

INDY CHINESE AMERICAN COMMUNITY WELCOMES YEAR OF THE ROOSTER!

金雞報曉迎新歲



NATIONAL WEAR RED DAY

"The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides." -Audrey Hepburn



Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer, he has been a dedicated columnist for Indy Asian American Times since 2010.

The American Heart Association instituted the National Wear Red Day, the first Friday of February, a part of the association's February Heart Month in 2003. On this day, people are encouraged to wear red to display support and raise the awareness of heart disease in women as well as to educate them about screening and prevention of heart disease. Heart disease is the leading cause of death in women; it is more deadly than all forms of cancer combined. And 64% of women who died suddenly from heart disease had no previous symptoms.

The "classic" description of heart disease is of coronary artery disease (also known as coronary heart disease), the most common type of heart disease in the U.S., in which there is atherosclerosis from a buildup of cholesterol, fat and other substances, called plaque, in the walls of the coronary arteries that carry oxygen-rich blood to the heart muscle, causing chest pain (angina). Plaque can rupture, forming a thrombus or blood clot which blocks blood flow through a coronary artery supplying one or more regions of the heart muscle; and with a prolonged lack of oxygen, the heart muscle cells suffer severe damage and begin to die. This is a heart attack (myocardial infarction).

Women are much more frequent than men to have coronary microvascular disease (MVD), in which there is damage to the inner walls of the small arteries branching off from the large coronary arteries, leading to spasms and reduced blood flow to the heart muscle, causing chest pain. However, coronary angiogram shows no blockages in the large coronary arteries, rendering this heart disease more difficult to diagnose. Afflicted with MVD, "the patients might have five-year rates of a cardiac event such as a heart attack."

While women suffering from an heart attack may have some type of pain, pressure, tightness, fullness or discomfort in the chest, they more commonly present with non-specific symptoms including pain or aching in one or both arms, neck, jaw, shoulder or upper back; shortness of breath; palpitation; cold sweat; abdominal discomfort; heartburn; nausea; indigestion; lightheadedness; unusual fatigue; overall feeling of illness; and unexplained feelings of anxiety. Due to their less typical symptoms of a heart attack, women oftentimes delay seeking treatment. Additionally, women suffering a heart attack may have been delayed in diagnosis and treatment by their physicians.

90% of all women have one or more heart disease risk factors that include high blood pressure; high LDL cholesterol; low HDL cholesterol; high triglycerides; diabetes; smoking; overweight/obesity; physical inactivity; unhealthy diet; older age; family history; mental stress and depression; and post-menopause.

Other risk factors may include sleep apnea, inflammatory diseases like lupus, rheumatoid arthritis and gum disease, and high levels of high sensitivity C-reactive protein and homocysteine. Sometimes coronary artery disease develops with no classic risk factors.

Healthy lifestyle choices can help to prevent or slow the progression of coronary artery disease: don't smoke; maintain a healthy weight; eat a healthy low-fat, low-salt diet that emphasizes whole grains, fruits, vegetables, legumes, nuts, and one or two servings of fish a week; avoid trans-fat; limit intake of saturated fat, cholesterol, red meat particularly processed meat, and added sugar of all kinds; exercise regularly; reduce and manage stress; treat and control conditions like high blood pressure, high cholesterol and diabetes; and discuss with your physician to learn your personal risk for heart disease.

We should wear red on National Wear Red Day and make a donation to Go Red For Women to support educational programs of enhancing awareness and research for the reduction of mortality in heart disease. Sources: American Heart Association, Harvard, Stanford, Mayo Clinic, CDC and WebMD.



Mrs. Peggy Lau in Red



IACA celebrates Chinese New Year with a 10 course banquet - Photo courtesy of Vicky Ko



National Council of Indiana celebrates with IACA - Photo courtesy of Vicky Ko



The Little Angels Sings at the Indianapolis Chinese Community Church - Photo courtesy of 刘建英



ICCCI President (center) sends out his greetings - Photo courtesy of 韩冀宁



East meet West ballet performance by ICCCI youths - Photo courtesy of 韩冀宁



The Energetic Flying ICCCI youngsters - Photo courtesy of 韩冀宁



Youngsters fed the IACA Lion after the dance - Photo courtesy of Vicky Ko



IACA elders Gonz & Jean Chua handed out traditional Hungbao for youngsters - Photo courtesy of Vicky Ko



2 IACA youngsters won the Raffle prize, painting by Gonz Chua - Photo courtesy of Vicky Ko



Celebrating Chinese New Year at the Indianapolis Chinese Community Church - Photo courtesy of 刘建英



Friends and Family at Dr. Hu's Chinese New Year Party - Photo courtesy of Da Wei Chang