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healthy heart

A service of Kadlec Regional Medical Center—Tri-Cities

HEALTH NEWS AND INFORMATION

Signs and symptoms

If you notice one or more of these signs, don't wait. Call 911 immediately!

Warning signs of a heart attack:

- Chest pain or discomfort that can feel like uncomfortable pressure, squeezing, fullness or pain—it can be mild or severe and come and go
- Discomfort in other areas of the upper body, one or both arms or upper part of the stomach
- Shortness of breath, which may occur with or before chest discomfort
- Nausea/vomiting, light-headedness or sudden dizziness
- Cold sweat
- Back or jaw pain

Warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



CALL 911 IF YOU SUSPECT HEART ATTACK OR STROKE—CARE BEGINS WITH THE PHONE CALL

HEART ATTACK AND STROKE ARE life-and-death emergencies—every second counts. Yet many people wait too long to call 911 for emergency help or drive themselves to the hospital, assuming it will be faster than waiting for an ambulance.

“It is vitally important that 911 be called immediately after you experience any of the signs of heart attack or stroke,” says Kadlec's Cass Biladeau, RN, BSN. “As soon as you make that call, care starts. The emergency personnel who arrive will provide rapid treatment, give appropriate medications, obtain an EKG and transmit it directly to the hospital. This expedites the process.”

If it is determined that medical intervention is necessary, the cardiac catheterization team can be

prepared before the patient arrives at the hospital, reducing the time spent before lifesaving treatment begins.

In the event of a heart attack, paramedics are trained to revive patients whose hearts stop. In the event of a stroke, not all hospitals can provide the potentially lifesaving clot-busting drug called TPA (tissue plasminogen activator). The paramedics will take you to a hospital that does—again saving time.

So, don't delay. In an emergency, call 911 immediately.

Kadlec provides open-heart surgery and 24/7 neurology coverage.



Can you perform CPR?

CONSIDER LEARNING THIS LIFESAVING PROCEDURE

When someone needs CPR, every moment is crucial.

CPR, which stands for cardiopulmonary resuscitation, can keep blood flowing to a person's heart and brain until other medical treatment can begin. But when there is a problem, CPR needs to be started right away.

That's why you should consider learning this lifesaving technique. You never know when someone near you will need it.

A class act

You can get prepared with a training course. A course in CPR can teach you:

- How to recognize emergencies and when to call 911
- How and when to give CPR
- How else to assist the person until emergency medical help arrives

The courses often also include training with an automated external defibrillator (AED). These devices can be used during sudden cardiac arrest to restart the heart or to get it pumping in normal rhythm again.

Sign yourself up

To find out more about Basic Life Support (BLS), which includes CPR, call **509-942-2600**.

Source: American Heart Association

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MEDITERRANEAN DIET

TAKE A culinary trip

WHEN YOU THINK OF THE Mediterranean, you probably think of beautiful coastlines, warm, sunny climates and wonderful food—food that not only tickles your taste buds but may help fight disease.

A number of studies have shown the health benefits of eating like people from the Mediterranean do. According to researchers, such an eating plan may help you:

- Lose pounds and maintain weight
- Reduce heart disease risk factors, such as high blood pressure, cholesterol and blood sugar levels
- Reduce the risk of a second heart attack if you've already had one

While foods from the Mediterranean area can vary widely, many of the eating habits of the people who live there are similar and may help explain the apparent health benefits of their diets.

According to the American Heart Association, these eating habits include:

- Focusing on plant foods, such as fruits, vegetables, bread, potatoes, beans and nuts
- Using heart-healthy olive oil as the main source of fat
- Having a low to moderate intake of dairy, eggs and poultry
- Eating very little red meat

Make yours Mediterranean

If the Mediterranean diet sounds good to you, here are some suggestions from the American Institute for Cancer Research on how you can make it your own:

1. Build your meals around vegetables, fruits and whole grains.
2. Eat dried beans, nuts or seeds each day.
3. Eat less red meat, and have fish on a regular basis.
4. Replace butter and margarine with olive oil.



pointers FOR HELPING YOUR HEART PUMP BETTER

WHEN THE DIAGNOSIS IS HEART failure, you've got a role to play—a big one.

Every day there are steps you can take to manage your disease.

Follow these pointers to help your heart pump more efficiently and improve the way you feel:

Take your medication exactly as directed. You may need to take a diuretic (water pill) to help your body get rid of excess fluid.

