

# heart health news

**3** 7 WAYS TO BURN FAT FAST

**4** PROTECT YOUR HEART:  
GET SCREENED

**7** TEAM HEART:  
KNOW THE PLAYERS



**EARLY** heart disease detection may be the **KEY** to your **SURVIVAL**. **LEARN** more about how **KETTERING'S PREVENTIVE** heart screenings can **HELP** you.

See page 4.

## Kettering Medical Center named to Top 100 Hospitals list!

**F**or the sixth time in eight years, Kettering Medical Center has made the Thomson Top 100 Hospitals rankings. It identifies hospitals where patients are measurably less likely to have a complication, an adverse patient safety event or die unnecessarily.

Thomson Top 100 Hospitals are more likely to care for patients well and at a reasonable comparative cost. The 100 hospitals listed are also considered to be well-

managed and will continue to invest in technology and services needed by the community.

The four Kettering Network Hospitals in the Dayton area are the only local care centers to earn a Top 100 ranking in 2008.

We're honored to be the healthcare provider of choice for the greater Dayton community.

—Walter Sackett  
Vice President, Clinical Services

# cardioCURRENTS

{ NEWS AND TIPS FOR THE HEART-CONSCIOUS }



## Low exercise capacity is bad news

People who have low exercise capacity when they walk on a treadmill are at increased risk of experiencing a heart event—such as a heart attack—or of dying from one, according to a study published in *Archives of Internal Medicine*. That's the conclusion drawn by researchers who conducted treadmill tests on nearly 9,200 adults, then followed them for more than two and a half years. Study subjects whose exercise capacity was lower than those who had normal exercise capacity had more than twice the risk of having a heart attack or chest pain or needing angioplasty or coronary artery bypass surgery. Low exercise capacity was more common in women and in those who also had conditions such as diabetes and high blood pressure.

## 'Beet' high blood pressure

A diet rich in fruits and vegetables gives you plenty of antioxidants, and eating the right veggies may also lower your blood pressure. That's according to British researchers who found that healthy volunteers who drank 500 mL (about two cups) of beet juice experienced a drop in blood pressure in just an hour, with the peak drop occurring three to four hours afterward. The benefit lasted to some degree for as long as 24 hours. Authors of the study, published in the journal *Hypertension*, say their research indicates that consuming dietary nitrate contained in beet juice—and in green, leafy vegetables—causes the blood pressure decrease. In the past, a vegetable-rich diet's protective effects were attributed only to its antioxidant vitamin content.

## A silent threat

An abdominal aortic aneurysm (AAA) is a weak, bulging area on the wall of the aorta, the body's largest artery. It's often found by accident. That's because most aneurysms have no symptoms. Your doctor may discover you have an AAA during a routine exam, for example, or as you're undergoing a CT scan for another reason. Aneurysms can be life threatening if they rupture. But an AAA diagnosis doesn't necessarily mean you'll be rushed into emergency surgery. Fortunately, most aortic aneurysms grow slowly and don't reach the rupture point. Many start small and stay small, but others expand over time. Your doctor will closely monitor your aneurysm so surgical repair can be planned if needed. In the meantime, treatment may depend on the aneurysm's size:

- **Small** (less than 4 cm)—You probably have no symptoms, but you may need to take a beta-blocker, a drug that reduces the force of blood being ejected from the heart. If you smoke, you'll need to quit. Your doctor also may prescribe a cholesterol-reducing drug.
- **Medium** (4 to 5.5 cm)—In addition to prescribing medicine, your doctor will discuss with you the benefits and risks of watching and waiting versus surgery.
- **Large** (more than 5.5 cm)—An aneurysm that's large, growing quickly, leaking or feeling tender or painful will probably need to be repaired with either surgery or a minimally invasive procedure.



