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healthyheart

A service of Kadlec Regional Medical Center—Tri-Cities

HEALTH NEWS AND INFORMATION



KADLEC ACHIEVES RENEWED STATUS AS

accredited

CHEST PAIN CENTER

KADLEC REGIONAL MEDICAL Center has again earned Chest Pain Center Accreditation with PCI from the Society of Chest Pain Centers (SCPC), an international organization dedicated to eliminating heart disease as the No. 1 cause of death worldwide.

Kadlec was the first hospital in the northwest to earn accreditation as a chest pain center and the only hospital in the region with the added PCI designation, using stents and angioplasty to clear blockages in cardiac patients.

Hospitals with SCPC accreditation have achieved a higher level of expertise in dealing with patients who arrive with symptoms of a heart attack.

“We are proud to have earned this accreditation again,” says Lane Savitch, president of Kadlec Regional Medical Center. “It shows the seamless commitment to patient care of our staff, from the first responders in the field to all of the clinical staff at the hospital.”

To the community served by Kadlec, this means that processes are in place that meet strict criteria aimed at:

- Reducing the time from onset of symptoms to diagnosis and treatment
- Treating patients more quickly during the critical window of time when the integrity of the heart muscle can be preserved
- Monitoring patients when it is not certain if they are having a heart attack to ensure that they are not sent home too quickly or needlessly admitted to the hospital

“People tend to wait when they think they might be having a heart attack, and that’s a mistake,” says John Matheson, MD, medical director of Kadlec’s Emergency Department. “The average patient arrives in the Emergency Department more than two hours after the onset of symptoms, but what they don’t realize is that the sooner a heart attack is treated, the less damage to the heart and the better the outcome for the patient.”

By being an accredited chest pain center, Kadlec has enhanced the quality of care for cardiac patients and demonstrated its commitment to higher standards.



Cardiac care at Kadlec

Kadlec Regional Medical Center is proud to provide the most comprehensive scope of health services in the region.

Kadlec is home to a growing open-heart surgery and interventional cardiology program, serving as a regional referral center. Kadlec has the first nationally accredited chest pain center in the northwest and is the only hospital in the region with the ability to provide emergency treatment for heart attack using balloon angioplasty and stents.

Kadlec opened the six-story River Pavilion in 2008, featuring 10 new operating rooms, two of which are specifically designed for cardiac surgeries. In 2009 Kadlec opened the region’s first cardiac unit dedicated to the special care required for patients recovering from open-heart surgery, heart attacks or vascular surgery.



HEALTH facts

SIPPING ON THE POUNDS

A large soda (32 ounces) contains about 400 calories. If you drink three large sodas a week, that can add up to more than 60,000 calories in a year. All those calories can easily turn into unwanted pounds—just from sipping sodas. For a low-calorie option, try switching from soda to sparkling water with a splash of fruit juice.

—American Dietetic Association

BEWARE OF HIDDEN SALT

Up to 75 percent of the sodium that Americans consume comes from processed foods, such as canned goods and prepared mixes. Be sure to check food labels for sodium content, and choose low-sodium products whenever possible. Too much salt can lead to high blood pressure and an increased risk for heart disease and stroke.

—American Heart Association

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living WITH ATRIAL FIBRILLATION

IF YOU'VE RECENTLY BEEN diagnosed with atrial fibrillation (AF), you'll be comforted to know you can still live a full, active life. Working with your health care team and following your treatment plan can help you stay healthy and avoid possible complications of the disease, such as stroke and heart failure.

Here are some lifestyle changes you can make that will help you live healthfully with AF:

- If you smoke, try hard to quit. Not only can nicotine make the symptoms of AF worse, smoking is also a risk factor for coronary artery disease.
- Watch your diet. Avoid alcohol and caffeine. Both are known triggers for AF.
- Avoid certain over-the-counter medicines. Some nasal sprays and cold remedies contain substances

To learn more about AF and other health issues, visit www.kadlecmed.org.

that can affect your heart rhythm. Take them only on the recommendation of your health care provider.

- Take all AF medicines exactly as prescribed.

- Get regular physical activity. But be sure to get your provider's OK before starting an exercise program.

For many people, stress is the most common trigger of AF. Take time to relax, and plan activities you enjoy. Learn everything you can about your condition so that you can feel more in control.

Source: American Heart Association



AIM FOR A healthy WEIGHT

MAINTAINING A HEALTHY weight makes good sense for your overall health—and especially for your heart.

If you weigh too much, your heart pays a heavy price. Among other things, being overweight increases the risk of: ■ High blood pressure. ■ High triglycerides. ■ Low HDL (good) cholesterol. ■ Heart disease.

