

Kettering pioneers a new heart hospital

THE FUTURE OF AREA heart care is taking shape with the recent ground-breaking for the Benjamin and Marian Schuster Heart Hospital.

The first area heart hospital to be supported by a full-service medical center will be built on the Kettering Medical Center (KMC) campus.

Rising five stories above our present emergency room, the Benjamin and Marian Schuster Heart Hospital will provide comprehensive heart care under one roof. That means better care and less stress for patients.

Heart care often involves other conditions that require a full-service hospital to treat. KMC tackles higher-risk heart cases that require the close backup of a full-service medical center to deal with complications.

The father of modern cardiology in Dayton, Benjamin Schuster, MD, has blessed us for 40 years with his dedication to improving heart care. We pledge to continue his legacy by providing quality heart care.

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

New women's heart screening

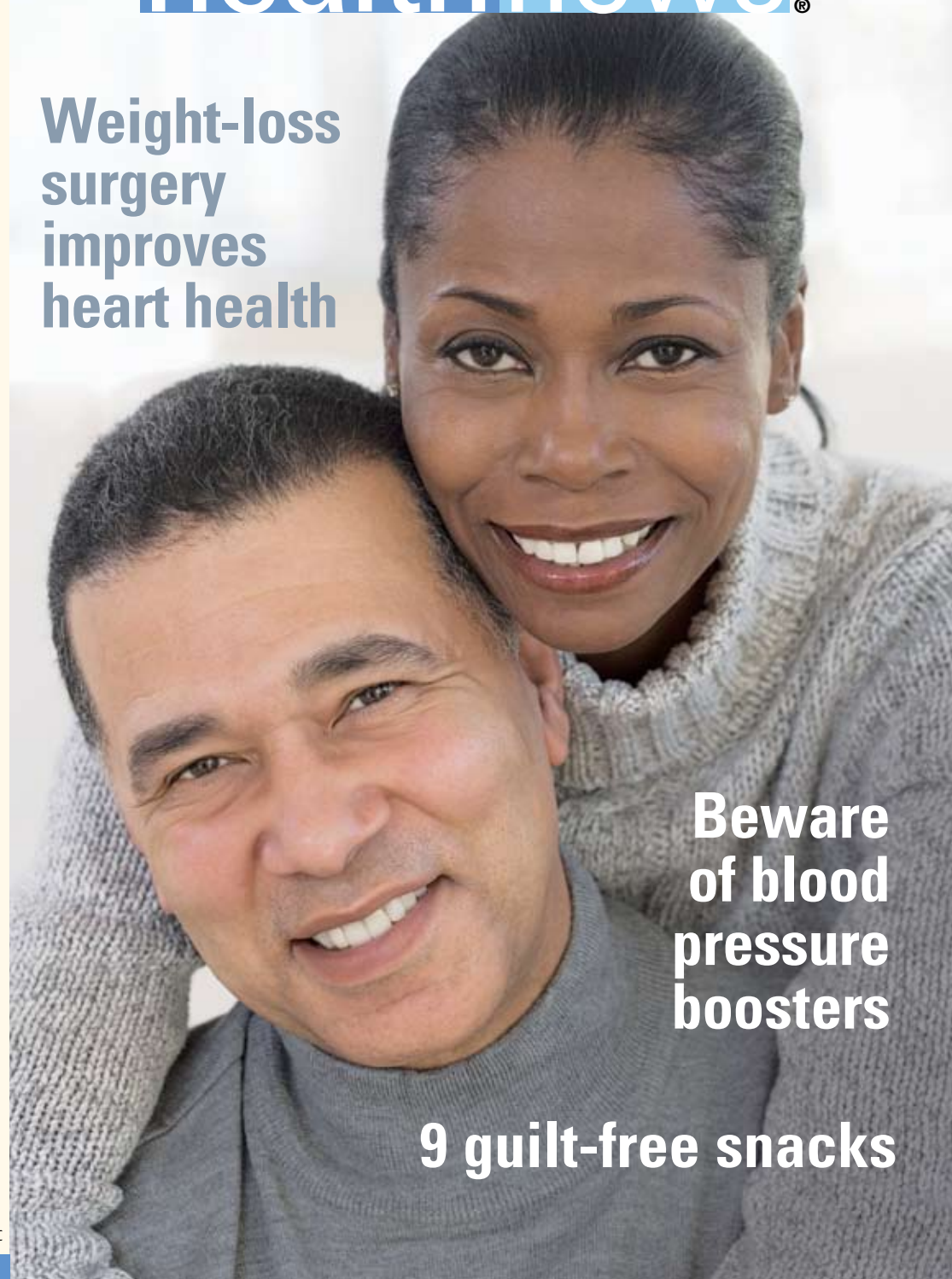
See page 5.