## ► DID YOU KNOW?

- **Potassium—from food, not supplements—helps reduce salt's effect on blood pressure. A good source? Bananas.**
- **The higher your cholesterol level, the greater your heart attack risk.**
- **Cardiac rehab, a program that helps you get better after a heart attack, may help reduce your risk of dying from a heart attack by 20 percent to 25 percent.**



# 6 ways to rev up your metabolism and lose weight

**W**e all know at least one person who can eat anything and not gain a pound. We chalk it up to a “fast metabolism.” But what exactly is metabolism, and can a slow metabolism be speeded up? Metabolism is the work your body does to turn the food you eat into energy. Women burn about 1,200 to 1,700 calories a day and men burn about 1,400 to 2,100 calories a day at rest because simply breathing burns calories, as does the normal everyday functioning of your brain, heart, liver and kidneys.

The rate at which your body burns calories when you’re resting is called the “basal” or “resting” metabolic rate (BMR). People with a low BMR will tend to gain more body fat over time than someone with an average BMR. Factors that influence metabolism include heredity, age, body type and gender. If you’re overweight, it’s likely because you’re consuming more calories than your body burns.

## TO HELP BOOST YOUR METABOLISM AND DROP THOSE EXTRA POUNDS:

**1 Be active every day.** When you move—like walking, running or dancing—your body burns calories well above the basal rate. But any aerobic activity that gets your heart rate up is good. And working out early in the day helps raise metabolism all day. Thirty minutes is adequate, 60 minutes is better if you’re trying to lose weight.

**2 Eat more frequently.** Studies show that people who eat small, frequent meals tend to have a fast metabolism. Skipping meals slows down metabolism because without food your body will conserve energy and burn fewer calories.

**3 Build muscle.** People who have more muscle than fat generally have higher BMRs. Muscle is active tissue that consumes calories. The more lean muscle you have, the more calories you burn. Lifting weights two or three times a week can boost metabolism by as much as 15 percent.

**4 Don’t be a chronic (and crash) dieter.** Most diets don’t work, and people who cut their food intake too drastically can damage their body and actually cause their metabolism to slow down. Plus, you’ll be too tired to exercise.

**5 Lose weight slowly.** Set a realistic goal for weight loss. Experts say that one or two pounds a week is about right.

**6 Eat your fruits and veggies.** Not only will they provide healthy fuel for your body and help with weight control, they may reduce the risk of some cancers and chronic diseases. ♥

**KEEPING  
YOU  
HEALTHY**

For information about Kettering Medical Center’s nutrition and weight-management programs, log on to [www.khnetwork.org/DiabetesKMC](http://www.khnetwork.org/DiabetesKMC).



# Protect your heart: Get screened

**C**ardiovascular disease (CVD), primarily coronary heart disease (CHD), stroke and leg artery disease (PAD), remains the leading cause of death for men and women in the United States.

Of those who die, many die suddenly with no previously recognized heart disease symptoms. "These statistics are why a greater emphasis on prevention is important," says Gilbert Templeton, MD, medical director of Kettering Medical Center's (KMC's) cardiac outreach programs.

## LEARN YOUR RISK LEVEL

Primary prevention is the public health term for programs that focus on risk factor identification and alteration to prevent first heart attacks and strokes. The first step toward heart disease prevention is identifying your risk level.

"At KMC, we assess the factors found to contrib-

ute to CHD, such as family history, abnormal cholesterol levels, hypertension, smoking and diabetes. Risk estimates are employed to categorize risk and help guide the intensity of risk reduction therapies by matching interventions to the level of individual risk," says Dr. Templeton.

"We recommend that all individuals learn their CHD risk category and what they can do to lower it to prevent heart attacks and strokes, says KMC cardiac outreach coordinator Barb Emrick. "And I find that the more people are educated about risks, the more likely they are to take action or change lifestyles to lower their risk."

It's clear that the presence of atherosclerotic plaque is a risk factor for CHD and stroke. Stroke is also a major cause of death and serious disability. Imaging technologies, such as calcium scoring and vascular ultrasound, are useful tools in detecting CVD presence before heart attack or stroke occurs.

