



**State of Nevada**  
 Department of Administration  
*Risk Management Division*

**Volume 2020-1**  
**Jan-Feb-March**

# Peak Performance

## Can COVID-19 Damage Your Heart? Here's What We Know -Healthline.com

COVID-19, the disease caused by the new coronavirus SARS-CoV-2, has sickened hundreds of thousands and continues to kill large numbers of people worldwide.

Primarily considered life threatening for its effects on the lungs, a new study *Trusted Source* published this month in *JAMA Cardiology* finds COVID-19 can also cause heart injury, even in people without underlying heart issues.

“We know that the cardiac injury risk is there, no matter if you had prior heart disease or not. So prior heart disease is a risk factor for higher mortality in these patients. Cardiac injury also is a risk factor, but this can happen to people who are free of heart disease,” Dr. Mohammad Madjid, MS, the study’s lead author and an assistant professor of cardiology at McGovern Medical School at UTHealth, told Healthline.

According to Madjid, not only COVID-19 but other respiratory illnesses, like influenza and SARS, can worsen existing cardiovascular disease and cause new heart problems in otherwise healthy people.

He emphasizes that during most flu epidemics, more people die of heart problems than respiratory issues like pneumonia. He expects similar cardiac problems among severe COVID-19 cases.

“In my experience, I realized that more people actually die of heart disease rather than pneumonia, so that [the study findings] was not a surprise for me — that from China, that myocardial injuries are very much related to death in these patients,” Madjid said.



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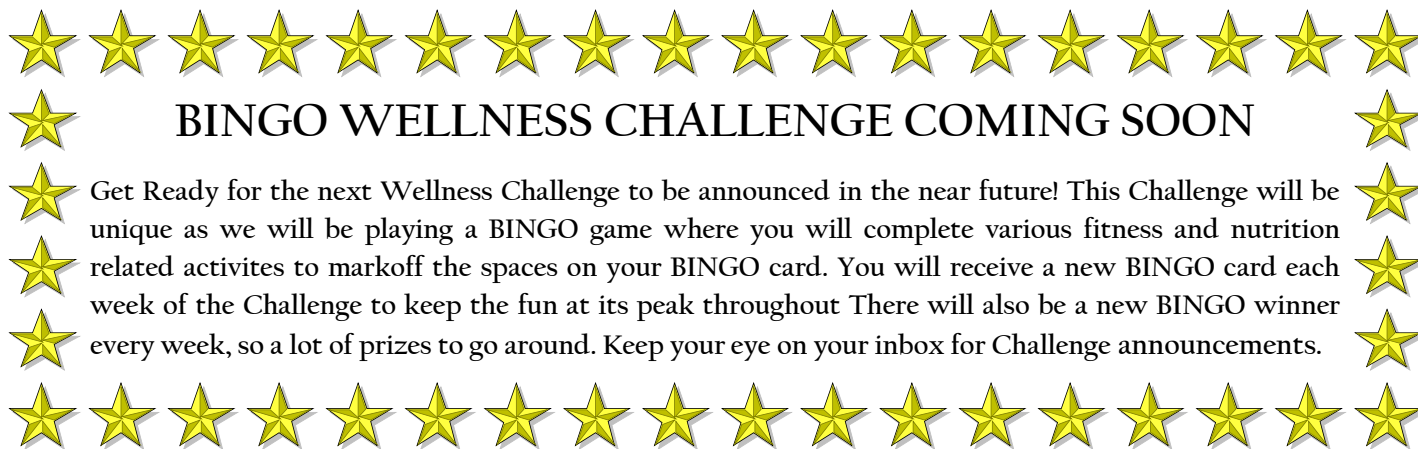
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## BINGO WELLNESS CHALLENGE COMING SOON

Get Ready for the next Wellness Challenge to be announced in the near future! This Challenge will be unique as we will be playing a BINGO game where you will complete various fitness and nutrition related activities to mark off the spaces on your BINGO card. You will receive a new BINGO card each week of the Challenge to keep the fun at its peak throughout. There will also be a new BINGO winner every week, so a lot of prizes to go around. Keep your eye on your inbox for Challenge announcements.