heart healthnews®

Weight-loss surgery improves heart health

Beware of blood pressure boosters

9 guilt-free snacks



MAKE MIDLIFE CHANGES FOR YOUR HEART'S SAKE

Midlife isn't too late to start making heart-smart changes, say researchers from the Medical University of South Carolina after a 12-year study of nearly 16,000 people, ages 45–64. Adopting new lifestyle behaviors—eating at least five fruits and vegetables every day, exercising two and a half hours a week, not smoking and maintaining a body mass index between 18.5 and 30—resulted in 35 percent fewer cardiovascular disease (CVD) incidents and a 40 percent lower mortality rate than people with less healthy behaviors.



did you know?

- ▶ High blood pressure is the no. 1 cause of congestive heart failure.
- ▶ Cigarettes do double damage: Not only does smoking increase the heart's need for oxygen, it restricts the amount of oxygen the heart receives.
- ▶ A trans fat-free food isn't necessarily healthy—it may be loaded with saturated fat instead.

PUMPING IRON IMPROVES HEART HEALTH

If you have cardiovascular disease, lifting weights—or pumping iron—is no longer a banned activity. Weight lifting can provide you with multiple benefits if you work out within guidelines, says an updated American Heart Association (AHA) statement. When undertaking a resistance training program, the AHA recommends you:

- Perform exercises rhythmically at a slow to moderate speed.
- Exhale during the exertion of lifting and inhale during relaxation instead of holding your breath and straining.
- Alternate between upper- and lower-body training.
- See your doctor before beginning a weight-training program.



THE ROAD TO CLOGGED ARTERIES

Living near noisy, heavily trafficked streets may do more than bother your ears; the long-term exposure to air pollution may put your heart at risk. Those are the findings of a German study of nearly 4,500 adults, ages 45 to 74. After laboratory tests and clinical examinations, study subjects underwent electron-beam computed tomography to determine coronary artery calcification (CAC), or hardening of the fatty plaques in an artery's inner lining. After taking other risk factors into account, researchers found that people living within 160 feet of heavy traffic faced a 63 percent greater risk of atherosclerosis than those living more than 640 feet away. CAC can lead to heart attack or stroke. The study appears in *Circulation: Journal of the American Heart Association*.

SOFT DRINKS MAY BE HARD ON YOUR HEART

Enjoying a can of diet soda will help you avoid the 150 or so empty calories in 12 ounces of regular soda. However, diet or not, soda is associated with a 44 percent increased risk over four years of developing a group of cardiovascular and diabetes risk factors known as metabolic syndrome. Framingham Heart Study researchers observed more than 6,000 participants, comparing those who consumed less than one soft drink a day with those who consumed one or more. Soda drinkers paid for their pleasure with higher blood sugar, lower levels of HDL (good) cholesterol, more abdominal fat and elevated triglycerides. Authors of the study, published in *Circulation: Journal of the American Heart Association*, emphasize that diet soft drinks don't cause an increased heart disease risk but that the link between the two needs to be explored.



A HOSTILE SPOUSE MAY BE A HEARTBREAKER

Always spoiling for a fight? If so, you may find more than you bargained for—namely an increased heart disease risk. In a study of 300 middle-aged and older married couples, researchers found that spouses who rated high on an “antagonism” scale by their mates were more likely to have significant calcium buildup in their arteries. The link between antagonism—a person's tendency to be suspicious, argumentative, competitive or emotionally cold—and heart disease was only apparent in older couples. The study, appearing in *Psychosomatic Medicine*, suggests that over time, the increase in stress hormones and blood pressure caused by negative emotions may take their toll on the heart.

