

**Cardiac Monitor —
a resource for you**

Cardiac Monitor highlights the latest news in cardiac care and features helpful information about diet and exercise, medication and prescription updates, upcoming educational opportunities, and ongoing profiles of different Mercy services.

Distribution of *Cardiac Monitor* is intended for patients who are active participants in any of the Mercy Heart Institute Cardiovascular Disease Management programs, or who have had a recent hospitalization for a cardiovascular-related condition. The information included in this newsletter is provided as an educational service. If you wish to be removed from the mailing list, please call (916) 733-6966.

Mercy offers Vascular HealthScreen to community

If you know someone who suffers from leg pain, it could be a symptom of serious disease. That's why Mercy Heart & Vascular Institute offers Mercy Vascular HealthScreen, which gives people an opportunity to learn more about their vascular health.

This public outreach is a collaborative effort between Mercy General Hospital and Mercy San Juan Medical Center to offer low-cost peripheral artery disease (PAD) screenings in the community.

Approximately 10 million Americans over the age of 50 have PAD, which could lead to stroke, heart attack or loss of limbs. The good news is PAD is detectable and appropriate treatments can be provided. The medical experts at Mercy Heart & Vascular Institute urge you to take advantage of non-invasive, painless and low-cost screenings that check for blockages in the arteries.

Vascular HealthScreen includes:

- **Stroke/carotid artery ultrasound** — to detect potential stroke causing plaque
- **Ankle-brachial index** — to detect peripheral artery disease
- **Abdominal aortic ultrasound** — to detect aneurysm

The cost is \$95 for all three or \$45 each. All screenings include a consultation with a vascular nurse and test results are reviewed by one of our Heart & Vascular Institute physicians. Screenings are available at Mercy General and Mercy San Juan.

To make an appointment, call (916) 733-6245.

Are you at risk for PAD?

The following symptoms elevate your risk for peripheral artery disease:

- Diabetes
- Smoking
- High blood pressure
- High cholesterol
- Over age 50
- Family history of heart disease

Don't ignore these risk factors — schedule your Vascular HealthScreen today.

Vascular HealthScreen is a cash program payable by cash, check or credit card. Your insurance will not be billed.

VASCULAR HEALTHSCREEN

February is Heart Month

Heart disease is the leading cause of death in the United States, claiming hundreds of thousands of lives each year. During American Heart Month in February, why not show someone you love that you care about their heart health and inspire them to take action? Vascular HealthScreen gift certificates are now available and make the perfect gift for the loved one in your life. Call (916) 733-6245 for details. Also, watch for more information about Mercy Heart & Vascular Institute and the Mercy hospitals partnering with your local community to present special heart-healthy events in recognition of Heart Month.

**Mercy Heart & Vascular
Institute Cardiologists
and Cardiac Surgeons**Michael Chang, MD,
Medical Director**Cardiac Electrophysiologists**Padraig G. O'Neill, MD
Stephen I. Stark, MD
Larry J. Wolff, MD**Cardiac Surgeons**John R. Dein, MD
Allen S. Morris, MD
Richard J. Kaplon, MD
Stephen J. Rossiter, MD
Frank N. Slachman, MD
Henry Zhu, MD**Cardiologists**Arvin Arthur, MD
Richard Axelrod, MD
Philip M. Bach, MD
Scott B. Baron, MD
David A. Bayne, MD
Raye L. Bellinger, MD
Larry E. Berte, MD
Rohit Bhaskar, MD
Dennis R. Breen, MD
Alan R. Cabrera, MD
Jack W. Casas, MD
Michael L. Chang, MD
Kenny Charn, MD
John Chin, MD
Howard Dinh, MD
Mark H. Eaton, MD
Georg Emlein, MD
Daniel C. Fisher, MD
Melvin D. Flamm, Jr., MD
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Michael Fugit, MD
Kathryn Glatter, MD
Jonathan A. Hemphill, MD
Stanley C. Henjum, II, MD
Elizabeth Hereford, MD
Mehrdad Jafarzadeh, MD
Ajay Joshi, MD
Peter Jurisich, DO
Roy F. Kaku, MD
Brian Kim, MD
Joseph A. Kozina, MD
Edmond Lee, MD
Timothy Y. Lee, MD
Lee-Tzu Lin, MD
Reginald I. Low, MD
David J. Magorien, MD
Nick Majetich, MD
Walt Marquardt, MD
Harvey J. Matlof, MD
Malcolm M. McHenry, MD
Stephen L. Morrison, MD
M. Michele Penkala, MD
Phuong-Anh Pham, MD
Jagbir S. Powar, MD
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Sailesh N. Shah, MD
Karanjit Singh, MD
Kevin L. Stokke, MD
Rajendra S. Sudan, MD
Patricia A. Takeda, MD
Daniel D. Vanhamersveld, MD
William Vetter, MD
Mark A. Winchester, MD
David E. Woodruff, MD
Zi-Jian Xu, MD**Mercy Cardiovascular Services**Doris Frazier, RN, BSN, MS
Vice President

