

LIFE HEALTH®

A JOURNAL DEVOTED TO HEALTHFUL LIVING

WINTER 2009

Heart care close to home

HEART HOSPITAL OPENS ON NORTH CAMPUS

AFTER MONTHS OF research, planning, design and construction, Paris Regional Medical Center (PRMC) announces the opening of The Heart Hospital at PRMC's North Campus.

Each year, heart disease claims more lives than the next seven leading causes of death combined. More women die from heart disease than from breast cancer.

"The mission of the new Heart Hospital at Paris Regional is simple—to reduce the incidence and rate of heart disease in our community," says Chris Dux, PRMC CEO. "This killer isn't picky. It attacks men and women of all sizes, races and lifestyles. Because heart disease can strike just about anyone, our focus is to stay on the offensive in effectively preventing, diagnosing and treating the illness."

A BOLD STATEMENT

"By creating this cardiac center of excellence, we are making a bold statement to the entire region," says Khalid Shafiq, MD, PRMC's chief of staff. "We can now provide state-

of-the-art care on the level usually found only in large metropolitan areas."

The Heart Hospital is the region's most comprehensive cardiac care center and gives residents of northeastern Texas and southeastern Oklahoma access to the most advanced levels of heart care available.

NO NEED TO TRAVEL

"Patients won't need to go to Dallas anymore because we'll have the most modern cardiac facility right here in Paris," says Arjumand Hashmi, MD, cardiology medical director for PRMC.

Some of The Heart Hospital's highlights include:

- 12,000 square feet of space.
- Two brand-new cardiac catheterization laboratories outfitted with the finest technology, image quality and versatility available today.
- Four cardiac catheterization pre-

operative beds and four postoperative beds.

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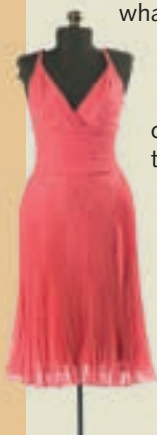


Khalid Shafiq, MD
Cardiologist

The Heart Hospital is the region's most comprehensive cardiac care center.

- A new 64-slice CT scanner—advanced, noninvasive imaging technology that can produce 3-D images of the heart in seconds.
- A 12-bed cardiac intensive care unit (ICU).
- A digital image management system, which enables physicians and others to view cardiac and other medical images on computers, both

HEALTH NEWS UPDATE



Knowledge is power, and that's what the American Heart Association seeks to give women with its **GO RED FOR WOMEN** movement. It's a national campaign that gives women tips and information about healthy eating, exercise, smoking cessation and other ways to reduce their risks of heart disease and stroke.

To learn more about Go Red For Women, visit www.goredforwomen.org.

Support the cause by wearing red on National Wear Red Day, February 6.

JUMPING ROPE isn't just for kids. Consider revisiting this playground staple—it's a great cardiovascular exercise and helps improve hand and foot coordination.

—*American Council on Exercise*

The **MEDITERRANEAN** diet may offer more than a boost to heart health. A study of more than 13,000 people suggests that those who strictly adhere to a diet high in fruits, vegetables, grains and legumes and low in meat and meat products may reduce their risk of developing type 2 diabetes by more than 80 percent, compared to people who do not adhere to this diet.

—*BMJ (British Medical Journal)*

Shying away from the **SALTSHAKER** is an important part of eating right, but you should also know what's already in the food you eat. More than 75 percent of sodium consumed by the average American comes from processed and restaurant foods.

—*Journal of the American Medical Association*



Photo courtesy of *The Paris News*.

What is cardiac catheterization?

Cardiac catheterization is a medical procedure used to diagnose and treat certain heart conditions. A long, thin, flexible tube called a catheter is inserted into a blood vessel in the arm, leg or neck. From there it can be threaded into the chambers of the heart or into the coronary arteries. Through the catheter, doctors can perform diagnostic tests and treatments on the heart.

"Sometimes a special dye is injected through the catheter to make the insides of the heart and blood vessels show up on x-rays," says cardiologist Khalid Shafiq, MD. "The dye can show whether a material called plaque has narrowed or blocked any of the heart's arteries."