Blood pressure boosters



Hidden factors that can influence your levels

CERTAIN RISK FACTORS FOR HIGH BLOOD

pressure are well known: obesity, aging, heredity, smoking, a diet high in sodium. But did you know that other factors influence how high your numbers go—sometimes temporarily?

High blood pressure, also called hypertension, affects as many as one in three adults and has been called the “silent killer” because it often goes undetected. A blood pressure reading of 120/80 mm Hg or above is now considered too high. Left untreated, high blood pressure can lead to heart attack, stroke or kidney failure.

You can combat high blood pressure through lifestyle changes and with medication. But first, learn what other factors may be making your numbers spike:

- **Exercise.** Long-term high blood pressure can cause enlargement and stiffening of the heart, but the short-term blood pressure elevation caused by exercise doesn't hurt this all-important organ. In fact, exercise helps the heart pump more efficiently.
- **Stress.** Blood pressure can rise as a response to distressing events, but once the stress disappears, blood pressure returns to normal. However, frequent temporary spikes in blood pressure can affect blood vessels, the heart and kidneys much like persistent high blood pressure can. When you're stressed, you're also more likely to engage in blood-pressure-elevating behavior, such as smoking and drinking excessively and eating unhealthy foods.
- **Diet pills.** Diet-suppression aids often contain stimulants, which can raise blood pressure.
- **Pain relievers.** Nonsteroidal anti-inflammatory drugs such as ibuprofen (Advil), aspirin and naproxen sodium (Aleve) can raise blood pressure by causing the body to hold on to salt and water, making the kidneys work less efficiently.
- **Decongestants.** Certain decongestants and cold medications may elevate blood pressure.
- **Prescription medications.** These include Celebrex, Ritalin and Epogen, as well as antidepressants Wellbutrin, Zyban, Effexor, Nardil and some immunosuppressants.
- **Herbal supplements.** Bitter orange, ephedra, ginseng, licorice and St. John's wort can raise blood pressure levels and also affect blood pressure medications.
- **Too much alcohol.** Excessive amounts can raise your blood pressure as well as interfere with blood pressure medications. ♥

Does your doctor's office make you nervous?

For some people, a simple visit to the doctor may cause their blood pressure to soar. This is commonly referred to as “white-coat hypertension.” If your physician thinks this may be the reason for your high blood pressure reading, he or she may ask that you monitor your blood pressure at home or wear an ambulatory blood pressure monitor for a day or so. This device will record your blood pressure every 30 minutes.



WEIGHT-LOSS SURGERY: Managing heart disease

WEIGHT-LOSS SURGERY (WLS) IS NOT ABOUT making you look good, it's about making your body function better, so you can live.

Thanks to endless ads using “before” and “after” photos of patients, people often have the impression that WLS is all about appearances. But it's actually about giving those who are morbidly obese a chance to live by reducing their weight and, equally important, changing their lifestyle.

Cardiologists will sometimes recommend WLS for patients with cardiovascular disease (CVD). “When more conservative treatments for CVD fail, some patients have few other options,” says Rita Anderson, MD, medical director of Weight Loss Surgery at Kettering Medical Center.

“Weight loss surgery has the potential to not only decrease the risk factors for heart disease, but also death and heart attack,” says Harvey Hahn, MD, director of Kettering Medical Center's noninvasive laboratory. “This was demon-

strated in two recently published trials in the *New England Journal of Medicine*. This will become increasingly important as obesity and type 2 diabetes are two of the fastest growing diagnosis in adolescents.”

“When CVD patients reach the point that their cardiologist tells them, ‘If you don't have this surgery, you'll die,’ that's when weight-loss surgery is appropriate and is often profoundly successful,” says Dr. Anderson, but “it is not an ‘easy out.’”

“The bottom line,” says David L. Schumacher, MD, medical director of Weight Loss Surgery at Kettering Medical Center-Sycamore, “is that weight-loss surgery can improve a person's chances of managing heart disease when normal courses of action do not work.”

