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healthy heart

A service of Kadlec Medical Center—Tri-Cities

HEALTH NEWS AND INFORMATION

Complete cardiac care at Kadlec

Kadlec Medical Center is the only hospital in the region providing complete cardiac care, including:

- Cardiothoracic surgeons who perform all kinds of adult heart surgery including coronary bypass, open-heart surgery and endoscopic vein harvesting
- The Northwest's first nationally accredited Chest Pain Center, including certification to perform balloon angioplasty
- An interventional cardiology program
- An intensivist-staffed Intensive Care Unit
- Cardiac and pulmonary rehabilitation
- The Coronary Health Improvement Project (CHIP), which teaches those at risk for heart disease, high blood pressure and diabetes how to dramatically improve their quality of life through heart-healthy living
- Support services through Kadlec wound healing and the Kadlec Anti-Coagulation Clinic



EXPANDING heart care

IN MARCH, PEDIATRIC cardiologist Carl Garabedian, MD, and a Kadlec Medical Center support team performed a patent foramen ovale (PFO) closure on a 35-year-old man in the medical center's catheterization lab—the first performed in the area.

The procedure closes a flaplike opening in the wall (septum) between the two upper (atrial) chambers of the heart.

What is a PFO?

During the formation of the heart while a baby is in the womb, there is a normal opening between the left and right atria of the heart. Before birth, the septum acts as a flap that allows blood to flow from the right side of the heart to the left, carrying oxygen from the mother's placenta. If the opening fails to close naturally soon after the baby is born, the hole is called patent foramen ovale.

About 85 to 90 percent of PFOs close after birth, and among the 10 to 15 percent of patients who

are estimated to have PFO, less than 1 percent need to be closed surgically.

PFOs may go undetected until there are symptoms such as atypical strokes, migraines or transient ischemic attacks (TIAs or mini-strokes).

Closing the hole

One option for closing the hole is the catheter-based procedure now performed at Kadlec. A catheter is used to guide the placement of a PFO closure device, which becomes a permanent implant. Heart tissue then grows over the implant, closing the PFO. The benefits of this outpatient procedure include:

- No scarring
- Minimal pain for the patient
- A return to regular activity in as little as two days

"This procedure continues to expand the heart services available at Kadlec," says Brian Dury, manager, cardiac services. "It means patients from our region who need this procedure do not have to leave the area to get it."



Iyad Jamali, MD,
Kadlec cardiologist

Mercury update

Nearly all fish contain traces of mercury. For most people, this isn't a problem—the health benefits of eating fish far outweigh the risks.

But mercury can harm unborn babies and growing children. So women who are—or may become—pregnant, nursing mothers and young children should not eat fish with high mercury levels, such as king mackerel and tilefish. They should also limit the total amount of fish they eat each week.

To learn more about mercury in fish, visit www.epa.gov/waterscience/fish.



aspirin

IS IT RIGHT FOR YOU?

PLAIN OLD ASPIRIN HAS EMERGED as the quiet superhero of the medicine chest.

From its humble beginnings as a pain reliever, aspirin has newer uses that include helping to lower the risk of heart attack, stroke and other blood-flow problems in some people, reports the U.S. Food and Drug Administration.

In addition, aspirin may be given to people in recovery from heart attacks, unstable angina, ischemic strokes and mini-strokes, reports the American Heart Association.

Since it's so simple to buy and use, you may wonder if taking aspirin daily would be good for your health.

Talk to your doctor first. It's easy to forget that aspirin, though common and familiar, is a drug that

can cause serious side effects. Your doctor can determine whether the benefits of taking aspirin outweigh the risks for you.

Side effects of aspirin use may include stomach bleeding, bleeding in the brain, kidney failure and some types of strokes.

Regular aspirin use may not be the right choice for women who are pregnant or people with:

- Uncontrolled high blood pressure.
- Bleeding disorders.
- Asthma.
- Stomach ulcers.
- Liver and kidney disease.
- Diabetes.