Doctors may take samples of blood and heart muscle during cardiac catheterization and do minor heart surgery,

such as placing a stent.

Cardiac catheterization is done to:

- Check blood flow and blood pressure in the chambers of the heart.
- Check blood flow in the coronary arteries.
- Check the pumping action of the heart.
- Find out if a congenital heart defect is present and how severe it is.
- Find out how well the heart valves work.
- Check blood flow through the heart after surgery.

Cardiac catheterization is performed in a hospital. Usually, the procedure takes two to three hours to perform, and patients are required to rest quietly for another four to six hours following the procedure. ♦

A special place for cardiac emergencies

The opening of The Heart Hospital at Paris Regional Medical Center brings the area a chest pain center specially equipped and designed to take care of heart emergencies. If you suspect you are having a heart emergency, call 911 or go immediately to the North Campus chest pain center.

All other emergencies will be treated at the South Campus emergency room.

Your cholesterol: When diet alone isn't quite enough

If you have high cholesterol, your doctor may suggest that you eat a healthier diet, get more exercise and lose weight. These lifestyle changes can go a long way toward lowering cholesterol to a healthy level.

However, these steps may not always be enough. Your doctor may also prescribe a medication called a statin.

Statins help by stopping an enzyme that controls the rate at which the body produces cholesterol.

According to the National Heart, Lung, and Blood Institute, studies have reported 20 to 60 percent reductions in LDL (low-density lipoprotein, the bad cholesterol) in people taking statins.

Statins can also help lower triglycerides and raise levels of HDL (high-density lipoprotein, the good cholesterol).

"Because statins can help lower LDL cholesterol, these medications significantly reduce the risk of heart attack," says cardiologist A. J. Hashmi, MD.

Though statins are considered safe for most people, there can be side effects. If you're taking a statin, be sure to call your doctor immediately if you notice muscle pain or weakness.

Remember: If your doctor prescribes a statin, it's still important to follow a heart-healthy diet, be physically active and not smoke. ❖



Cardiac rehab: Put your heart in it

If you've had heart surgery or a heart attack, ask your doctor about cardiac rehabilitation programs. They can help you get back on your feet.

Cardiac rehab is designed specifically for people with heart problems.

In cardiac rehab, you can:

- Learn to exercise safely using a personalized program.
- Be monitored and supervised by professionals.
- Start building strength, endurance and flexibility.
- Learn ways to make other lifestyle changes, such as quitting smoking, adopting a healthy diet or reducing stress.
- Find support and motivation from others going through similar experiences.

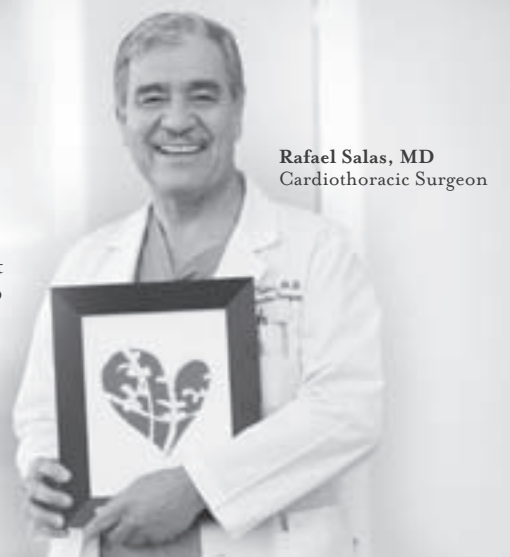
Rehab programs are vastly underutilized, according to the American Heart Association. Yet research shows they are very successful, reducing disability and extending life regardless of age or sex.

To learn more about Paris Regional Medical Center's cardiac rehabilitation program, call **903-783-0815**. ❖

Every heart tells a story.

And our job is to listen. At the new Heart Hospital at Paris Regional on our North Campus, we're here 24 hours day, seven days a week to take care of what your heart reveals to us. We offer the latest in technology and services that help our specially certified medical professionals hear every word, every sound, every inflection and every nuance of your heart.

Let us listen to your story.