WLS—DON'T TAKE IT LIGHTLY

But people with CVD shouldn't look to WLS as the first, second or even the third option. Only your cardiologist can

Dr. David Schumacher and Dr. Rita Anderson emphasize that regular exercise and lifestyle changes help bring successful results.



determine whether surgery is the best option.

“It’s most important that your cardiologist treats you in every way possible before considering weight-loss surgery,” says Dr. Anderson. “Every cardiologist wants their patients to lose weight, control their diet and increase exercise. Some patients can follow those orders. Some who are morbidly obese, find it difficult to do so.”



Harvey Hahn, MD

For those obese CVD patients, WLS might help. “Often a loss of 40 or 50 pounds can make it significantly easier for such a person to exercise, like walking treadmills, for example. The heart pumps more efficiently at a lower weight because there is less effort required to get oxygen,” says Dr. Schumacher. “That makes exercise easier and can help increase HDL or good cholesterol, decrease LDL or bad cholesterol and lower triglycerides.”

WLS HELPS OTHER MEDICAL CHALLENGES

People with CVD can also have other medical challenges like obesity, diabetes and high blood pressure. For those patients, WLS may provide part of the answer.

“When all those factors can be controlled, the person will have a better quality of life. Often, a CVD patient may be taking several medications for high blood pressure. After weight-loss surgery,” says Dr. Anderson, “it is possible the number of different medications can be reduced, increasing the patient’s ability to take the right medications at the right time.”

The bottom line, says Dr. Schumacher, is “weight-loss surgery improves heart health. Improving their diet and increasing exercise are always safer than surgery. But if those tactics aren’t successful, weight-loss surgery can help a patient achieve his or her cardiologist’s desired outcomes.” ♥

Will weight-loss surgery help you manage your heart disease?

- See your family doctor or cardiologist first for dietary and exercise regimens.
- If those fail and your doctor suggests that weight-loss surgery (WLS) may help, then attend a WLS seminar.
- Visit our Web site at www.kettering-sycamore.wls.org/ for dates and locations near you or call **937-433-5957** for more information.

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. Because we care about your heart as much as you do, KMC has designed a program of screenings and educational classes to help you improve and maintain the health of your heart. These inexpensive screening tests are open to the public.

Cardiovascular Health Assessment

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

♥ **Level 2 assessment**—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. Our board-certified cardiologist reviews all test results. *Cost \$99.*

Appointments are necessary. Call **937-384-4857** for dates and locations.

♥ **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 or other risk factors for heart disease. *Cost \$99.*

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

April 17, 8:30 a.m.–12:30 p.m., Kettering Medical Center

♥ **HeartPrint Screening**—Another name for an EKG, the HeartPrint is read by a board-certified cardiologist. Your baseline EKG will be kept on file at Kettering Medical Center. *Cost \$15.*

April 6, 1–3 p.m., Kettering Medical Center, EKG department, ground floor

Call **937-395-8492** for more information and scheduling.

Snack attack

9 guilt-free nibbles

THOUGH IT'S APT TO MAKE YOU FEEL GUILTY, snacking is not necessarily a bad thing—unless, of course, your idea of a snack is a big bowl of chocolate ice cream, a bag of potato chips or a generous slice of carrot cake.



Healthy snacking can actually provide you with several benefits. It can keep you from second helpings at your next meal or prevent you from a hunger-fueled cookie binge. A snack also gives you a much-needed energy boost to get through the day and can be just the right amount of food to replace a meal if you're older or less active.