► **KMC's heart team believes that early preventive strategies can prevent heart attacks and strokes and save lives.**

► **KMC supports the public health recommendations to provide screening and education programs for CVD prevention.**

► **KMC's program protocols are based on best practice guidelines**



KMC cardiac outreach coordinator Barb Emrick discusses the patient's screening results.

## SPECIALIZED SCREENING PROGRAMS AT KMC

KMC's heart team believes that early preventive strategies can prevent heart attacks and strokes and save lives. We support the public health recommendations to provide screening and education programs for CVD prevention. That's why KMC offers specialized cardiovascular risk assessment programs for the community through the cardiac outreach department.

Our program protocols are based on best practice guidelines. Best practice means a commitment to use evidence-based knowledge and technology consistent with current concepts in CVD prevention. Broad access to quality prevention programs can help those in our community identify CVD risk levels and, with the help of qualified health professionals, create a plan to maintain the best possible cardiovascular health.

For more details about our screenings programs, see the descriptions and calendar at the right. Or visit [www.khnetwork.org](http://www.khnetwork.org).♥

## Best heart treatment? Early detection!

**K**ettering Medical Center (KMC) knows that the earlier you detect a possible heart problem, the easier it is to treat it effectively. KMC has screenings and classes to help you improve and maintain the health of your heart. These cardiac screening tests are inexpensive and open to anyone in our community.

♥ **Healthy Hearts for Women**—Screening designed to increase heart disease awareness in women and assess cardiovascular risk status. This program measures lipid levels, glucose, blood pressure and body mass index and offers a 12-lead EKG. An individual risk consultation is also provided.

► **October 23, 8:30–11:30 a.m.,**

Seventh day Adventist Church, 3939 Stonebridge Dr., Kettering  
Call **937-395-8492** to register. Appointments are necessary.

### CARDIOVASCULAR HEALTH ASSESSMENT

♥ **Level 1**—A basic assessment measures lipid levels, glucose, blood pressure and other risk factors for heart disease, providing a risk consultation and cardiovascular health plan. Modifying these risk factors can prevent coronary heart disease. **Cost \$21.**

♥ **Level 2**—A more advanced assessment includes Level 1 assessment and vascular ultrasound to identify atherosclerosis in the carotid and leg arteries. Carotid artery duplex ultrasound and ankle-brachial index provide valuable information about your heart disease and stroke risk by detecting atherosclerosis. Our board-certified cardiologist reviews all test results. **Cost \$99.**

► **August 20, 8:30–11:30 a.m.,**

Conover Health Center, 333 Conover Dr., Franklin

► **September 17, 8:30–11:30 a.m.,**

KMC-Sycamore, 4000 Miamisburg-Centerville Rd.

► **October 16, 8:30–11:30 a.m.,**

Englewood Health Center, 1250 W. National Rd., Clayton

Appointments are necessary. Call **937-384-4857** to schedule.

♥ **Vascular Ultrasound Screening**—This series of three tests detects atherosclerotic plaque in carotid arteries (neck), checks for poor blood flow in lower extremities (peripheral arterial disease) and looks for silent enlargement of the aorta (aneurysm). Registration is required. Call **937-384-4857** to register. **Cost \$45 per test or \$109 for all three.**

► **August 20, 1–4 p.m.,**

Conover Health Center, 333 Conover Dr., Franklin

► **September 17, 1–4 p.m.,**

KMC-Sycamore, 4000 Miamisburg-Centerville Rd.

► **October 16, 1–4 p.m.,**

Englewood Health Center, 1250 W. National Rd., Clayton

♥ **Cardiac Calcium Scoring CT**—A fast, non-invasive CT scan to detect calcified plaque in coronary arteries before symptoms develop. Recommended for men and women over age 40 with a family history or other risk factors for heart disease. **Cost \$99.** Call **937-395-8492** for details and scheduling, or visit [www.khnetwork.org](http://www.khnetwork.org).



## TRUE OR FALSE

If you want to be heart healthy, you have to be heart smart. Test your knowledge by answering true or false to the following statements. Then check the answers below to see how well you did.

