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healthy heart

A service of Kadlec Regional Medical Center—Tri-Cities

HEALTH NEWS AND INFORMATION



Mollie McGregor has seen the benefits of the CardioPulmonary Rehab Program at Kadlec and has lost more than 100 pounds.

CARDIOPULMONARY REHAB Helping our patients heal

Cardiopulmonary rehabilitation is an important part of the healing process for people who have had a heart or lung event.

Patients who enroll in cardiopulmonary rehab have an individual program mapped out for them to improve their overall physical and mental health. The program includes exercise and the nutritional, educational and psychological components of recovery.

Kadlec CardioPulmonary Rehab specialists help patients set goals and monitor progress.

For more information about the program, call **509-627-6258**.



women AND HEART DISEASE

AN ESTIMATED 42 million American women live with cardiovascular disease. Too many are unaware of the threat they face. In fact,

heart disease is the leading cause of death among American women, and five times as many women die of heart attacks each year as die of breast cancer. Twice as many women die of heart disease, stroke and other cardiovascular diseases as from all forms of cancer combined.

“Heart disease is often viewed as a man’s problem,” says Lisa Price, manager of Kadlec Regional Medical Center’s CardioPulmonary Rehabilitation Program. “However, each year more women than men die of heart disease.

“Women often don’t think the symptoms they are feeling could be heart problems,” she adds. “Women tend to ignore the symptoms, or they assume they are from non-cardiac causes.”

Cardiac events are fatal more often for women than for men, and women are more likely to be severely disabled by a stroke or congestive heart failure after a cardiac event.

“The most common cause of heart disease in women is plaque buildup, known as coronary artery disease, or CAD,” says Sherri Brandhorst, RN, cardiopulmonary nurse. “This plaque is distributed more throughout the body in women than in men.”

Recognize the signs

The most common sign of a heart attack in both men and women is chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Many women, however, are more likely than men to experience other symptoms, such as shortness of breath, nausea and vomiting, and jaw pain with or without chest pain. Women are also more likely to report unexplained fatigue, sleep disturbances, indigestion and anxiety.

Quick treatment of a heart attack is crucial in order to minimize heart damage. If you or a loved one experiences symptoms of a heart attack, don’t delay. Call 911 immediately.

HEALTH facts

TESTS HELP SPOT HEART ATTACK

To find out if you're having a heart attack, a health care provider will perform certain tests, which may include:

- An electrocardiogram to check the heart's electrical activity. It can show a heart that's beating too fast, too slow or irregularly. It can also show poor blood flow to the heart.
- Blood tests to check for certain enzymes and other substances that indicate heart damage.
- A nuclear scan to show whether any part of the heart isn't getting enough blood or whether the heart has been damaged.
- Coronary angiography to find blocked or narrowed arteries.

—Source: National Heart, Lung, and Blood Institute

CALL 911—DON'T DRIVE

If anyone in your family has heart attack symptoms, your first instinct might be to get in the car and rush to the hospital.

But it's best to call 911 for emergency help, according to the American Heart Association. Don't wait more than five minutes to call. Emergency medical personnel carry lifesaving equipment with them and can start treatment as soon as they arrive.

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HEART ATTACK signs:

WHAT TO KNOW

IT ISN'T ALWAYS EASY TO SPOT A heart attack. Not everyone has dramatic and unmistakable chest pain.

Symptoms can also vary greatly between people, or even between different heart attacks for the same person. That's why you need to know both the obvious and not-so-obvious signs of a heart attack.

both arms, the back, the neck, the jaw, or the stomach.

- Shortness of breath (with or without chest pain).
- Breaking out in a cold sweat.
- Nausea or vomiting.
- Light-headedness.
- Fainting.

Sometimes, the signs and symptoms of a heart attack can develop slowly—over hours, days or even weeks before a heart attack occurs.

As with men, women's most common symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, such as shortness of breath, nausea or vomiting, and back or jaw pain.

If you aren't sure whether you are having a heart attack, don't hesitate to get help. If it ends up being a heart attack, the quicker you get treatment, the better.

Even if you're not sure whether it's a heart attack, get help.

According to the American Heart Association and other experts, symptoms may include:

- Chest discomfort that lasts more than a few minutes or comes and goes. It may feel like pressure, squeezing, fullness or pain.
- Discomfort or pain in one or

DISPOSE OF MEDICINE safely

THROW IT OUT, FLUSH IT DOWN
or give it back?