When you snack, make sure you do so in moderation—eat a much smaller portion than you'd consume for a meal. And opt for food that gives you a nutrient boost, such as:

- 1 **Air-popped, unbuttered popcorn.** It's crunchy, it's tasty and it boosts fiber intake.
- 2 **Hummus.** The chickpea paste is loaded with fiber and makes a great topping for vegetables and pitas.
- 3 **Low-fat yogurt.** Get your share of calcium and protein, which can help keep your bones strong and healthy.
- 4 **Peanut butter.** Peanut butter serves up protein and vitamin E, an antioxidant that may prevent the oxidation of LDL, or bad, cholesterol and boost the immune system.
- 5 **Carrots or red peppers.** You'll get vitamin A from carrots and beta-carotene from red peppers. Pair them with fat-free or low-fat dressing.
- 6 **Oatmeal.** Packed with fiber, this cholesterol-lowering staple isn't just for breakfast.
- 7 **Low-fat string cheese.** The easy-to-carry snack offers calcium and protein.
- 8 **Nuts.** A handful provides protein, which helps keep you feeling fuller longer. And nuts contains heart-healthy monounsaturated fat. Just make sure you don't overdo them since they're high in calories.
- 9 **Fruits.** Fruits take little or no preparation, so they're convenient while providing dietary fiber and a host of vitamins and minerals.

are you heart smart?



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.

QUESTIONS

1. A nuclear heart scan can detect heart muscle damage and reveal how your blood is flowing.
T F
2. After two or three years of not smoking, your risk of coronary heart disease will be as low as the risk of a person who never smoked.
T F
3. If you've been diagnosed with heart failure, you can't do anything to improve your quality of life.
T F
4. Daily use of aspirin benefits everyone.
T F

ANSWERS

1. **True.** Not only can the scan detect heart muscle damage, but it's able to show if one part of the heart isn't receiving blood—a sign of possible narrowing or blockage in the coronary arteries. It can also tell your doctor how well your heart pumps blood out to your body.
2. **True.** Nicotine causes your body to release adrenaline, causing blood vessels to constrict, your heart to beat faster and your blood pressure to rise. If you currently smoke, talk to your doctor about which smoking-cessation aids may help you kick the habit.
3. **False.** Early diagnosis and treatment with medicine can help. You can also limit your salt intake, exercise daily (as recommended by your healthcare provider) and incorporate techniques to deal with depression and stress into your everyday life.
4. **False.** While a daily aspirin regimen has been shown to lower the risk of heart attacks, clot-related strokes and other blood-flow problems, if you don't have signs of or risk factors for heart or blood vessel disease, you may be doing more harm than good. The risks of long-term aspirin use include stomach and brain bleeding, kidney failure and specific kinds of strokes.

Silence isn't golden

You could have silent ischemia and not know it

IF YOU WERE HAVING A HEART ATTACK, YOU'D feel warning signs, right? Isn't chest pain a surefire way to tell whether something is not right with your heart?

Not necessarily. If you suffer from a condition called silent ischemia (is-keé-mee-a), you could be close to a heart attack and not even know it. In fact, the American Heart Association estimates that as many as 3 million to 4 million people suffer from the condition.

NO WARNING

When an artery becomes blocked or narrowed by plaque, it can temporarily cut off oxygen-rich blood to the heart. This is a condition known as cardiac ischemia.

In most of these cases, chest pain or discomfort—also known as angina—occurs, alerting you that your heart needs help. But if you suffer from silent ischemia, you'll feel no pain. Without a warning sign, you'll likely not seek medical help and receive treatment. Without proper care, subsequent episodes of silent ischemia can further damage your heart and eventually lead to a heart attack. Heart muscle damage caused by silent ischemia is one of the most common causes of heart failure in the United States.