Also, aspirin shouldn't be taken with certain other medications, such as blood thinners.

If your doctor decides aspirin therapy is right for you, he or she will tell you what dose to take.

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HEALTHY HEART is published as a community service for the friends and patrons of KADLEC MEDICAL CENTER, 888 Swift Blvd., Richland, WA 99352, 509-946-4611, website www.kadlecmed.org.

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sleep APNEA

KNOW THE SIGNS

SNORERS BEWARE! IF YOU WAKE up every day tired and groggy, you could have obstructive sleep apnea (OSA).

OSA is a potentially dangerous condition in which you frequently—five or more times an hour—stop breathing or only breathe very shallowly while you sleep. This happens when your tongue or other tissues in the back of your throat obstruct the flow of air in and out of your lungs.

Your sleeping partner or others in

your household could be the first to realize that you have OSA. Signs of the disorder are hard to miss: loud, frequent snoring followed by a pause in breathing, then gasping or choking or both as you resume breathing.

These pauses in breathing may cause your heart to beat irregularly and your blood pressure to go up—both of which can increase your risk for heart attack, stroke and heart failure, the American College of Cardiology reports.

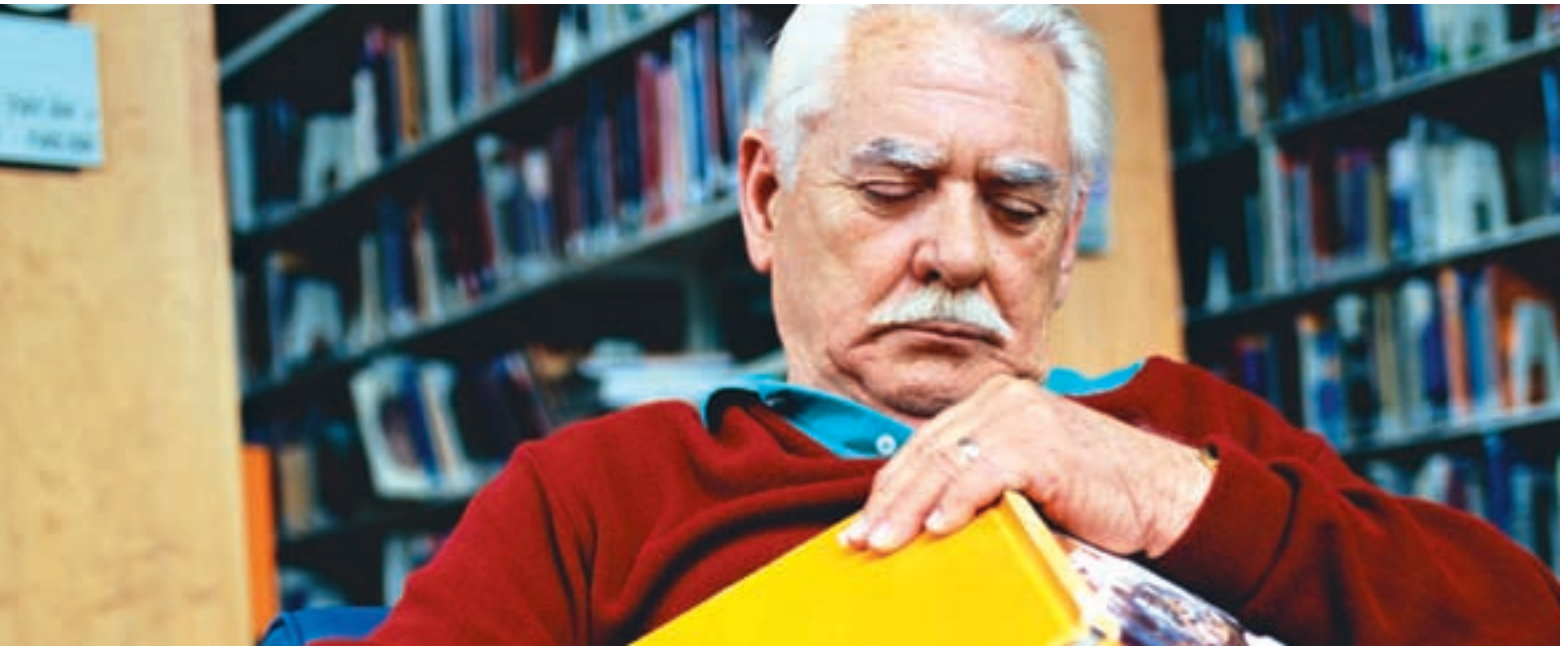
Loud snoring and daytime sleepiness are the most common symptoms of OSA. Other possible symptoms include: ■ Having morning headaches. ■ Having trouble concentrating. ■ Feeling irritable or depressed. ■ Having mood swings. ■ Getting up at night to urinate. ■ Having a dry throat.