### STATEMENTS

1. More men than women die from cardiovascular disease.  T  F
2. Drinking more than three alcoholic drinks a day can lead to heart failure.  T  F
3. Symptoms of high cholesterol include headaches and weight gain.  T  F
4. Chronic lung diseases, such as emphysema and asthma, can lead to heart failure.  T  F

### ANSWERS

**1. FALSE:** More women die from cardiovascular disease than men. Part of the reason is women's symptoms of cardiovascular disease are subtle and so the condition is often diagnosed at a later stage. Although cardiovascular disease is the number one cause of death in women, half don't realize they're at risk.

**2. TRUE:** Drinking more than three alcoholic drinks a day directly damages your heart's muscle, causing it to become enlarged and weakened over time. This type of heart failure, called alcoholic cardiomyopathy, leaves the heart unable to contract forcefully enough to fuel the rest of the body with blood and oxygen.

**3. FALSE:** High cholesterol has no symptoms. Getting your blood tested is the only way to find out whether your cholesterol is high.

**4. TRUE:** Chronic lung diseases cause a type of heart failure called cor pulmonale (*cor-pul-mon-al*).

# Putting fruit on the menu

## Finding a healthy balance when you have diabetes

If you have diabetes, you may sometimes be confused about when and if it's OK to eat fruit or drink fruit juice. Believe it or not, most fruits and their juices won't raise your

blood sugar faster than any other carbohydrate, including rice and potatoes. In other words, 15 grams of grapefruit (about a half

cup) raises your blood sugar at the same rate as 15 grams of melba toast (about 4 slices).

In fact, most fruits have a low glycemic index, the score used to rank carbohydrates according to how fast they raise your blood sugar, whether they're fresh, canned, dried or in juice form. And the benefits outweigh any risks: Fruits are often high in fiber and rich in antioxidant vitamins, magnesium, potassium and other phytochemicals that can reduce your heart disease risk.

Some fruit may taste sweeter at times. But this depends on your blood sugar level when you eat fruit, which depends on whether your stomach is full or empty and when you last took your diabetes medicine. Your challenge is to find out how fruit affects you. To do that, check your blood sugar one to two hours after you eat a piece of fruit.

### CHOOSE FRUIT WISELY

Choose fruit that's uniform in color, size and shape. Avoid fruit that's bruised or has soft spots that could harbor bacteria. Don't shake fruit, such as melons, to determine their ripeness. Instead, feel and smell it. Fruit that's underripe is usually hard. Overripe fruit feels too soft. But fruit with a strong scent means it's ripening nicely.

Pay attention to serving size. One serving is equal to a half cup of cooked or raw fruit or juice. According to the American Diabetes Association's food pyramid, you need two to four servings a day, or one to two cups of fruit. ♥



### WE WANT TO HELP

Kettering Medical Center (KMC) has the tools to help manage your diabetes. Visit [www.khnetwork.org/DiabetesKMC](http://www.khnetwork.org/DiabetesKMC) to find diabetes education classes and support groups that meet your needs.



## KEEPING THE LINES OF COMMUNICATION OPEN

Good communication is key in developing and maintaining strong relationships with your healthcare team. The following tips can help keep communication lines open:

- ▶ Prepare for visits by jotting down your questions in a notebook.
- ▶ Keep a record of any symptoms you have or discomfort you're experiencing. Make a note of how your medicine did or didn't help you.
- ▶ Write down your medical history, current medications, allergies and who to contact in case of emergency.
- ▶ Take notes during your visit.
- ▶ Ask questions when you don't understand something. Don't hesitate to ask your healthcare provider to slow down and repeat the information in language you understand.
- ▶ Discuss drugs in detail, including possible side effects and how to deal with them.

Don't be afraid to call the office if you have a question that you forgot to ask or something new comes up. Your team wants to help.

