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healthy heart

A service of Kadlec Regional Medical Center—Tri-Cities

HEALTH NEWS AND INFORMATION

Are you at risk for getting AF?

Aging and diseases of the heart are common risk factors of atrial fibrillation (AF), according to the National Heart, Lung, and Blood Institute.

Although AF can develop in children and young adults, the condition is relatively infrequent in people under the age of 40. The likelihood that you will develop AF increases with age. Up to 11 percent of people over 80 have it.

Your risk also increases if you have: ■ Coronary artery disease or rheumatic heart disease ■ Heart failure ■ A defect in the heart's structure ■ Inflamed tissues around the heart ■ Electrical signals in the heart that don't fire properly

People who are having a heart attack may develop AF during the event. And AF may develop in people who have just had surgery.

Obesity, high blood pressure, diabetes, lung diseases and an overactive thyroid are other risk factors for AF.

DEFIBRILLATOR IMPLANTS

ON THE beat

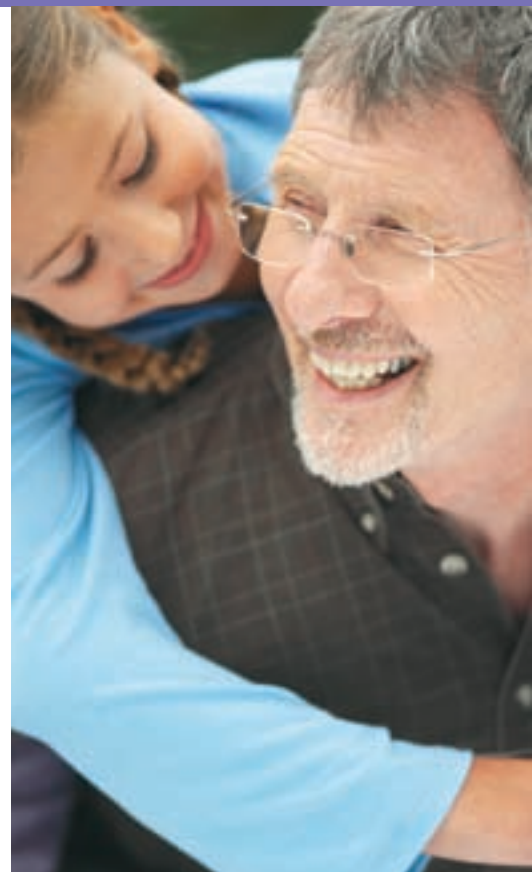
IN ITS CONTINUING EFFORT to expand cardiac services in the Tri-Cities and surrounding region, Kadlec Regional Medical Center has partnered with Heart Clinics Northwest to provide electrophysiology services. Although surgical implantation of cardiac pacemakers is already available, Kadlec is the first hospital in the region to provide surgical implantation of cardiac defibrillators.

Both pacemakers and defibrillators regulate heart rhythm disorders, but only defibrillators can correct rapid, possibly lethal rhythm problems by providing an electrical shock to a fibrillating heart.

The heart is a complex muscle with its own electrical conduction system. When that system is disrupted, the fastest way to correct it is to have an internal device that can reset it with an electrical shock.

Performing these procedures at Kadlec are Heart Clinics Northwest physicians Eteri S. Byazrova, MD; Donald A. Chilson, MD, FACC; and Timothy J. Lessmeier, MD, FACC.

"In order for cardiologists to perform these types of procedures, they must undergo additional schooling and training beyond



Kadlec now offers lifesaving heart implants.

what is required in a diagnostic cardiology program," says Brian Dury, BSN, Cardiac and Diagnostic Services manager. "We are very thankful to have a partnership with Heart Clinics Northwest so we can offer these procedures to patients right here in the Tri-Cities. They can stay close to home, and that's better for everyone."

Patients are seen by physician referral.





HEALTH facts

CRACKING THE EGG MESSAGE
You don't have to give up eggs if you're trying to control your cholesterol. Even though egg yolks have cholesterol, the whites don't. You can use egg whites or a cholesterol-free egg substitute instead of whole eggs in many recipes. Replace each whole egg with two egg whites.

—American Heart Association

HELP AVOID DRUG SIDE EFFECTS
Prescription medications can sometimes cause unexpected or unwanted side effects. To help reduce the risk of side effects, ask your health care provider or pharmacist whether a medication may interact with any drugs or supplements you're taking or with any foods or drinks. Also, carefully read the prescription label on the container and follow the directions.

—National Institutes of Health

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fight OFF THE FLU

IF YOU HAVE HEART DISEASE, you probably know how important it is to keep your blood pressure and cholesterol under control and to see your cardiologist regularly.

But did you know it may be just as important to get an annual flu shot?

The flu shot is the best way to avoid the flu. And staying flu-free is critical for people with heart trouble, reports the American Heart Association (AHA) and other experts.