## One avocado a day helps lower 'bad' cholesterol for heart healthy benefits – ScienceDaily.com

Move over, apples -- new research from Penn State suggests that eating one avocado a day may help keep "bad cholesterol" at bay.

According to the researchers, bad cholesterol can refer to both oxidized low-density lipoprotein (LDL) and small, dense LDL particles.

In a randomized, controlled feeding study, the researchers found that eating one avocado a day was associated with lower levels of LDL (specifically small, dense LDL particles) and oxidized LDL in adults who are overweight or obese.

"We were able to show that when people incorporated one avocado a day into their diet, they had fewer small, dense LDL particles than before the diet," said Penny Kris-Etherton, distinguished professor of nutrition, who added that small, dense LDL particles are particularly harmful for promoting plaque buildup in the arteries.

"Consequently, people should consider adding avocados to their diet in a healthy way, like on whole-wheat toast or as a veggie dip."

Specifically, the study found that avocados helped reduce LDL particles that had been oxidized. Similar to the way oxygen can damage food -- like a cut apple turning brown -- the researchers said oxidation is also bad for the human body.

## Drinks with added sugars linked to lipid imbalance, which increases CVD risk – ScienceDaily.com

Drinking 12 ounces of sugary drinks more than once per day is linked to lower levels of high-density lipoprotein cholesterol (HDL-C), ("good" cholesterol), and higher levels of triglycerides, in middle aged and older adults, both of which have been shown to increase risk of cardiovascular disease. These results are from a new observational study published today in the Journal of the American Heart Association, the open access journal of the American Heart Association.

In previous studies, added sugars have been shown to increase cardiovascular disease risk. Beverages such as sodas, sports drinks and fruit-flavored drinks are the largest source of added sugars for Americans.

"This research reinforces our understanding of the potential negative impact sugary drinks have on blood cholesterol, which increases heart disease risk. It is yet one more reason for all of us to cut back on sodas and other

# Congratulations Peak Performers 2019



| RANK BY METS | LAST NAME     | FIRST NAME  | AGENCY | METS | RANK BY METS | LAST NAME      | FIRST NAME  | AGENCY      | METS |
|--------------|---------------|-------------|--------|------|--------------|----------------|-------------|-------------|------|
| 1            | FORBES-ADRIAN | JENA        | P&P    | 21   | 26           | GEORGIEV       | STOYAN      | NHP         | 16.9 |
| 2            | SOLOW         | DANIEL      | NHP    | 20.2 | 27           | LUSETTI        | RANDY       | NDOW        | 16.7 |
| 3            | RASOR         | ANDREW      | NDI    | 20   | 28           | EVANS          | AARON       | P&P         | 16.7 |
| 4            | DAVIDSON      | MICHAEL     | NHP    | 19.4 | 29           | HESTERLEE      | QUINN       | NDOW        | 16.5 |
| 5            | CRUZ          | MARIN       | NHP    | 19.2 | 30           | MILLER         | MATTHEW     | NDI         | 16.2 |
| 6            | STEWART       | JAMES       | NHP    | 19   | 31           | PAPKE          | ED          | DOC         | 16.1 |
| 7            | HUGHES        | JASON       | NDF    | 18.8 | 32           | SHARP          | MITCHELL    | DOC         | 16.1 |
| 8            | FLUHRER       | SHAWN       | DOC    | 18.6 | 33           | DONAHUE        | SEAN        | DOC         | 16.1 |
| 9            | GRAYSON       | JAMES       | NHP    | 18.6 | 34           | SMITH          | ROBERT      | DOC         | 16.1 |
| 10           | PRESTIPINO    | GREGORY     | NDI    | 18.2 | 35           | MARTINDELCAMPO | ADRIAN      | DOC         | 16.1 |
| 11           | MITCHAM       | MICHAEL     | DOC    | 18.1 | 36           | BRAUN          | JOSHUA      | DOC         | 16.1 |
| 12           | RAYL          | JESSICA     | NHP    | 17.8 | 37           | MUSE           | ALEXANDER   | DOC         | 16.1 |
| 13           | HUNT          | STEVEN      | DOC    | 17.7 | 38           | REST           | TIMOTHY     | LAKES X'ING | 16.1 |
| 14           | CHIRSTIAN     | DARRELL     | DOC    | 17.1 | 39           | KELLERMEYER    | ERIC        | LAKES X'ING | 16.1 |
| 15           | LUCEY         | MICHAEL     | NDF    | 17.1 | 40           | DREW           | RYAN        | NDOW        | 16.1 |
| 16           | KONRAD        | TINA        | NHP    | 17.1 | 41           | BOYNTON        | EDWARD      | NHP         | 16.1 |
| 17           | HARKLEROAD    | BLAIR       | NHP    | 17.1 | 42           | GRANATA        | ANDREW      | NHP         | 16.1 |
| 18           | YOUNG         | MARSHALL    | NHP    | 17.1 | 43           | KNOCH          | PETER       | NHP         | 16.1 |
| 19           | GARCIA        | CHRISTOPHER | NHP    | 17.1 | 44           | TIMM           | MICHAEL     | NHP         | 16.1 |
| 20           | HALSEY        | DAVID       | DOC    | 17   | 45           | ZEHR           | ADAM        | NHP         | 16.1 |
| 21           | DONAHUE       | SEAN        | DOC    | 16.9 | 46           | BROWN          | CHRISTOPHER | NHP         | 16.1 |
| 22           | BAUISTA       | FRANCISCO   | DOC    | 16.9 | 47           | O'ROURKE       | STEPHANIE   | P&P         | 16.1 |
| 23           | HALVERSON     | TY          | DOC    | 16.9 | 48           | SHUBERT        | JAMES       | P&P         | 16.1 |
| 24           | CESSFORD      | JOHN        | NDI    | 16.9 | 49           | MLECZKO        | TYLER       | NHP         | 16   |
| 25           | PEOPLES       | JOHNNY      | NHP    | 16.9 | 50           | JACKSON        | ANTONIO     | P&P         | 16   |

