

hearthealthnews®

4 KETTERING HEART CARE HELPS YOU HELP YOURSELF

6 TINGLY? YOU MAY HAVE NERVE DAMAGE

7 MEDICINE MYTHS THAT MAKE YOU SICK



HEART HEALTH
is a
'FAMILY AFFAIR'
at KMC.

See pages
4 and 5.

Kettering heart team focuses on women

The American Heart Association and Kettering Medical Center (KMC) have launched the *Dayton Goes Red* campaign. It's a year-round partnership to educate everyone, especially women, to take heart disease more seriously.

The number one killer of women ages 25 and over is heart disease—not breast cancer.

In fact, 64 percent of women who die suddenly from heart disease have no previous symptoms.

KMC offers special heart screenings for women, including several tests, an EKG and a personal risk status report. For details on this and our other screenings, see page 5.

And don't miss the story about the Chalecki family (pages 4–5) and how KMC heart screenings helped them. It's well worth your time!

—Rick D. Mace
Vice President of Clinical Services
Kettering Medical Center



PAD: What you don't know can hurt you

Do you have peripheral artery disease (PAD)? Most people don't even know what it is, according to a study in the journal *Circulation*. PAD occurs when cholesterol and other fats accumulate in the walls of arteries that supply blood to the legs, resulting in narrowed arteries and reduced blood flow.

Many people with the disease experience no symptoms—the most common is pain or cramping in the legs—or think it's a natural part of aging.

In a survey of about 2,500 people over age 50, only one in four respondents knew that having PAD increases the risk for heart attack and stroke; even fewer knew PAD can lead to amputation and death.

Got hypertension? Get answers

When blood pressure is continuously elevated, it's called hypertension—and it's a major risk factor for stroke. But you can lower your risk by lowering your blood pressure. If you have hypertension, ask your doctor these questions:

- ▶ Is exercise safe for me? Are there exercises or activities I should avoid?
- ▶ What's the name of my blood pressure medication and how does it work?
- ▶ Do I need to take my heart rate and blood pressure before I take my medication?
- ▶ Can my pharmacist substitute a brand name with a generic form of my drug?
- ▶ What side effects might I expect from this medicine?

Choose a heart-smart diet

New diets pop up every day that promise to help Americans combat obesity. Though they may all help followers lose weight, how can you tell which ones are best at positively impacting heart health?

To find out, University of Massachusetts Medical School researchers reviewed eight weight-loss plans that were on the *New York Times* best-seller list. They also assessed the U.S. Department of Agriculture's Food Guide Pyramid recommendations and Weight Watchers. They evaluated daily serving recommendations for fruits, vegetables, fats, fiber, nuts, soy and white meats to determine a diet's heart-health benefit. The results, scoring highest to lowest, were:

- 1) Ornish
- 2) Weight Watchers high carbohydrate
- 3) New Glucose Revolution
- 4) South Beach Phase 2
- 5) Zone
- 6) Food Guide Pyramid
- 7) Weight Watchers high protein
- 8) Atkins 100 gram carbohydrate
- 9) South Beach Phase 3
- 10) Atkins 45 gram carbohydrate



▶ DID YOU KNOW?

- ▶ Depression increases heart attack risk—even if you have no history of heart disease.
- ▶ A cell phone or an iPod can disrupt the electrical signaling of a pacemaker—if it's on and worn in a shirt pocket over the pacemaker.
- ▶ Aspirin therapy seems to be more effective at preventing a first stroke in women than men, but it's more effective at preventing a first heart attack in men than women.

Take it to heart

6 ways you can prevent heart disease



If you could better your chances at winning the lottery, you would do it, right? But when it comes to bettering our chances of preventing heart disease, many of us waste golden opportunities. True, heart disease isn't always avoidable—you can't do anything about risk factors such as increasing age and heredity. But you *can* do something about six other factors:



[1] QUIT SMOKING

♥ Plenty of aids are available to help you kick the habit, from nicotine patches and lozenges to inhalers and nicotine-free medicine. Talk with your healthcare provider about choosing the best one for you. If you don't smoke, try to avoid secondhand exposure.



[2] GET ACTIVE

♥ Carve time out of your day to work out. Get in at least 30 minutes all at once or broken up into three 10-minute sessions. Find an activity you enjoy so you're more apt to stick with it. Go for a brisk walk or take an exercise class at your local recreation center. (But get your healthcare provider's OK first if you've been inactive.)



[3] LOWER HIGH BLOOD PRESSURE

♥ Eat a low-sodium diet, get regular activity, quit smoking and lose weight to bring down high blood pressure. If you're stressed, try relaxation techniques such as yoga, tai chi or meditation.