While those extra pounds can add up to a lot of bad news, losing weight can do your heart a world of good. Reaching a healthy weight can help you lower blood pressure, triglycerides and bad cholesterol levels. You'll also improve your blood flow and heart function, and you'll decrease inflammation, another risk factor for heart disease.

So how do you know whether you are at an appropriate weight? One way to find out is to learn your body mass index, or BMI. This number is calculated from your weight and height and is a good indicator of how much body fat you have. Your BMI lets you know whether you're underweight, at a healthy weight, overweight or

obese. You can calculate your BMI online at www.nhlbisupport.com/bmi.



Once you know your BMI, you can make any changes to your lifestyle needed to help you get to or stay at the recommended weight.

A good place to start is with your diet. Make it a habit to reach for nutritious foods. Try to balance the calories you eat with the amount of physical activity you do. Health

Kadlec offers nutrition counseling. Call 509-942-2620.

experts recommend at least 2½ hours of exercise a week, or about 30 minutes a day.

If you're at a healthy weight, be wary of pounds creeping up on you. If you notice the numbers on the scale going up or feel your clothes getting a little tighter, don't let the weight gain continue unchecked. Quick action can mean you only need to shed a few pounds to get right back on track.

Sources: Centers for Disease Control and Prevention; National Institutes of Health



Counting calories: A balancing act

When it comes to maintaining a healthy weight, the key is to balance the number of calories you eat with the number of calories your body uses each day.

If you want to lose weight, you need to consume fewer calories than you burn through physical activity. That

may mean eating less (or eating better, with a focus on nutritious, low-calorie foods), exercising more or some combination of the two.

To learn how many calories you're consuming, check the nutrition facts on food and beverage labels and write down how much you're consuming during the day. A food diary can make this process easy. The Centers for Disease Control and Prevention

provides a free, printable diary at morehealth.org/food.

And to find out how many calories common activities burn, check out the American Cancer Society's calorie calculator at morehealth.org/exercise.

Incorporating some exercise routines into your daily life and keeping your calorie count within a healthy range can help you reach—and maintain—a healthy weight.

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DON'T
TAKE A
risk

TAKE YOUR BEST SHOT AT AVOIDING THE FLU

HAVE YOU HAD YOUR FLU SHOT? Getting a flu vaccination is the most important step you can take to help protect yourself from influenza.

Every year, thousands of people in the U.S. die from the flu and more than 200,000 are hospitalized because of flu complications, including bacterial pneumonia and dehydration. The flu can also worsen chronic health conditions, such as congestive heart failure and diabetes.

The annual seasonal flu shot is approved for use in people 6 months of age and older. However, some people should not get the shot without first speaking to a health care provider, including:

- Anyone who has had a severe allergic reaction to chicken eggs or a previous flu vaccination.
- Anyone who developed Guillain-Barré syndrome within six weeks of getting a flu vaccine.
- Children who are younger than 6 months old.

The best months to get a flu shot are October and November. But since flu season can run from early October to as late as May, getting a flu shot later can still help protect you from getting sick.

Don't take a risk: Get a flu shot this year and every year.

Source: American Heart Association



Do you have questions about the flu? Find answers at www.flu.gov.

Old-fashioned tomato soup

Ingredients

- 1 tablespoon butter
- 1 onion, finely chopped
- 2 large garlic cloves, chopped
- 1 can (28 ounces) diced tomatoes
- 1 tablespoon sugar
- 1 teaspoon dried thyme
- 1/8 teaspoon ground mace
- Pinch of cayenne pepper
- 1/2 cup fat-free half-and-half cream
- Salt and freshly ground black pepper
- 3 tablespoons snipped dill, for garnish (optional)

Instructions

- Melt the butter in a small Dutch oven over medium-high heat.
- Saute the onion until translucent, 4 minutes. Add the garlic and saute until the onions are golden, 5 to 6 minutes. Add the tomatoes with their juices, the sugar, thyme, mace and cayenne. Bring to a boil, cover, and simmer the soup until the tomatoes and onion are soft, about 15 minutes.
- Let the soup sit 20 minutes, uncovered. Transfer it to a blender (or use an immersion blender) and reduce the mixture to a puree, either pulpy or completely smooth, as desired. Blend in the half-and-half. Season the soup to taste with salt and pepper.
- Serve the soup hot, sprinkling one-fourth of the dill over each bowl, if using.

Nutrition information

Makes 4 servings

Per serving: 105 calories, 3g total fat (2g saturated fat), 18g carbohydrates, 3g protein, less than 1g dietary fiber, 586mg sodium, 425mg potassium

Source: American Institute for Cancer Research