Nutrition resolution evolution

By Marilyn Gee, Registered Dietitian

With the arrival of Jan. 1, millions of Americans are thinking about resolutions they plan to make. Keep in mind that small changes made over time will have a big impact. On the first of each month, select a category from the list below along with a resolution to focus on each day and/or week. Let 2008 be a year of firsts and enjoy the evolution of a heart-ier diet!

Get ready, get set — Restock pantry and refrigerator with heart-healthy foods; gather heart-healthy recipes

Portion distortion — Portion food into a bowl rather than eating from the package; minimize entrées

Chewing the fat — Extend creamy dressings with non-fat yogurt; switch to low-fat cheese

Oh, goodness grains — Have a serving of 100% whole grains with each meal; use brown rice

Protein power — Reduce servings to 6 oz. per day; avoid “enhanced” or “injected” meats

Veg-out — Have a different colored vegetable daily; steam don't boil

Quench your thirst — Sip on water while sitting at the computer; limit fruit juice

Meatless mania — Go meatless twice a week; add beans to salad

Pass the salt — Substitute fresh herbs for salt; use “no salt added” products

Sweet treats — Avoid added/hidden sugars; forego desserts

Let's go out — Eat out one less meal per week; share an entrée

Fruit basket — Have an apple a day; aim for a rainbow of color

By taking these *first* steps throughout the year, you'll be congratulating yourself in December for keeping your New Year's resolutions!



Get in shape in 2008

By Elita Randall, MS, Exercise Physiologist

With a new year, a new resolution is surely the way to start off with a bang. Once again, the No. 1 resolution this year is to get in shape. Starting an exercise program can sound like an overwhelming task, but just remember that your main goal is to improve your health by meeting the basic physical activity recommendations: 30 minutes of moderate-intensity physical activity at least five days per week.

To help make your exercise program a success:

Make exercise fun. If you do something you enjoy, you will be more likely to stick with it. If you are a people person, exercise with a friend or in a group setting, such as an aerobics class, or join a walking club. If you are easily bored, entertain yourself by listening to music, or tape your favorite television program and watch it while you work out.

Exercise in short bouts. Research shows that moderate-intensity physical activity such as walking

and cycling can be accumulated throughout the day in 10-minute bouts. This can be helpful on days when finding a 30-minute block of time to exercise is a challenge.

Set your own schedule. Maybe it is easier for you to walk during your lunch hour, or perhaps going for a bike ride after dinner works best for you. The key is to set aside specific days and times for exercise, making exercise a regular part of your daily routine.

A new name

In response to the growing interest in vascular health and the growing need for information about vascular conditions, Mercy Heart Institute has expanded its focus and changed its name to Mercy Heart & Vascular Institute. With the increased focus on the *vascular* in cardiovascular, Vascular Health-Screen was launched in the fall. Positive community response to the new program has been widespread.

Update: hormone therapy and heart disease

By Elaine Baker, Pharmacy Student, University of the Pacific

According to the Centers for Disease Control, heart disease is the leading cause of death for women in the United States. Many options exist to reduce the chance of heart disease. Most strategies to prevent heart disease consist of diet and exercise, as well as controlling blood pressure, cholesterol and diabetes.

Hormone replacement therapy (HRT) is used to treat symptoms of menopause in women. Therapy consists of estrogen only if women have had their uterus removed (via a hysterectomy). Women with an intact uterus will often receive estrogen plus progesterin therapy.

In the late 1990s and early 2000s, it was thought that HRT might provide added benefit against heart disease. However, by 2002 clinical studies designed to test this theory could not support the claim that all women would benefit from HRT. Since other studies demonstrate that certain combinations of HRT may increase the risk of stroke and breast cancer, the American Heart Association (AHA) has

recommended that HRT not be used to protect women from heart disease.

This year, two new studies took a new look at the data from past studies. While it's still too early to say with certainty, it now appears that women who began HRT closer to the start of menopause tended to have less heart disease than women taking HRT years past menopause. More studies are under way to determine if HRT presents a "window of opportunity" to prevent heart disease in women. These studies are looking at the age when women begin HRT and also seek to determine if there is a difference between HRT delivered orally or via a patch on the skin.