[4] REVAMP THE WAY YOU EAT

♥ A diet rife with saturated and trans fats can increase cholesterol levels. A better bet is eating plenty of fruits, vegetables, whole grains, low-fat dairy and lean meats. Oatmeal, walnuts and cold-water fish such as salmon are some foods that can actually help lower your cholesterol.



[5] FIGHT OBESITY

♥ Get at least an hour to an hour and a half on most days of moderate- to vigorous-intensity activity, such as brisk walking or running, to help you lose weight. Make sure you're not exceeding your daily calorie requirements and concentrate on eating plenty of fruits and vegetables.



[6] CONTROL DIABETES

♥ Two in three people with diabetes die of heart disease and stroke. Keep your blood sugar, blood pressure and blood cholesterol within recommended ranges. Meet regularly with a registered dietitian or certified diabetes educator to learn how you can keep your heart healthy. ♥

Heart screening: \$100 Prevention: Priceless!

"It was the best \$100 I ever spent," says Ron Chalecki. That's how much it costs to undergo Kettering Medical Center's (KMC's) calcium scoring screening. Chalecki has a family history of stroke and heart disease, and since heredity plays such a large role in cardiovascular disease, "I was attentive to prevention," he says.

Chalecki's cholesterol had been borderline or high for several years. At his annual physical, Chalecki asked his doctor whether he should have any preventative screenings. They discussed the calcium scoring screening, a fast, noninvasive computed tomography (CT) scan used to detect calcified plaque in coronary arteries before symptoms develop.

While Chalecki had no symptoms of heart disease, he signed up for KMC's calcium scoring screening. "It was just as billed—fast, easy, no needles—just lie down for a few moments while the machine does its work."

Chalecki had researched the screening on the Internet and knew that a score of 400 wasn't good. You can imagine, then, his reaction when KMC cardiac outreach coordinator Barb Emrick called him to report that his calcium score was over 1,400!



The family chose Mark to be first 'at bat'!



The Chalecki family at KMC's Cardiac Calcium Screening. From left: Jeff, with daughter Ella; Ron (holding granddaughter Jenna); Susan; Mark and Lori.

"I was blown away," says Chalecki. "I immediately made an appointment to see a cardiologist."

While no abnormalities were detected in the stress test and echocardiogram administered by the doctor, other testing showed his left artery was substantially blocked. The heart catheterization performed at KMC found almost 75 percent of the left coronary artery blocked. Chalecki subsequently underwent double bypass surgery.

MAKING EARLY DETECTION A FAMILY AFFAIR

Chalecki's experience had him thinking about his children and their futures. "If there is a way that we can find out in advance for my kids whether they're heading for a stroke or heart attack so they can take steps to reduce their risk factors, I want them to have that chance."

So Ron paid for his two sons, his daughter and his daughter-in-law to have the calcium scoring screening at KMC. "I wanted my kids to proactively manage their health. Even though some of them live out of town, I told them after the screening, 'Here's your baseline score. Now, check again every five years or so. If you notice a bad trend in the scoring,



then you and your doctor can take positive action to change that trend.'

"They had their screenings while they were home for the holidays. I can't think of a more meaningful holiday gift than to give them the information and tools to manage their risk for cardiovascular disease."

If you want to know more about your heart's health, schedule one of our preventative screenings today. See details at right. ♥

Mended Hearts lend support

Ron Chalecki is a proud member and vocal supporter of The Mended Hearts, Inc. The support group is comprised of past heart surgery patients who visit and offer encouragement to those with heart conditions and those anticipating or recovering from heart surgery. The Mended Hearts, Inc., meets monthly at Kettering Medical Center. To find out more about the group, contact Mended Hearts at **937-853-3105** or visit their Web site at **www.wrighthearts.org**.

Best heart treatment? Early detection!

Kettering Medical Center (KMC) knows that the earlier you detect a possible heart problem, the easier it is to treat it effectively. KMC has screenings and classes to help you improve and maintain the health of your heart.

♥ **Healthy Hearts for Women**—Screening designed to increase heart disease awareness in women and assess cardio-vascular risk status. This program measures lipid levels, glucose, blood pressure and body mass index and offers a 12-lead EKG. An individual risk consultation is also provided.

June 4, Beaver Creek Health Center (by the Fairfield Commons Mall), call **937-395-8492** to register.

♥ **Cardiac Calcium Scoring CT**—A fast, noninvasive CT scan to detect calcified plaque in coronary arteries before symptoms develop. Recommended for men and women over age 40 with a family history of or other risk factors for heart disease. **Cost \$99**. Call **937-395-8492** to schedule.

CARDIOVASCULAR HEALTH ASSESSMENT

♥ **Level 1**—A basic assessment measures lipid levels, glucose, blood pressure and other risk factors for heart disease, providing a risk consultation and cardiovascular health plan. Research shows modifying these risk factors can prevent coronary heart disease. **Cost \$21**.