Rafael Salas, MD
Cardiothoracic Surgeon

A hard-working heart

UNDERSTANDING AND LIVING WITH HEART FAILURE

SOMETIMES IT SEEMS like you're just too tired to move. You can't summon the energy to deal with everyday activities, like housework and carrying groceries. And climbing stairs—even walking—can seem like climbing a mountain.

It's possible that your excessive fatigue is caused by heart failure, especially if you are over 65 and have other signs, such as:

- Shortness of breath.
- Persistent coughing or wheezing.
- Swelling in the feet, ankles, legs or abdomen due to excess fluid buildup.
- Loss of appetite and nausea.
- Confused thinking and memory loss.
- A feeling that your heart is racing or throbbing.

WHAT IS HEART FAILURE?

Heart failure doesn't mean that your heart is about to stop. It does mean that your heart is losing its ability to pump oxygen- and nutrient-rich blood to your body's cells. This inability to circulate blood can be caused by conditions that damage the heart muscle or make it work too hard, including fatty deposits that slow blood flow to your heart, high blood pressure, heart valve disorders, heart attacks

and other medical issues.

Heart failure progresses gradually as the heart tries to adapt by working harder to meet the body's demands. Over time, the heart weakens and isn't able to pump blood as well as it should; this is why people with heart failure often complain of feeling tired.

See your doctor if you have any symptoms of heart failure. Although heart failure can't be cured, the disease's progression can be slowed with early diagnosis and treatment.

TREATMENT STRATEGIES

According to the American Heart Association, people with mild to moderate heart failure often can lead nearly normal lives if they make certain lifestyle changes and get the medical care they need.

Lifestyle changes.
It's impor-

tant to eat a diet low in saturated and trans fats, cholesterol and sodium. Physical activity is encouraged, on your own or in a professionally supervised rehabilitation program.

If you smoke, quitting is one of the best things you can do for your heart. Ask your doctor for assistance with this important task.

Your doctor may also recommend controlling your blood pressure and weight.

Other things that may help are reducing stress and avoiding alcohol and caffeine.



A. J. Hashmi, MD
Cardiologist

Sizable clues to heart health

If you're curious about the health of your heart, you might check out the size of your waist.

The American Heart Association says carrying too much fat around your middle puts you at greater risk for high blood pressure, unhealthy cholesterol levels and high blood sugar.

Men with a waist measurement of 40 inches or more are at highest risk, as are women with waist measurements of 35 inches or more.

To get an accurate reading, measure your middle at your natural waistline, just above your navel.

Another way to estimate the amount of fat in your body involves BMI, or body mass index, the relationship between your height and weight.

A BMI of 25 or more is considered overweight; 30 or more is obese.

What's your BMI? To determine your BMI, see the National Heart, Lung, and Blood Institute's website: www.nhlbhsupport.com/bmi.

Medicines, surgery and other devices. Most people with heart failure take several medicines. Some strengthen the heart's pumping action; others expand blood vessels or reduce water and sodium to lessen the heart's workload.

You may also benefit from:

■ A pacemaker or implantable defibrillator to regulate the heart's rhythm.

■ Coronary artery bypass surgery or angioplasty to improve blood flow.

During bypass surgery a healthy blood vessel is taken from another part of the body and attached to the coronary artery, bypassing the blocked portion of the artery.

Angioplasty is a nonsurgical procedure that opens narrowed arteries to improve blood flow.

A heart transplant may be considered if other treatments don't help.

LIVING WITH HEART FAILURE

"Many people lead full, enjoyable lives when heart failure is managed with medications and healthy lifestyle changes," says Richard Bercher, MD, family medicine physician at Paris Regional Medical Center. "Try working these changes gradually into your day-to-day routine."

Also, be sure to:

■ Take your medication as directed.

■ Keep appointments with your doctor.

■ Report any problems right away. Signs of trouble include weight gain (3 or more pounds a day); difficulty breathing; puffiness in your feet, ankles or other parts of your body; inability to do what you did just yesterday; feeling like you have the flu; a fever; or having chest pain.

■ Discuss your health condition and needs with family and friends so they understand as well. ❖

Do you take aspirin for your heart? How ibuprofen use might interfere

Doctors often suggest that people with a history of heart problems take aspirin every day to help prevent a heart attack.