The medical community eagerly awaits the results of these new studies. Meanwhile, the AHA still does not recommend HRT for the prevention of heart disease. Considering the increased risk for stroke and breast cancer, experts recommend the use of HRT in women for the treatment of menopause only. As always, HRT should only be used at the lowest effective dose for the shortest duration possible.



Taking steps toward healthy hearts

Mercy teams registered more than 850 walkers at the 16th Annual Sacramento 5K Heart Walk in September and raised \$5,000 to help fight heart disease. Throughout the day, Mercy Heart & Vascular Institute provided more than 100 total cholesterol, HDL and blood sugar screenings; 100 stroke and blood pressure screenings; and 100 peripheral artery disease screenings. Patients were referred to Mercy's new Vascular Health Screen program, as appropriate (see page 1). Mercy walkers included former patients, employees, staff and their families from Mercy General Hospital, Mercy San Juan Medical Center, Methodist Hospital, Woodland Healthcare and Mercy Medical Group.

The beat goes on... ICD Support Group

The ICD (Implantable Cardiac Defibrillator) Support Group meets the fourth Monday of February, April, August and October from 6 to 8 p.m. in the Mercy General Hospital Main Auditorium. Refreshments are served.

The 2007 annual ICD holiday gathering was held on Monday, Dec. 17. The party included appetizers, desserts and holiday cheer, as well as a program presented by Ken Rogaski, Manager of Mercy General Hospital's Cardiac Conditioning program.

The ICD Support Group meeting scheduled for Feb. 25 will be discussing device therapy for patients. A representative from Medtronic will present "With All the Medical Devices in the World, Where Do I Fit in?" This will be a basic-level class for patients who want to understand more about their current devices and other different types of devices, as well as how each device is chosen for a patient.

ICD Support Group meetings allow participants to meet other individuals who have an ICD, as well as their family and friends. The sessions are a combination of education, group sharing and emotional support. For more information, call (916) 733-6966.

MARK YOUR CALENDAR

Mercy Heart Institute

Cardiovascular Disease Management Programs

Heart Smart and CHAMP®:
(916) 564-2880

Cardiac Conditioning:
Mercy General Hospital
(916) 453-4521

Mercy San Juan
Medical Center
(916) 537-5296

Smoking Cessation:
(916) 453-4927

Mercy Mall Walk Program:
(916) 564-2880

Mercy Heart Institute

1-877-9HEART9

www.CHWhealth.org/
MercyHeart

Healthy Heart Series — free

Mercy General Hospital

All classes are held on Thursdays from 1:30–3 p.m.
Call 453-4521 for dates and location.

Topics include: Diabetes nutrition and low-fat cardiac diet.

Mercy San Juan Medical Center

All classes are held on Tuesdays from 11:15 a.m.–12:15 p.m.
Call (916) 537-5296 for dates and location.

Topics include: Emotions and heart disease, diabetes management, diabetes nutrition, low-fat cardiac diet, managing your response to stress, your heart and cardiac procedures, your medicine cabinet, exercise guidelines, cardiovascular risk factors.

Congestive Heart Active Management Program (CHAMP®)

All classes are held from 8:30 a.m.–12 p.m.
For schedule and locations, call (916) 564-2880.
Pre-registration is required.

Topics include: congestive heart failure, medications, low-sodium diet, social issues, exercise and activities.

Heart Smart

All classes are held on alternating Tuesdays from 9:30–11:30 a.m. and alternating Thursdays from 1:30–3:30 p.m. For times and locations, call (916) 564-2880. Pre-registration is required.

Diabetes Management and Nutrition for Today! — free

All classes are held from 10 a.m.–12 p.m. For schedule and location, call (916) 564-2880.

Topics include: Monitoring blood sugar, medications, exercise, preventing complications and healthy food choices.

Cholesterol Screenings

First Thursday of every month. Fees are \$25 for Lipid Panel; \$30 for Lipid plus Glucose. Twelve-hour fasting is required.

For an appointment or information, call:

Mercy General Hospital (916) 453-4521
Mercy San Juan Medical Center (916) 537-5296

Mended Hearts Support Group

Meetings are held on the second Thursday of every month from 7–8:30 p.m. For more information, call (916) 773-5263.

ICD Support Group (Defibrillator patients)

Meetings held every other month.
For information, call (916) 733-6966.

Mercy Mall Walk Program — free

Country Club Plaza, Sunrise Mall
Monday–Saturday, 8–10 a.m.
For more information, call (916) 564-2880.



Mercy Heart Institute
3939 J Street, Suite 220
Sacramento, CA 95819-3633