♥ **Level 2**—A more advanced assessment includes Level 1 assessment and vascular ultrasound to identify atherosclerosis in the carotid and leg arteries. Carotid artery duplex ultrasound and ankle-brachial index provide valuable information about your heart disease and stroke risk through detection of atherosclerosis. Our board-certified cardiologist reviews all test results. **Cost \$99**.

May 15, 8:30 a.m.–noon, Kettering Seventh day Adventist Church

June 26, 8:30 a.m.–noon, Englewood Health Center, Clayton

Appointments are necessary. Call **937-384-4857** to schedule.

♥ **Vascular Ultrasound Screening**—This series of three tests detects atherosclerosis in carotid arteries (neck), looks for silent enlargement of the aorta (aneurysm) and checks for poor circulation in lower extremities. **Cost \$45 per test or \$109 for all three**.

May 15, 1–4 p.m., Kettering Seventh day Adventist Church

June 7, 8 a.m.–1 p.m., Epiphany Lutheran Church, Centerville

June 26, 1–4 p.m., Englewood Health Center, Clayton

Call **937-384-4857** to schedule, or visit **www.khnetwork.org**.

TRUE OR FALSE

If you want to be heart healthy, you have to be heart smart. Test your knowledge by answering true or false to the following statements. Then check the answers below to see how well you did.

STATEMENTS

1. Heart defects are the most common type of major birth defect. T F
2. High blood pressure can lead to kidney disease. T F
3. The higher your levels of triglycerides—a fat found in the bloodstream and fat tissue—the better. T F
4. Herbs and spices such as fenugreek seeds and leaves, artichoke leaf extract, yarrow and holy basil may help reduce cholesterol levels. T F

ANSWERS

1. **TRUE:** About eight in every 1,000 babies are born with a structural problem in their heart, which can slow blood flow, cause blood to go in the wrong direction or to the wrong location, or block blood flow completely. Thankfully, many of these heart problems can be treated successfully.
2. **TRUE:** High blood pressure is one of the leading causes of kidney disease. Small blood vessels in your kidneys remove waste and excess water and make urine. High blood pressure can damage these blood vessels.
3. **FALSE:** High triglyceride levels—200 mg/dL and above—contribute to artery hardening. Ideally, you want levels less than 150 mg/dL.
4. **TRUE:** Several studies have shown that these herbal products may reduce cholesterol levels, but always talk with your healthcare provider before trying any herbal supplements since their safety hasn't been entirely established.

Feeling tingly?

Don't ignore signs of peripheral neuropathy

Diabetes is the most common cause of peripheral neuropathy, a condition that can cause numbness, tingling, pain or a loss of sensation in the feet and eventually spread to the hands and legs. It results from nerve damage caused by long-standing high blood sugar.

If you notice unusual sensations in your hands or feet, seek medical care immediately. Without help, more extensive nerve damage and decreased circulation can occur, which may lead to ulcers, gangrene and amputation.

Your healthcare provider will work with you to make sure your blood sugar levels are as close to normal as possible, which helps protect nerves. He or she can also prescribe medication to ease nerve pain. However, many medications have side effects when taken long term, so your provider may recommend nondrug therapies. These therapies include biofeedback, acupuncture, hypnosis, relaxation techniques and transcutaneous electrical nerve stimulation (TENS), which can block pain signals.

SELF-CARE

In addition to measures your provider recommends, do your part to manage your peripheral



neuropathy symptoms:

► Be kind to your feet.

Check them daily for blisters, cuts or calluses. Avoid tight shoes and socks, which can worsen pain and cause sores that don't heal. Have your healthcare provider cut your toenails.

► Exercise regularly.

Working out can reduce pain and keep blood sugar levels in check. Ask your healthcare provider about routines appropriate for you.

► **Stop smoking.** It can adversely affect circulation, putting you at greater risk for foot problems—including amputation.

► **Eat healthfully.** That means lean meats like skinless chicken and extra-lean ground beef and low-fat dairy products like skim milk and fat-free yogurt, along with plenty of fruits, vegetables and whole grains.

► **Avoid pressure.** Don't cross your knees or lean on your elbows for extended periods of time. ♥

Medication myths & facts



TAKE-AWAY TIPS

Medicine is meant to supplement—not replace—healthy habits.

Heart pills can treat certain conditions, but they're not a cure.

Pain relievers and herbal remedies can interact with your prescription medication.

Not following orders can lead to your drugs not working.