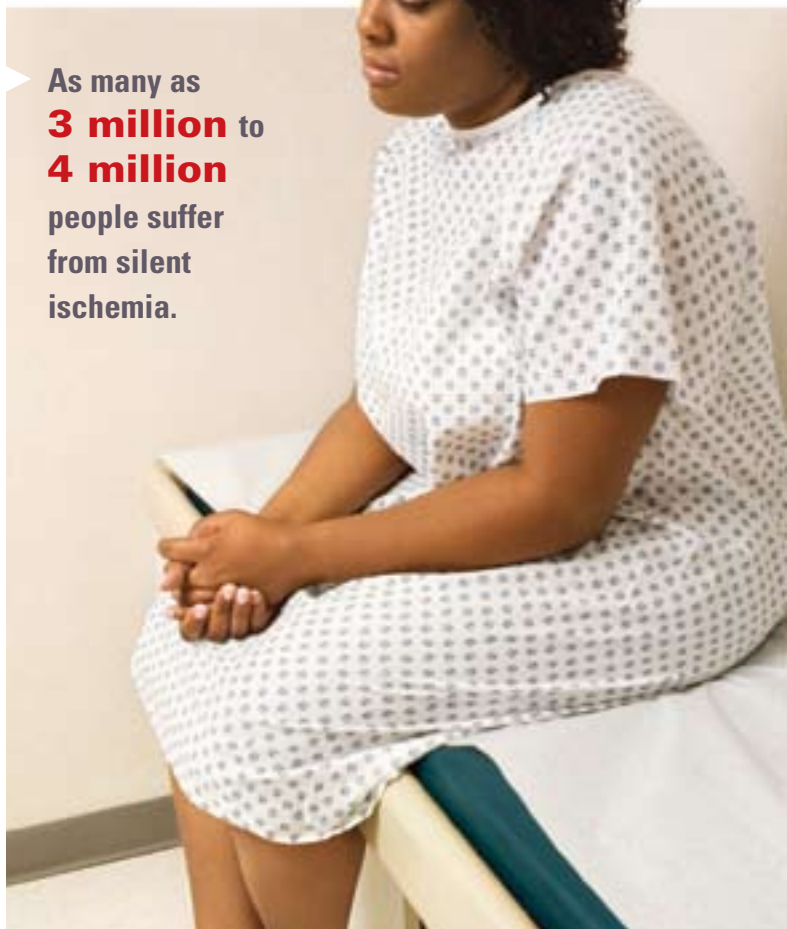
It's unclear why some people don't feel the traditional chest pain, although people who have diabetes may not feel anything because their condition causes a decreased sensitivity to pain.

Silent ischemia can also cause serious and potentially fatal abnormal heart rhythms. And you don't have to be running a marathon to have an attack; a bout of silent ischemia can occur from the simplest actions, such as doing a math problem.

TESTING

To diagnose silent ischemia, your healthcare provider tests how your heart responds to exercise. During a stress test, you'll walk on a treadmill to monitor how well your blood flows through your coronary arteries. Or you may be asked to wear a Holter monitor. This recording device tracks your heart rate and rhythm over a set period—usually for 24 to 48 hours—to determine whether you've experienced any episodes of silent ischemia.

As many as **3 million to 4 million** people suffer from silent ischemia.



Know your risk factors

You're more prone to suffer from ischemia, which may be silent, if you have a history of:

- prior heart attacks
- coronary artery disease
- diabetes
- high blood pressure
- smoking
- obesity
- heart muscle disease
- alcohol and drug abuse



TREATMENT

Lifestyle changes are usually the first line of defense against the condition. These include:

- quitting smoking
- lowering high blood pressure and cholesterol
- controlling diabetes
- limiting alcohol
- eating healthfully
- exercising

In addition to lifestyle changes, your healthcare provider may prescribe medication to improve blood flow to the heart, such as aspirin and anticoagulants to stop clots from forming. For people who don't respond well to medicine, angioplasty or bypass surgery may be required. ♥

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; Ziwari 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 Hyman, 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 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

MEDICAL AND HEART CLINICS

- Sayyah Ajlouni, MD
(937) 866-2461

DAYTON CARDIAC ELECTROPHYSIOLOGY ASSOCIATES

- Abdul Wase, MD
(937) 275-2322

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

DAYTON HEART CENTER

- Amit Goyal, MD; Joseph Gunasekera, MD; Hema Pendrangi, MD; Ganapathy Ramanathan, MD; and Gary Fishbein, MD

Learn more about heart care. Visit www.khnetwork.org, click on "Heart Care" and choose **Kettering Cardiac Services**.

heart
healthnews

Kettering Medical Center
Cardiac Services
3535 Southern Boulevard
Kettering, Ohio 45429

NONPROFIT
U.S. POSTAGE
PAID
LEBANON JUNCTION, KY
PERMIT NO. 115

We thought you should know ...
Kettering Medical Center
has earned *Solucient's 100*
Top Hospitals award for the
past three years!