You may also feel very sleepy when driving or when you're not active.

Talk to your doctor right away if you have symptoms of OSA. He or she can diagnose sleep apnea based on your medical and family histories, a physical exam, and results from sleep studies.

If you do have OSA, your doctor may recommend: ■ Losing weight and quitting smoking. ■ Sleeping on your side instead of your back. ■ Using a nose spray or allergy medicine to keep nasal passages open at night. ■ Wearing a mouthpiece to keep airways open or using a machine that gently blows air into your throat while you sleep.

Treatment for OSA is important because it can improve your overall health as well as your quality of sleep.



At risk for apnea?

Some people are more likely to have obstructive sleep apnea (OSA) than others.

For instance, men are twice as likely as women to have OSA, and the risk of developing OSA increases with age—

at least one in 10 people over 65 has the condition.

Your risk is also greater if you are African American, Hispanic or a Pacific Islander or if you have a family history of OSA.

Children can develop the condition if their tonsils are enlarged.

Other risk factors for OSA include: ■ Having small airways in your nose, throat or mouth. ■ Having a large neck. ■ Smoking. ■ Being overweight. ■ Sleeping on your back. ■ Having high blood pressure or other risk factors for stroke and heart failure.

Source: National Heart, Lung, and Blood Institute

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KEEP A PERSONAL HEALTH record

HIS STORY, HER STORY—
everyone has a health story.

And it's worth telling—and retelling as the details change—in a document called a personal health record (PHR), advises the American Heart Association.

Created electronically, a PHR stores health information about you or your loved ones in one safe place. Being able to access that data anytime can help empower you and your health care team to make the most informed decisions.

A PHR can also: ■ Help you manage the health information of your spouse, children or other loved ones. ■ Help measure your progress toward personal health goals. ■ Track prescriptions, key health statistics and medical appointments. ■ Maintain your doctor's instructions, a list of your

emergency contacts and your insurance information.

Many PHR tools are available online—some for free, others for a fee. Certain employers, health care providers and insurers offer PHR tools as well.

Look for a program that: ■ Lets you enter all vital health information. ■ Allows for simple updating. ■ Can be accessed from any computer connected to the Internet. ■ Has security features.

Tell your loved ones how to access your PHR. And as things change, be sure to keep everyone—and your PHR—updated.

A PHR stores health information about you in one safe place.

HEALTHY recipe

Lemon rosemary zucchini

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 teaspoons finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 teaspoons freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

Instructions

1. In medium nonstick skillet, heat olive oil over medium heat.
2. Add yellow pepper and rosemary, and sauté 2 minutes. Add zucchini, and salt and pepper to taste.
3. Continue to sauté for another 4 to 5 minutes, or until zucchini is just tender.
4. Remove from heat and stir in lemon juice.

Nutrition information

Makes 4 servings.
Per serving: 46 calories, 3g total fat (<1g saturated fat), 4g carbohydrates, 1g protein, 1g dietary fiber, 6mg sodium, 316mg potassium

Source: American Institute for Cancer Research