If you have an old prescription drug, there may be options for its safe disposal. Sometimes, however, certain options are better than others.

It's important to make sure that disposed drugs aren't accessible to pets, children or others who shouldn't have them. But flushing all drugs down the toilet isn't recommended, because some may affect water sources.

For the safety of all, read the medicine's facts. You'll find disposal recommendations on the label or in the printed information that came with the medicine. Flush medications only when that's specifically recommended.

When flushing isn't advised, another method is to remove the medicine from its container and mix it with an undesirable substance, such as coffee grounds or used cat litter. Then put that in a sealed container in the trash.

Check with your pharmacist for more information on safe disposal.

Source: U.S. Food and Drug Administration



WHAT'S your BLOOD PRESSURE?

YOU PROBABLY KNOW YOUR height and weight—maybe even your cholesterol numbers. But there's another measurement that can make a big difference in your health. It's your blood pressure.

Too high?

About one-third of American adults have high blood pressure, also called hypertension.

High blood pressure can lead to problems such as heart failure, stroke, aneurysms and kidney failure, according to the National Heart, Lung, and Blood Institute (NHLBI). So it's important to know where you stand.

Compare your blood pressure to these categories:

- Normal—below 120/80 mm Hg
- Prehypertension—120/80 mm Hg to 139/89 mm Hg
- High blood pressure—140/90 mm Hg and above

Lower your risk

There are steps you can take today to lower your blood pressure. The NHLBI recommends these:

- Maintain a healthy weight.
- Get regular physical activity.
- Eat a heart-healthy diet—low in fat, cholesterol and sodium and high in fruits, vegetables and grains.

High blood pressure often has no symptoms, so it's important to have your blood pressure checked regularly. High blood pressure is a lifelong condition, but once you know your numbers, you can start getting it under control.

You can take action today to lower blood pressure and improve your health.

Sensible snacking

Looking for healthy snacks that won't derail your diet? Seasoned, air-popped popcorn or a small serving of nuts makes a great, low-calorie option.

Have a sweet tooth? Instead of reaching for the ice cream, try fat-free yogurt with fresh fruit, such as pineapple, raspberries, strawberries or blueberries.

Source: American Dietetic Association





moroccan chicken

WITH TOMATOES AND HONEY

THIS UNPRETENTIOUS CHICKEN and tomato dish is enlivened by mysterious notes of cinnamon and ginger.

Ingredients

- ¼ teaspoon ground turmeric or saffron threads
- 2 tablespoons extra virgin olive oil
- 1 large onion, finely chopped
- 2 medium (1½ pounds) skinless chicken breasts with ribs, halved
- 2½ pounds ripe plum tomatoes, peeled, seeded and chopped (see note)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 3 tablespoons honey, preferably wildflower
- 1 teaspoon salt
- 4 cups cooked hot couscous

Note: 3 pounds (the equivalent of 48 ounces) canned, peeled tomatoes, drained and chopped, may be substituted.

Instructions

- If using saffron, place in small bowl and add 2 tablespoons hot water. Let sit until saffron is dissolved—about 20 minutes—before using.
- Heat oil in large Dutch oven or deep pan over medium-high heat.



Sauté onion until golden—about 6 minutes. Remove with slotted spoon and transfer to plate.

■ Add chicken and sauté, turning frequently, until browned on all sides—about 8 minutes. Remove chicken to plate and set aside.

■ Add ½ cup water to pan, scraping bottom with a wooden spoon to loosen all browned bits. Add tomatoes and cook until softened—about 8 minutes. Stir in turmeric (or

Exercise caution

When you're embarking upon an approved exercise program, let your provider know immediately if you have any warning symptoms before, during or after exercise.

These symptoms include chest pain, extreme fatigue, indigestion or heartburn, excessive breathlessness, ear or neck pain, an upper respiratory tract infection, dizziness, a racing heart, and a severe headache.

Source: American Council on Exercise

saffron), cinnamon, ginger, honey and salt to taste. Return chicken and onion to pot. Cover tightly and gently simmer until chicken is very tender—about 50 minutes. Serve ladled over hot couscous.

Nutrition information

Makes 4 servings.

Per serving: 507 calories, 9g fat (1.5g saturated fat), 72g carbohydrates, 35g protein, 6g dietary fiber, 641mg sodium

Source: American Institute for Cancer Research