

## Counseling Considerations

- Male is the head of the family.
- Direct eye contact and handshaking in greeting and when leaving is respectful.
- Female is in charge of preparing meals.
- Prefer quiet speaking to loud, abrasiveness.
- Religious affiliation generally Catholic- i.e. no meat on Fridays.
- High prevalence of alcohol use- many make their own (higher proof).
- Federally funded programs are seen as status lowering and humiliating.
- Resources should not be seen as “charitable handouts”.

## Using TLC Diet

- **Change Modifiable Risk Factors**
  - Meal preparation:
    - Steam instead of boil
    - Bake instead of fry
- **Increase Fruit and Vegetable intake**
  - Praise vegetables they do eat; discuss/ encourage trying new fruits and vegetables.
- **Decrease Sodium Intake**
  - Explain biological reasoning
  - Avoid adding salt to meals/encourage other spices and herbs use
  - Discuss alternatives to pickled foods/meal planning
- **Decrease Cholesterol/ Fat Intake**
  - Discuss alternative meats lower in saturated fats
  - Review healthy fats to cook with other than butter or bacon fat

- **Decrease Cholesterol/ Fat Intake**
  - Review biological issues with high fat and cholesterol intake
- **Food/drug interactions**
  - Omit/limit alcohol with certain medications
- **Portion Sizes**
  - Encourage small, frequent meals
  - Discuss meal planning
  - Discuss desserts and healthy alternatives

## Educational Resources

[www.heart.org](http://www.heart.org)

- Healthy food for under \$1
- Other printable handouts

[www.drorrowiec.org](http://www.drorrowiec.org)

- Free screenings
- Orawiec Cardiac Fund
- Polish American Medical Society

[www.americanheart.org](http://www.americanheart.org)

[www.eatright.org](http://www.eatright.org)

[www.usda.gov](http://www.usda.gov)

# Heart Disease Education and Counseling in the Polish Community

**Heart disease is the leading cause of death in the United States for both men and women. The Polish Community has been found to be even less aware of the risks for heart disease.**

## Traditional Health Beliefs:

- May not seek treatment if feel they are knowledgeable in medical/health areas
- There is a physical/biological explanation for every illness.

## Traditional Meal Patterns:

- Lacking in fresh fruits and vegetables.
- Food cooked for prolonged periods of time; removing many vitamins and minerals.
- Smoked and pickled foods, which are high in sodium.
- Meats high in saturated fat: pork, beef, sausage, and cured meat.
- Sugary, rich desserts.
- Consume starchy, high fat foods.

## Typical Meal Schedule:

- Breakfast- 6:30-8:00AM
  - Light meal
- Another morning meal- 10:00AM
- Afternoon meal- 3:00PM
  - Heaviest Meal
- Dinner- 6:30-8:00PM
  - Light meal or snack

## Other Common Health Issues:

- Obesity
- Smoking related disorders
- Alcohol related illnesses
  - Alcoholic psychosis
  - Cirrhosis of the liver
  - Acute alcohol poisoning
- Cancer
  - GI
  - Breast
  - Lung
  - Thyroid
- Diabetes Mellitus Type II
- Psychological Disorders
- Peptic Ulcers

## Polish Dishes

- **Kapusta** (sauerkraut)
- **Golabki** (stuffed cabbage)
- **Babka** (coffee cake)
- **Pierogi** (dumplings filled with meat or potatoes and cheese)
- **Uszka** (pastries filled with meat or mushrooms)
- **Barszcz** (fermented beetroot soup)
- **Bigos** (made of brined cabbage, meat, and mushrooms)
- **Golabki** (cabbage leaves stuffed with meat and rice; served with tomato or mushroom sauce)
- **Sernik** (cheesecake)
- **Piernik** (gingerbread)
- **Paczki** (doughnut)