Researchers have added a caveat to that suggestion: Don't take ibuprofen at the same time as your aspirin.

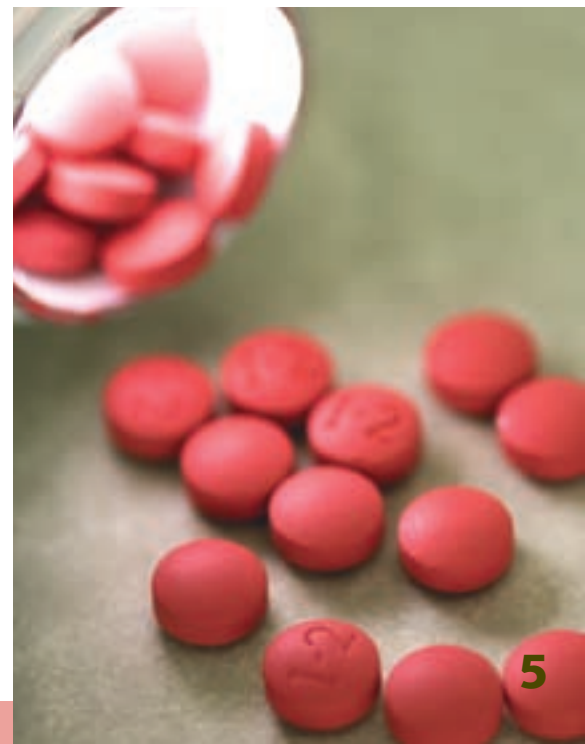
Ibuprofen appears to interfere with aspirin's beneficial effects on the heart, according to the U.S. Food and Drug Administration (FDA).

But that doesn't mean you can't take ibuprofen for pain relief if you're also

taking aspirin for your heart. Instead, the FDA recommends spacing the doses.

For example, don't take ibuprofen for at least 30 minutes after taking regular, noncoated aspirin. If you've just taken a dose of ibuprofen, wait eight hours before taking your aspirin.

Other over-the-counter pain relievers might have the same effect on aspirin as does ibuprofen. Talk to your doctor about how to time the dosages of your medications.





Your heart's desire

FIGURING OUT FATS— WHAT TO CUT OUT AND WHAT TO REPLACE IT WITH

FATS ARE A necessary part of a nutritious diet.

But not all fats are created equal.

Trans fats and saturated fats can raise artery-clogging LDL cholesterol—a risk factor for

heart disease. But unsaturated fats, such as olive and canola oil, can actually be heart-healthy, helping lower cholesterol when used in place of saturated and trans fats.

To help you make healthy choices, consider the following facts on the different types of fat—with information from the American Heart Association.

LESS DESIRABLE FATS

Trans fats. Most trans fats are produced when food manufacturers turn liquid oils into solid fats like shortening and hard margarine.

Trans fats are often found in french fries, potato chips and baked goods, such as cookies, crackers and snack foods.

Small amounts of trans fats can also be found in some animal products, such as beef, lamb, butter and milk.

To live heart-healthy, most of the fat you eat should be unsaturated.

Saturated fats. Animal sources include meat (including beef, veal and lamb); poultry fat; butter; and whole and 2 percent milk (and cheeses made from them).

Vegetable sources include coconut and coconut oil, palm and palm kernel oil, and cocoa butter.

Saturated fat is the main dietary cause of high blood cholesterol.

MORE DESIRABLE FATS

Unsaturated fats. Polyunsaturated and monounsaturated fats are found in fish such as trout and salmon; avocados; olives; walnuts; and liquid vegetable oils, such as canola and soybean. Most of the fat you eat

should be in this category.

BE FAT SAVVY

To check the amount and types of fat in a processed food, read the nutrition label. ❖

Blood pressure testing—for adults and kids too

ONE OF the easiest medical tests you can have—a measurement of your blood pressure—is one of the most important.

High blood pressure, or hypertension, strains the heart and damages blood vessels. Over time, uncontrolled high blood pressure can lead to stroke, heart disease, kidney damage and eye problems.