Your doctor may also prescribe an ACE inhibitor—a drug that reduces strain on the heart. Other common medications include beta-blockers to decrease the heart's workload and digoxin to help the heart pump more forcefully.



If you smoke, stop. Don't be discouraged if you've tried unsuccessfully to quit before. It often takes several attempts to quit for good.



Cut back on salt. Too much salt contributes to fluid buildup, which can make heart failure worse.

Step on the scale. Weigh yourself every morning. If you gain 3 or more pounds in one day or 5 or more pounds in one week, call



Take off pounds if you're overweight.

Being too heavy can strain your already weakened heart.



your doctor. Unexpected weight gain is often the first warning sign of dangerous fluid buildup.

Talk to your doctor about exercise. As a general rule, it's best for people with heart failure to stay active. Moderate aerobic exercise—such as walking or swimming—is good for your heart, your body and your outlook. It can also boost your energy level. But get your doctor's OK before beginning. And stop exercising immediately if you have any chest pain, shortness of breath or dizziness.



Watch symptoms. Are your ankles swelling more than usual? Are you waking up short of breath? Is it hard to breathe comfortably? Have you lost your appetite? These are all signs your heart failure may be getting worse. Tell your doctor right away.

Carefully manage other related conditions. These may include diabetes or high blood pressure.

Source: American Heart Association

According to the American Heart Association, smoking is the most significant preventable cause of premature death in the United States.

Smoking: Quit now for your heart

If you smoke, you probably know the negative effects it can have on your lungs—from a smoker's cough to lung cancer. But you may not realize the effect it can have on your heart.

Smoking raises your risk of dangerous blood clots, injures blood vessels, and speeds up the process of narrowing and hardening your arteries—a condition known as atherosclerosis—which can lead to heart attacks.

Quit smoking now, however, and you'll greatly reduce your risk of heart attack, stroke, lung disease and cancer.

What's more, it's never too late to quit, notes the American Heart Association. When you have heart disease, quitting is an important part of treating the disease and preventing future heart problems.

If you're ready to quit, here are a few steps to help you get started:

- Set a quit date, plan for it and stick to it.
- Choose a method for quitting.
- Consider whether smoking cessation medications might help you quit.

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Veggie pita pizzas

Ingredients

- 4 whole-wheat pita bread rounds
- 1 cup prepared pasta sauce (with vegetables)
- ½ red bell pepper, finely diced
- 1 small zucchini, finely diced
- 1 small yellow summer squash, finely diced
- 2½- to 3-ounce jar or can sliced mushrooms, drained
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ cup shredded part-skim mozzarella cheese
- 8 teaspoons grated Parmesan cheese
- Crushed red pepper flakes, to taste (optional)

Instructions

- Preheat oven to 400 degrees. On oven rack or in toaster oven, toast pita bread for 1 minute. Remove and allow to cool.
- Spread ¼ cup pasta sauce on each pita round.
- In medium bowl, combine red pepper, zucchini, yellow squash and mushrooms. Spoon evenly onto pita rounds.
- Sprinkle ¼ teaspoon oregano and basil on each round. Divide mozzarella among pitas. Top each with 2 teaspoons of Parmesan cheese. If desired, sprinkle with a bit of crushed red pepper flakes.
- Broil, watching carefully, until cheese is melted and bubbly and pita is hot. Serve immediately.

Nutrition information

Makes 4 servings.

Per serving: 186 calories, 6g fat, 3g saturated fat, 26g carbohydrates, 10g protein, 3g dietary fiber, 755mg sodium

Source: American Institute for Cancer Research



KEEP IN TOUCH WITH YOUR doctor

RISKS FOR A NUMBER OF health problems increase as people age. These include arthritis, cataracts and certain cancers. Sometimes, a combination of genetics and environmental factors—including your lifestyle—puts you at risk as well.

By working with your doctor, you can better understand your specific risks. Just as important, you can learn how to head off those things that pose some of the greatest risks. For example, your doctor might recommend that you stop smoking, improve your diet, get moving and have recommended screening tests. In some cases, you might need medication.

If you already have a health problem, it's important to work closely with your doctor. Doing so can help you manage your condition. And that can help you live as healthfully as possible.

Sources: AGS Foundation for Health in Aging; National Institutes of Health

Kadlec Clinic has primary care doctors and specialists. Call 509-942-DOCS (509-942-3627) for an appointment.