Hear pills save millions of lives each year. Some work by slowing down the heart-beat and strengthening its ability to pump blood, others work by keeping the heart's electricity running smoothly or by lowering blood pressure. And some heart pills that lower cholesterol may also ward off other problems such as cancer. But while these drugs can help treat your heart problem, they aren't a quick fix. Don't become a victim of these commonly held myths surrounding heart medicines:

► **You don't have to eat right or exercise if you take a heart pill.** Medicine is meant to supplement—not replace—healthy habits. If you're on blood pressure or cholesterol medications, exercise may lessen your need for them. Working out helps your heart pump more efficiently and increases amounts of HDL, or good cholesterol, while lowering LDL, or bad cholesterol. (Make sure to talk with your healthcare provider first before starting any exercise program.) Eating a diet rich in fruits, vegetables and whole grains, and low in saturated and trans fats, can help keep your arteries clear and the strain of excess weight off of your heart.

► **You can stop taking your medicine if you feel better.** Heart pills can treat certain conditions, but they're not a cure. Many drugs, like those used to treat high blood pressure, only help the condition while you're taking them and may need to be taken for the rest of your life for the best results. High blood pressure isn't called the "silent killer" for no reason: It can be high even when you feel good.

► **Your healthcare provider doesn't need to know about those over-the-counter (OTC) medicines you're taking.** Pain relievers and herbal remedies could interact with your prescription medication, so it's important to let your healthcare provider know everything that's in your medicine cabinet. For example, most OTC cold and flu products contain decongestants, which can raise your blood pressure and interfere with blood pressure medications. Set up an appointment with your provider to bring in all your prescription and OTC drugs, as well as vitamins and other supplements, and have him or her look them over for any possible interactions.

► **It doesn't matter when you take your medicine or whether you miss a dose.** Not following orders can lead to your drugs not working or cause mild to harmful side effects. Or you could counteract one medicine if you take it with another. If you have trouble remembering to take your medicine, try making it part of another daily routine—for instance, take it with a meal or right before brushing your teeth—or use a pillbox labeled with each day of the week.

► **You've been prescribed this drug, and that's all you need to know.** For the best outcome, you need to play an active role in treatment decisions—and that includes knowing about your medication. How does it work? What are the side effects or possible complications and how can you manage them? What if the medicine doesn't work? Don't be afraid to ask questions. Your heart is on the line. ♥

When choosing heart care—choose the best

The distinguished physicians listed below represent heart care experts dedicated to delivering unparalleled quality care at Kettering Medical Center (KMC). If you, a family member or a friend are in need of a cardiac physician on Active or Provisional Active staff at KMC, choose from these specialists:

CARDIOLOGY SOUTH

- Farouk Tabrah, MD; Ajay Reddivari, MD; and Frank Wenzke, MD
(937) 294-4356

SOUTHWEST CARDIOLOGY

- Calvert Busch, MD; Ziwar Karabatak, MD; Robert Kiefaber, MD; Brian Schwartz, MD; Harvey Hahn, MD; and David Stultz, MD
(937) 293-3486

SCHUSTER CARDIOLOGY ASSOCIATES

- Franklin Handel, MD; Bruce Hymon, MD; Peter Lewis, DO; Milton Nathan, MD; and Gary Pauls, MD
(937) 643-9939

PRIMED CARDIOLOGY

- Saleem Ahmad, MD; Khawaja Baig, MD; Raja Nazir, MD; M. Reddy, MD; and Tushar N. Shah, MD
(937) 298-8058

CARDIOLOGY SPECIALISTS OF DAYTON

- Robert Bulow, DO; Patrick Lytle, DO; Deepthi Mosali, MD; Janis Roberts, DO; and Thomas Ruff, DO
(937) 454-9527

DAYTON CARDIAC ELECTROPHYSIOLOGY ASSOCIATES

- Abdul Wase, MD
(937) 275-2322

DAYTON CARDIOLOGY & VASCULAR CONSULTANTS

- Ceferino Cata, MD; John Duchak, III, MD; Irshad Hussain, MD; Ayman Jamal, MD; Mohamad Khan, MD; Mujtaba Khan, MD; and Raymond Pratt, MD
(937) 223-3053

KETTERING CARDIOTHORACIC & VASCULAR SURGEONS

- Karl Borsody, MD; Thomas Merle, MD; Peter Pavlina, MD; and Bruce Rank, DO
(937) 294-3611

HANS J. ZWART, MD & ASSOCIATES

- Scot Denmark, MD; and John Miller, MD
(937) 297-6800

PREMIER CARDIOTHORACIC & VASCULAR SURGEONS

- B. Justin Kim, MD; and Kok Lim, MD
(937) 275-5100

STEPHEN YOUNG, DO

(937) 226-7898

Learn more about heart care

Visit www.khnetwork.org, click on "Heart Care" and choose "Kettering Cardiac Services."

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Kettering, Ohio 45429

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We thought you should know ...

Kettering Medical Center
has earned *Solucient's 100*
Top Hospitals award for the
past three years!