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healthyheart

A service of Kadlec Regional Medical Center–Tri-Cities

HEALTH NEWS AND INFORMATION



Take care to control heart failure

If you have heart failure, there are some important things you can do to take care of yourself.

■ **Watch the salt.** Too much salt can lead to fluid retention, which can make symptoms worse.

Weight gain and swelling are signs that fluid is building up in your body.

■ **Take your medicine.** Your doctor may prescribe ACE inhibitors, beta-blockers, diuretics or other drugs. Know what you're taking and any potential side effects and drug interactions.

■ **Exercise.** Your doctor can recommend the best activities for you.

■ **Talk to your doctor** about what to do if your symptoms get worse or if new symptoms develop.

■ **Learn all you can about heart failure.**

For more information, visit the website of the National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov or the Heart

Failure Society of America site at www.aboutfhf.org.

WHAT IS CONGESTIVE heart FAILURE?

Nearly 5 million Americans live with congestive heart failure. The condition leads to more than 1 million hospital stays each year, including many repeat visits, and is the leading cause of hospitalization among the elderly.

Every day at Kadlec Regional Medical Center, hospitalist Asif Malik, MD, cares for patients with congestive heart failure (CHF), a potentially life-threatening condition. It does not mean the heart has stopped pumping, just that it is failing to meet the body's need for blood and oxygen.

While CHF cannot be cured, for many it can be successfully managed.

What is CHF?

Heart failure is a serious, chronic condition. When the heart cannot pump enough blood, the body begins to compensate. The heart may work harder by enlarging its chambers, thickening its walls or beating faster.

While this may work initially, eventually the heart loses pumping capacity and cannot keep up.



Asif Malik, MD, a hospitalist at Kadlec Regional Medical Center, said the symptoms of congestive heart failure can be deceptive.

Blood backs up into the liver, abdomen, ankles, feet or lungs. Symptoms subsequently develop and include fatigue, shortness of breath, coughing and leg swelling.

"Congestive heart failure can easily fool you," said Dr. Malik, who has done fellowship work in CHF and cardiac transplant. "Patients don't always know something is going on with the heart when they experience some of the symptoms. But if a person has a cough, it could be CHF. If the person has trouble sleeping, it could be CHF. If there is a lack of appetite, it could be CHF.

—continued on page 4

Put your team together

HEARTCHASE™ IS COMING TO THE TRI-CITIES MARCH 24

Lace up those running shoes. HeartChase™ Tri-Cities is headed this way.

On March 24, teams of two to five people will be combining technology with athleticism to raise money and awareness for the United States' leading cause of death—heart disease.

The American Heart Association's HeartChase is an innovative community event that provides a fun, new way to promote healthy living and support a great cause. It's been held across the country, and now it is coming to the Tri-Cities.

Think of the around-town excitement from shows like *The Amazing Race* meeting wacky team-based games like *Minute to Win It*. And when you combine games, friendly competition and an important mission, you've got great fun with a purpose.

HeartChase will bring families, friends and coworkers of all ages together in a communitywide competition to uncover clues, solve puzzles and complete challenges in a race to the finish line.

Kadlec is the title sponsor of the local event, which will be held March 24, beginning at 10 a.m. at Howard Amon Park in Richland.

Want to register a team, learn more about it or even volunteer? Go to www.heartchase.tricities.org.



Kadlec's CardioPulmonary Rehabilitation played a key role in Jason Perryman's recovery from a heart attack.

COMING back FROM A HEART ATTACK

Although Jason Perryman, of Richland, knew cardiac disease ran in his family, he assumed he wouldn't have to worry about it until later in life. He lived an active life, but not one focused on taking care of his heart.

Then in 2008, he had a heart attack at age 35.

"I had one stent put in by Dr. (Saad) Tabbara at Kadlec," said Jason, whose cardiologist is Surender Wadhwa, MD. His primary care physician is James Leedy, MD. "Immediately I felt better and had more energy," Jason said.

After the procedure, Jason enrolled in Kadlec's CardioPulmonary Rehabilitation program, which is designed to help patients with cardiac or pulmonary disorders resume productive lives

and make a lifelong commitment to exercise and good health.

The program consists of four components: medical, exercise, education and psychological. Patients follow carefully planned, individualized programs, which include supervised exercise, cardiac monitoring, medication, nutrition counseling, stress management and continuing support.

"It was life changing," Jason said. "I learned how to eat well and to exercise consistently. But another aspect for me was the social support I got in the program.

"I was only 35 and knew I would be one of the younger guys there. I was a little nervous about it," he said. "But once I got there, I realized we are all in the same boat. Everyone in the program, no matter what age, helps to keep each other accountable, and it makes you want to come."

Even though Jason's program ended years ago, he still works out at the program's gym regularly.

"I still have friends who come regularly, too. We continue to hold each other accountable even after all these years," Jason said. "It is such a great program."

For more information about Kadlec's CardioPulmonary Rehabilitation program, call **509-627-6258**.



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HEALTHY DIET

choose THIS, NOT THAT

Have you ever wondered what foods are the best choices for heart health? Some common food choices may not be as healthy as you think.

Breakfast on the go

Choose plain yogurt with fresh blueberries instead of a blueberry muffin.

A 4-ounce blueberry muffin has a whopping 400 calories and 400 milligrams of sodium, with 50 grams of carbohydrates and 5 teaspoons of fat.

Some studies have shown that low-fat and non-fat dairy products help you lose weight—possibly even belly fat! Blueberries contain antioxidants, fiber, potassium and vitamin C, and they taste great too.



Snack attack

Choose a small handful of unsalted walnuts instead of a bag of pretzels.

A small (1-ounce) bag of pretzels has 450 milligrams of sodium.