A LIFELONG RISK

High blood pressure is common in adults, but it can occur in kids as well. In children, it could be a symptom of a medical problem, such as kidney disease or a heart

abnormality. Kids who are overweight are also more likely to have hypertension.

Because high blood pressure often has no symptoms, regular testing is the only way to know if you have it. The test measures the pressure created by your heart as it beats (systolic) and as it relaxes between beats (diastolic).

A normal adult reading should be below 120/80 (systolic/diastolic). A pressure of 140/90 or greater is considered high.

Screening for adults should



begin at age 18 and be repeated regularly—at least every two years—and more often if your blood pressure is high.

Children should be tested beginning at the age of 3, or sooner if a doctor recommends it.

Blood pressure can often be controlled with lifestyle changes. Sometimes medication is needed.

Both adults and children may be advised to be more physically active and eat healthy meals low in saturated and trans fats, cholesterol, and salt. ❖

Sources: American Academy of Pediatrics; American Heart Association

Find a doctor to help you manage your health. Go to www.parismc.com and click on “Meet Our Medical Staff.”

When arteries clog

A PLUGGED-UP sink can be a big headache. But that's nothing compared to a clog in your arteries.

A clogging heart artery can put you at risk for heart attack. And, unlike discovering all that dirty water sitting in your sink, you may not get a warning that there's anything wrong.

That's why it's so important for you to know about your risks for atherosclerosis—clogging or narrowing of the arteries—and how to reduce them.

ANATOMY OF A CLOG

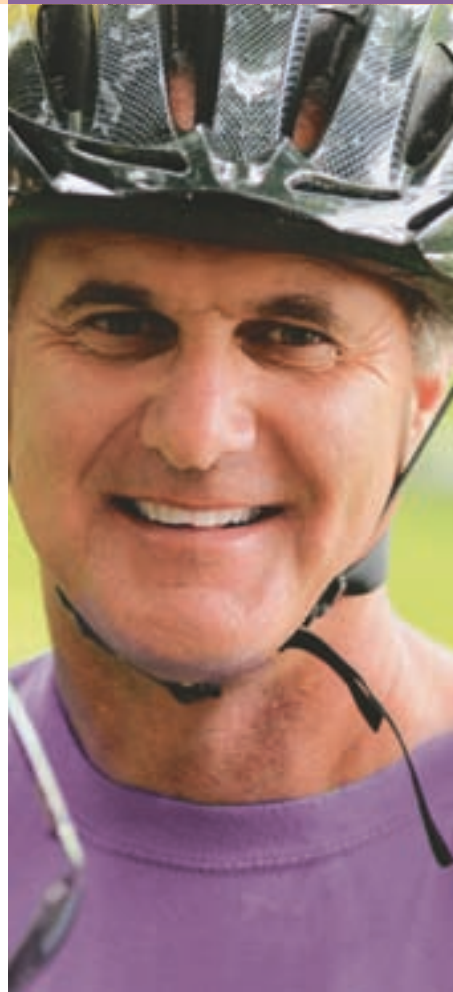
Atherosclerosis occurs when plaque—deposits of calcium, fat and cholesterol—accumulates in artery walls, narrowing the pathway for blood traveling to the heart. The condition may result in chest pain called angina, but often there are no symptoms.

However, if a piece of plaque breaks loose, a clot may form in the artery, blocking blood flow completely and causing a heart attack.

Clogs also can occur in arteries that bring blood to the brain, which can lead to a stroke.

Diseases caused by atherosclerosis are the leading cause of illness and death in the United States. Risk factors for atherosclerosis include:

- Getting older. Men are at greater risk for atherosclerosis after age 45, and women after 55.



- Smoking.
- Obesity.
- High blood pressure.
- High blood cholesterol.
- A family history of the condition.
- Diabetes.
- Inactive lifestyle.

STAYING CLOG-FREE

To prevent or manage or even reverse atherosclerosis, a doctor usually will recommend improving your eating and exercise habits.

You should strive to eat a low-fat, low-salt diet that's rich in whole grains, fruits and vegetables.

