHSP (CLINICAL HEALTH SUMMER PROGRAM) DEADLINE	FEB 17TH
SPFD (FUTURE DOCTORS) DEADLINE	MARCH 2ND
FAFSA DEADLINE	MARCH 15TH
PREP PHARMACY CAMPBELL DEADLINE	APRIL 1ST
AMCAS OPENS APPLICATION 2013 AAMC.ORG	MAY 1ST

HAPPENINGS in Health Career Access Program & Health Careers Club

- Selling VALENTINES DAY Raffle tickets until February 10th
- MCAT Tutorials w/ Professors (M 4:00-5:00pm T/R 4:30-6:30pm)
- MCAT/GRE Follow-up workshop March 17-18th
- 1st Annual Community Easter Egg Hunt March 31st
- MCAT Tutoring M-R (By appointment)
- Next Club Meetings: Feb. 14th & 28th Science Bldg. Rm. 2246 4:00-5:00 pm

GRE Practice

Quantity A

The remainder when 135 is divided by 7

Quantity B

The remainder when 135 is divided by 19

- A. Quantity A is greater
- B. Quantity B is greater
- C. The two quantities are equal
- D. The relationship cannot be determined

C