Excess sodium can raise your blood pressure. Guidelines recommend less than 2,300 milligrams



of sodium each day.

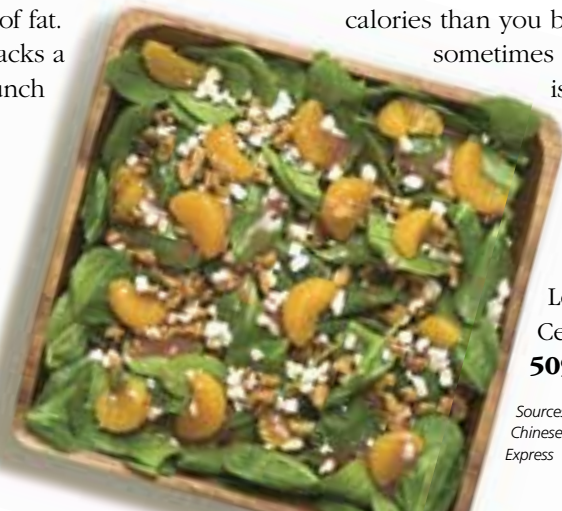
Walnuts contain healthful omega-3 fatty acids to increase good cholesterol (HDL) and lower blood pressure

Salad bar

Choose spinach for your salad instead of the macaroni salad.

The same portion of macaroni salad has 280 calories, 900 milligrams of sodium and 3 teaspoons of fat.

Spinach packs a nutritious punch with fiber, potassium, B vitamins, and antioxidants. At just 7 calories per cup you can't go wrong.



Eating out for lunch

Choose the beef with broccoli instead of the mandarin chicken.

Per serving, the beef with broccoli has 150 calories, 510 milligrams of sodium and a little over a teaspoon of fat.

One serving of mandarin chicken has more than twice as many calories at 310, with 740 milligrams of sodium, and more than 3 teaspoons of fat.

A side of steamed rice adds 380 calories and 86 grams of carbs to either dish!



Bottom line?

Cut back on empty-calorie foods and choose foods that pack in more nutrients. At the end of the day, calories count—and to lose weight, you need to take in fewer calories than you burn off. But

sometimes the better choice is not the obvious choice.

For more information, contact Kadlec's Diabetes Learning Center at **509-942-2620**.

Sources: www.calorieking.com;
Chinese food items from Panda Express

Kadlec cardiac surgery care team expands



Dean Rodemack, PA

The cardiothoracic and vascular surgery team of Kadlec Clinic Cardiothoracic Surgery was recently expanded with

the addition of a second physician assistant.

Dean Rodemack, PA, has been in the medical field since 2000, working first in music therapy assessments and then as a phlebotomist. It was his desire to have greater patient interaction that drove him to complete the physician

assistant program. He said that during the program he "fell in love with cardiac care."

He joins cardiothoracic surgeons Hannan Chaugle, MD, and Juan Cordero Jr., MD, as well as physician assistant Randall Kelly. Their office is located at 780 Swift Blvd., Suite 140, in Richland. They can be reached by calling **509-942-3095**.



What is congestive heart failure?

—continued from page 1

“When a person has these symptoms, it is important not to overlook them,” he said.

Who is at risk for CHF?

Risk factors for developing CHF include high blood pressure, coronary heart disease, heart attack, irregular heartbeat, diabetes, viruses, congenital heart defects and alcohol use. While anyone can develop CHF, it is more common in African Americans, men and people age 65 and older.

Treatment options

“In the past, when a person was diagnosed with CHF, it was the end of their life,” said Dr. Malik. “Today, with the new treatment options, people can do amazingly well.”

Even when the heart muscle is impaired, symptoms can be relieved and the gradual worsening of the condition can be slowed.

Doctors work to treat the underlying cause of CHF, prescribe medications and sometimes offer surgical options.

“Treatment really begins with the patient,” said Dr. Malik. “Changes in lifestyle are critical. Restricting salt intake is key, as is getting enough water. It is important to exercise, even if you get very tired when exercising.

“CHF is no longer a death sentence,” he said. “Treatment has significantly improved. When I see patients in the hospital with CHF, just small changes in medications can make a tremendous difference. Combine that with lifestyle changes, and people can now live a long and active life with it.”



STRAWBROSIA parfaits

INGREDIENTS

- 2 cups sliced strawberries
- 1 banana, sliced
- 1 orange, peeled and sliced, or 11-ounce can mandarin orange segments (reserve a small amount of juice)
- 1 cup cubed pineapple, fresh or canned
- 1 cup (8-ounce carton) nonfat vanilla or lemon yogurt
- ¼ cup Grape-Nuts
- 6 mint sprigs

DIRECTIONS

- In a bowl, mix strawberries, banana, orange and pineapple.
- Pour orange juice over fruit and toss.
- Refrigerate until chilled.
- To prepare parfaits, divide one half of the fruit mixture equally into 6 parfait glasses. Top with heaping tablespoon of yogurt.

- Add remaining fruit divided equally; top with remaining yogurt.
- Sprinkle each parfait with Grape-Nuts.
- Garnish each parfait with a mint sprig.

NUTRITION INFORMATION

Number of servings: 6
Cups of fruits and vegetables per person: ½

Serving size: ½ recipe. **Amount per serving:** 110 calories; 5 calories from fat; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 60mg sodium; 26g total carbohydrate; 3g dietary fiber; 17g sugars; 3g protein; vitamin A, 4%*; vitamin C, 100%; calcium, 10%; iron, 10%.

*Percent Daily Values are based on a 2,000-calorie diet.

DIABETIC EXCHANGE**

Fruit: 1; vegetables: 0; meat: 0; milk: 0; fat: 0; carbs: 0; other: 0.

**Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: Produce for Better Health Foundation