Studies have shown that people with cardiovascular disease are more likely than people with any other chronic condition to die from the flu. Heart patients are at particular risk because the flu can make heart disease symptoms worse as well as increase the likelihood of pneumonia and dehydration.

The flu can make heart disease symptoms worse.

According to the AHA, flu complications send more than 200,000 people across the U.S. to hospitals each year and about 36,000 people die.

Protection against the flu starts with a flu vaccine, which is widely available as an injection or a

nasal spray.

People with heart trouble, though, should only receive the shot. The spray contains

a different form of the flu virus and has not been approved for heart patients.

In addition, you can keep your immune system strong by eating healthy foods, exercising and getting enough sleep. It's also important to wash your hands often to help prevent the spread of the flu virus.





HEART PROBLEMS

BE SYMPTOM-SAVVY

WHEN YOU LIVE WITH ANGINA or heart failure or if you're recovering from heart surgery, it pays to be cautious. No matter how well you feel now, it's important to recognize potential problems as they arise.

You should contact your doctor right away if you have any of the symptoms listed below—they could mean your condition is getting worse or that you're at high risk for a heart attack.

Angina. Changes in the pattern of your angina could spell trouble. Watch out for pain that is longer lasting or more frequent or severe

Contact your doctor if you have a change in your symptoms.

than usual. Report pain that occurs without exertion and that doesn't go away with rest or medicine.

Heart failure. If symptoms that were once controlled return or you suddenly have a new symptom, it's time to call your doctor.

Warning signs include:

- Sudden weight gain (3 or more pounds a day or 5 or more pounds a week).
- Shortness of breath not related to exercise or exertion.
- More-than-usual leg or ankle swelling.
- Swelling or pain in the abdomen.

- Trouble sleeping or shortness of breath when you wake up.
- A frequent, dry, hacking

- cough.
- Increased fatigue or constant tiredness.
- A fever or flu-like symptoms.
- Chest pain.

After heart surgery. Call a doctor promptly if you:

- Have trouble breathing or have chest pain, weakness or an irregular heartbeat.
- Feel down or have the blues for more than a few days.
- Notice side effects after starting a new heart medicine.

Tell your doctor about any new prescription you've been given for a condition other than heart disease. Your doctor can tell you whether it's safe to take with your heart medicine.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

Heart attack symptoms: Act fast in this medical emergency

Everyone should know the signs of a heart attack.

But if you or someone you love has heart disease, it's especially important that you recognize those signs.

Why? Because people with heart disease are at high risk of having a heart attack.

Don't wait any longer than five

minutes to call 911 if you have any of these heart attack symptoms or see them in someone else:

- 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.
- Discomfort in other areas of the up-

per body, including pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- Shortness of breath with or without chest discomfort.
- Other signs, such as breaking out in a cold sweat or feeling nauseous or light-headed.

Source: American Heart Association

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wisely USE ANTIBIOTICS

Antibiotics won't work
for infections caused by
viruses, such as colds.

EVERY JOB REQUIRES THE RIGHT tool. When you're sick, sometimes the wrong medicine—like the wrong tool—can do more harm than good. Case in point: antibiotics.

Antibiotics are the best tools to treat infections caused by bacteria, including such life-threatening infections as meningitis, blood poisoning and some types of pneumonia. Antibiotics are also used to fight ear, sinus and urinary infections.

Although antibiotics do a great job treating bacterial infections, they aren't effective for infections caused by viruses, such as colds and flu. They also won't stop other people from catching your viral illness (and they won't help relieve symptoms of a viral infection).

But what's the harm in taking an antibiotic, even if you don't need one? Using antibiotics too much, too often or for the wrong reason can cause some bacteria to become resistant to antibiotics, which makes the bacteria difficult to kill. A cure for resistant bacteria may require stronger treatment and possibly a stay in the hospital.

To help fight antibiotic resistance:

- Don't ask your doctor for an antibiotic when you have a cold, the flu or any other viral illness.
- When you're given an antibiotic, take it exactly as prescribed.
- Finish each antibiotic prescription, even if you feel better before you've taken all of the medication.

Source: Centers for Disease Control and Prevention



HEALTHY. recipe

Ginger-carrot salad with cranberries

Ingredients

- 1 tablespoon freshly squeezed lemon juice
- ½ teaspoon honey
- 1 teaspoon freshly grated or finely minced ginger
- ⅛ teaspoon cinnamon
- Pinch of salt
- 2 cups grated carrots
- ¼ cup dried cranberries
- 2 tablespoons sliced almonds

Instructions

1. In medium bowl, whisk together lemon juice, honey, ginger, cinnamon and salt. Toss with carrots and cranberries.
2. Garnish with sliced almonds and serve.

Nutrition information

Makes 4 servings.

Per serving: 73 calories, 2g total fat (>1g saturated fat), 15g carbohydrates, 1g protein, 2g dietary fiber, 58mg sodium, 241mg potassium

Source: American Institute for Cancer Research