# Tips to Decipher Deceptive Food Packaging – USNews.com

## 1. Look Past the Cool Packaging.

Many highly processed items present themselves in ways that are meant to evoke a quality mission or humble origin. Just because a bar looks like it was developed by a beatnik farmer or an enlightened new mom doesn't mean that it's more nutritious – or even that it actually was developed by a beatnik farmer or enlightened new mom. Similarly, ignore buzzwords including keto, paleo and low carb. These terms are there to guarantee that food producers capitalize on the latest diet fad – not that you experience better health.

## 2. Be Hypervigilant of Hyperbole About Ingredients.

The only thing it's safe to assume from claims such as "made with real fruit" or "contains whole grain" is that the product contains a tiny bit of fruit or grain. "Made with" or "contains" is not related to the amount or quality of the ingredient. Even a fraction of one raisin per serving qualifies the food to proclaim that it is made with real fruit. And, according to the Whole Grains Council, corn counts as a whole grain.

It's even worse with trendy ingredients: Some manufacturers add ginger flavor so "ginger" can somehow appear on the front of the package.

## 3. Beware of "Healthier" Versions.

One jaw-dropping tactic of manufacturers is to change the serving size of a product and then slap a "healthier" label on it. Want to cut the sodium and calorie count of regular soup by 50%? Make the serving half a can. And buyer truly beware: What constitutes a "healthy" packaged food item is not defined.

## 4. Snub Comparisons.

Most processed foods have no business comparing themselves to non-processed items. A glass of vegetable juice may provide two servings of vegetables, but two servings of actual vegetables aren't usually accompanied by 640 mg of sodium. No surprise: Whole fruits and vegetables always win over their processed counterparts.

## 5. Go Beyond the Macro.

Many foods can hide behind the nutrition panel calling attention to their protein, fat or carb content. However, carbs, protein and fats are macronutrients, which have very little to do with the biochemical impact of a food. A nutrition panel for two apples and 16 gummy bears is nearly identical, even though these foods yield radically different health effects.

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or email her at [mfoley@admin.nv.gov](mailto:mfoley@admin.nv.gov). You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 291-7881 or email [Laura.Streeper@WillisTowersWatson.com](mailto:Laura.Streeper@WillisTowersWatson.com) for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.