## Beating heart disease Who's on your healthcare team?

If you've been diagnosed with heart disease, your treatment will likely be guided by a number of experts and their helpers. Here's an idea of what your team may look like, the roles each member may play in your care and advice about how to communicate effectively with all your healthcare professionals:

- ▶ **Primary healthcare provider.** He or she is usually an internist, family physician or nurse practitioner who provides routine preventive care. This person usually remains the primary contact in charge of your overall care.
- ▶ **Cardiologist.** This physician specializes in medically treating all types of heart conditions. Your cardiologist will prescribe heart medications and may perform procedures to test whether your heart's arteries are narrowed or blocked.
- ▶ **Clinical nurse specialist.** An advanced practice nurse usually works under the guidance of a specific cardiologist or heart surgeon and helps monitor your care, orders lab tests and provides you with information, education and counseling.
- ▶ **Mental health professional.** A psychologist or psychiatrist helps you and your family deal with the emotional stress, anxiety or depression that may be linked to heart problems.

- ▶ **Social worker or nurse case manager.** The social worker or case manager offers guidance with complex financial, legal and other issues such as insurance coverage, as well as help in finding social support services.
- ▶ **Physical therapist and occupational therapist.** The physical therapist helps you get back on your feet, and the occupational therapist helps you regain your independence in performing everyday activities. Together, they assist with your cardiac rehabilitation program.
- ▶ **Pharmacist.** He or she coordinates all your medication and fills your prescriptions. Pharmacists are a valuable source of information about drugs, interactions and how to understand package inserts and label instructions. ❤️

## When choosing heart care—choose the best

The distinguished physicians listed below represent heart-care experts dedicated to delivering unparalleled quality care at Kettering Medical Center (KMC). If you, a family member or a friend are in need of a cardiac physician on Active or Provisional Active staff at KMC, choose from these specialists:

### CARDIOLOGY SOUTH

- Farouk Tabrah, MD; Ajay Reddivari, MD; and Frank Wenzke, MD  
(937) 294-4356

### SOUTHWEST CARDIOLOGY

- Calvert Busch, MD; Ziwar Karabatak, MD; Robert Kiefaber, MD; Brian Schwartz, MD; Harvey Hahn, MD; and David Stultz, MD  
(937) 293-3486

### SCHUSTER CARDIOLOGY ASSOCIATES

- Franklin Handel, MD; Bruce Hyman, MD; Peter Lewis, DO; Milton Nathan, MD; and Gary Pauls, MD  
(937) 643-9939

### PRIMED CARDIOLOGY

- Saleem Ahmad, MD; Khawaja Baig, MD; Raja Nazir, MD; M. Reddy, MD; and Tushar N. Shah, MD  
(937) 298-8058

### CARDIOLOGY SPECIALISTS OF DAYTON

- Robert Bulow, DO; Patrick Lytle, DO; Deepthi Mosali, MD; Janis Roberts, DO; and Thomas Ruff, DO  
(937) 454-9527

### DAYTON CARDIAC ELECTROPHYSIOLOGY ASSOCIATES

- Abdul Wase, MD  
(937) 275-2322

### DAYTON CARDIOLOGY & VASCULAR CONSULTANTS

- Ceferino Cata, MD; John Duchak, III, MD; Irshad Hussain, MD; Ayman Jamal, MD; Mohamad Khan, MD; Mujtaba Khan, MD; and Raymond Pratt, MD  
(937) 223-3053

### KETTERING CARDIOTHORACIC & VASCULAR SURGEONS

- Karl Borsody, MD; Thomas Merle, MD; Peter Pavlina, MD; and Bruce Rank, DO  
(937) 294-3611

### HANS J. ZWART, MD & ASSOCIATES

- Scot Denmark, MD, and John Miller, MD  
(937) 297-6800

### PREMIER CARDIOTHORACIC & VASCULAR SURGEONS

- B. Justin Kim, MD, and Kok Lim, MD  
(937) 275-5100

### STEPHEN YOUNG, DO

(937) 226-7898

**heart**healthnews

Take Kettering's heart risk quiz.  
Visit [www.khnetwork.org](http://www.khnetwork.org) and  
click on "Heart Care"  
to see how you're doing.

Kettering Medical Center  
Cardiac Services  
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Kettering, Ohio 45429

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