Health experts recommend at least 30 minutes of exercise on most days of the week. And if you smoke, you should work on quitting.

A physician can give you more

You can take steps now to prevent a heart attack.

Chest pain? Get help fast

Your chest aches, and you don't know whether you need a doctor or an antacid. What should you do?

It's best to play it safe. If the problem is indeed a heart attack, you don't want to wait. Some heart attack treatments, including angioplasty and clot-busting drugs, must be administered soon to work well. The longer you delay, the less effective they'll be.

These signs could indicate a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back. Pain could spread to the shoulders, arms, back, neck and jaw.
- Shortness of breath or trouble breathing.
- Dizziness or nausea.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweat or paleness.

Bottom line: Any type of chest pain should be checked by a doctor. So get help, and don't delay!

advice on making these changes.

Other treatments may include:

- Medicines to help prevent blood clotting and to help control high blood pressure and poor cholesterol levels.
- Angioplasty, a procedure in which a tiny balloon is inflated inside a narrowed artery to flatten plaque and improve blood flow.
- Bypass surgery, in which a surgeon reroutes blood to the heart using arteries that are free of clogs.

Talk to your doctor if you have factors that could put your heart at risk. ♦

Sources: American Academy of Family Physicians; American Heart Association; National Heart, Lung, and Blood Institute

Expert care for chest pain is now available at The Heart Hospital at Paris Regional Medical Center. See page 2 to learn more.

We invite your feedback on LIFE AND HEALTH, a quarterly journal devoted to healthful living. Please let us know if you have any questions or if you have suggestions for topics you would like to see us cover in future issues. E-mail us at lifeandhealth@parismc.com.

Information in LIFE AND HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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UPCOMING EVENTS

Maintaining a Healthy Weight

Tuesday, January 27

6:30 p.m.

PRMC's Lewis Hall (North Campus)

Grand Opening of The Heart Hospital at Paris Regional

Sunday, February 8

Noon to 5 p.m.

PRMC's North Campus

Tours, free screenings, heart-healthy vendors, CPR Boot Camp, refreshments and seminars will be offered.

Cardiac Rehab Open House

Tuesday, February 10

8 a.m. to 5 p.m.

Cardiac Rehab Center, 3150 Clarksville St. (behind PCA)

Every Heart Tells a Story

Tuesday, February 24

6:30 p.m.

PRMC's Lewis Hall (North Campus)

Trapping a Killer: Colon Cancer

Tuesday, March 24

6:30 p.m.

PRMC's Lewis Hall (North Campus)

Call **903-737-3215** for information or to register for any seminar.

Heart

—Continued from front page

inside and outside the hospital.

- A dedicated 16-bed cardiac inpatient unit.
- State-of-the-art cardiac monitoring systems.
- A dedicated entrance for scheduled tests and procedures.
- A waiting area equipped with Internet access, computers, a coffee bar and a private consultation area.
- A cardiac rehabilitation program.

SPECIALIZING IN CHEST PAIN

The Heart Hospital also features a chest pain center, which is a cardiac emergency room that makes chest pain its only priority, allowing physicians to diagnose and begin treatment at the earliest possible moment. While the chest pain center on the hospital's North Campus will treat only cardiac emergencies, the emergency room on the South Campus will continue to provide medical care for all other types of emergencies.

“For those patients needing surgical intervention, the innovative operating room is fully outfitted with the latest equipment for the most complex cardiac procedures and operations,” says cardiothoracic surgeon Rafael Salas, MD.

“That means most types of cardiac surgeries—including pacemaker placement, heart valve replacement, bypass surgery and maze procedures for arrhythmia—can be performed right here in Paris.”

But as important as technology is to excellent patient care, what sets The Heart Hospital apart is its emphasis on caring for the individual needs of each patient.

“The Heart Hospital has been thoughtfully designed around the needs of patients with cardiovascular disease, the nation's No. 1 killer,” Dux says. “Every detail—from the type of lighting and seating in the waiting area to the high-tech equipment in the ICU and operating room—has been carefully chosen with the comfort and positive outcomes of our heart patients in mind. We're redefining how cardiovascular care is delivered in our region.” ♦

