



CELEBRATING
 AMERICAN HEART
 MONTH

HONORING SURVIVORS &
 FAMILIES OF HEART DISEASE
 & STROKE



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 Heart Walk.®

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LAKE & GEAUGA HEART WALK

JUNE 1, 2019

LAKE COUNTY
CAPTAINS STADIUM



8AM | HEALTHY FOR GOOD FESTIVAL
9AM | HEART WALK

WWW.HEART.ORG/LAKEGEAUGAWALK

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HEALTHY FOR GOOD
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Mentor students will take active role in their health

by Lawrence Luciano
and Jen Harris

Students are getting a new look at how cardiovascular health affects them with a Project Based Learning Unit focused on heart health. A team of educators in the Mentor School District designed a five-week program to engage students in hands-on learning about their heart and the importance of keeping it healthy.

They believe that the new program is useful in teaching healthy habits before they become unhealthy. Educators have really seen an increase in engagement about living a healthy life now that the content and skills have been addressed in a Project Based Learning Unit. Teachers see that by involving the community and

real-world audience, students have really taken ownership of their learning.

Students participate in multiple heart related activities, beginning with the opportunity to tour Lake Health and speak with multiple specialists to learn about cardiovascular health.

Afterward, students are tasked with doing research on their own in a group project designed to drive them to educate others about the importance of a healthy lifestyle. They create flyers, posters, pamphlets, and public service announcements based on their own research and cause.

At the Heart Healthy Exposition, community members have the opportunity to engage with student's projects and learn a thing

or two about heart health.

The Heart Healthy Learning unit has taken great strides in educating students about heart health. This applies not only to the classroom, but the home as well. The feedback from parents has been very positive. Many commented on how the students shared their learning with their families and had some great home discussions, asking to take walks after dinner or denying junk food.

This year, 750 students are participating in the Heart Healthy learning unit. Those interested in the projects and learning about cardiovascular health can attend the program at the Heart Healthy Learning Exposition on February 27 at the Brunner Sanden Deitrick Wellness Campus.



Heart Attack Warning Signs

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath: May occur with or without chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

What should I do if I suspect a heart attack? Even if you're not sure it's a heart attack, immediately call 9-1-1 or your local emergency medical services (EMS) such as the fire department or ambulance.

Holistic approach to health

by Jacob Wolf, ND, LAc, Dipl.OM
Naturopathic Provider
Lake Health Integrative Medicine



The importance of heart health is well known, and many people are aware of the traditional therapies that play an important role in reducing the risk for heart disease,

like decreasing salt and cholesterol intake, prescription medications, and exercise. There are also many integrative therapies that can help improve or maintain heart health including therapeutic diets, stress management and nutritional supplements.

A traditional dietary approach to heart health looks at reducing cholesterol and blood pressure by taking foods out of the diet. A more holistic approach looks at what we can add back in to improve overall well-being. Heart healthy diets often focus on increasing color-



ful plant-based foods. The typical American diet falls into a spectrum of colors mostly consisting of brown, white and beige. The colors in fruits and veggies add important polyphenols and antioxidants to the body that can improve overall heart health, reduce cholesterol and lower blood pressure. I suggest patients include at least 4-5 different colors from fruits or veggies per day. If a

complete diet plan is helpful, the Mediterranean diet and a Whole Food Plant Based diet are two of the best heart healthy choices.

Stress reduction is sometimes an overlooked aspect of heart health. In some cases only a general suggestion to "reduce stress" is made, but no tools are provided to patients. Relaxed breathing is one technique I recommend. This is a big benefit of practices like Yoga or Tai Chi. A simple technique is using a prolonged exhale, breathing in for 4 seconds, holding for 4 seconds and the breathing out for 6 seconds. This forces the body into rest and digest mode which reduces stress. Another technique is journaling. Whether it is writing down things you are grateful for each day or having a piece of paper by the bed to clear your head before sleep, the act of writing can be therapeutic.

Nutritional supplements encompass a wide range of products ranging from herbs to vitamins. There are a few heart healthy

SEE PAGE 5 >

Lake Health Offers Atrial Fibrillation Patients Breakthrough Alternative to Blood Thinners



Robert Goldstein, MD

Patients with atrial fibrillation, or irregular heart rhythms, face increased risk of stroke and are typically prescribed blood thinners to prevent clots. Now, Lake Health is offering select patients with atrial fibrillation a revolutionary heart implant—the WATCHMAN—that provides an alternative to long-term drug therapy for the prevention of stroke.

Atrial fibrillation, or A-Fib, affects the heart's ability to pump blood normally. This can cause blood to pool in an area of the heart called the left atrial appendage and form clots. When a blood clot escapes from that area of the heart and travels to another part of the body, it can cut off the blood supply to the brain, causing a stroke.

“In patients with A-Fib not caused by a heart valve problem,

more than 95 percent of stroke-causing clots are formed in the left atrial appendage,” explained Robert Goldstein, MD, a Lake Health electrophysiologist, “The WATCHMAN implant dramatically reduces the risk of stroke by closing off this area of the heart so clots can't form and enter the bloodstream.”

The FDA-approved WATCHMAN has been implanted in more than 30,000 patients worldwide, according to implant manufacturer Boston Scientific. Patients receive the device through a minimally invasive procedure performed under general anesthesia. The WATCHMAN is inserted via a catheter through a vein in the leg and guided to the left upper chamber of the heart. Once there, the implant is opened like a parachute and placed at the opening of the left atrial appendage. The procedure takes about one hour, and patients are sent home after overnight monitoring. Most patients remain on blood thinners for up to 45 days allowing time for heart tissue to fuse with the implant forming a barrier

Having an alternative to lifelong use of blood thinners can be beneficial. While effective at preventing strokes, blood thinners are not well tolerated by some patients and carry potential risks including bleeding.

against clots, Dr. Goldstein said.

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“For patients who are seeking an alternative to blood thinners, the WATCHMAN implant offers a potentially life-changing treatment option that could free them from the challenges of long-term warfarin therapy,” Dr. Goldstein said.

Atrial fibrillation patient Bill Crosier was tolerating his prescribed blood thinner well until, in February 2018, he experienced extreme fatigue and dizziness. Tests at Tri-Point Medical Center's emergency department showed Crosier had

lost 50 percent of his blood supply. He was bleeding internally.

Crosier received blood transfusions during a one-week hospitalization. Although tests to pinpoint the source of his internal bleeding were inconclusive, one thing was certain: the blood thinner was putting his life at risk.

Lake Health interventional cardiologist Paul Zellers, DO, visited Crosier in the hospital and told him about the perfect solution to his problem: the WATCHMAN. On June 11, 2018, the former Willoughby Police and Fire Chief and retired Lake County Sheriff's Office Chief Deputy, became the first Lake Health patient to receive the WATCHMAN, which was implanted by the physician team of Drs. Goldstein and Zellers and Lake Health cardiologist Marwan Nasif, MD.

“I can't say enough about the incredible preparation by the staff before my procedure,” Crosier said. “All of the doctors and nurses were exceptional, and I had no pain or after effects from the procedure.”

Hydrate Your Heart

#RethinkYourDrinkOH

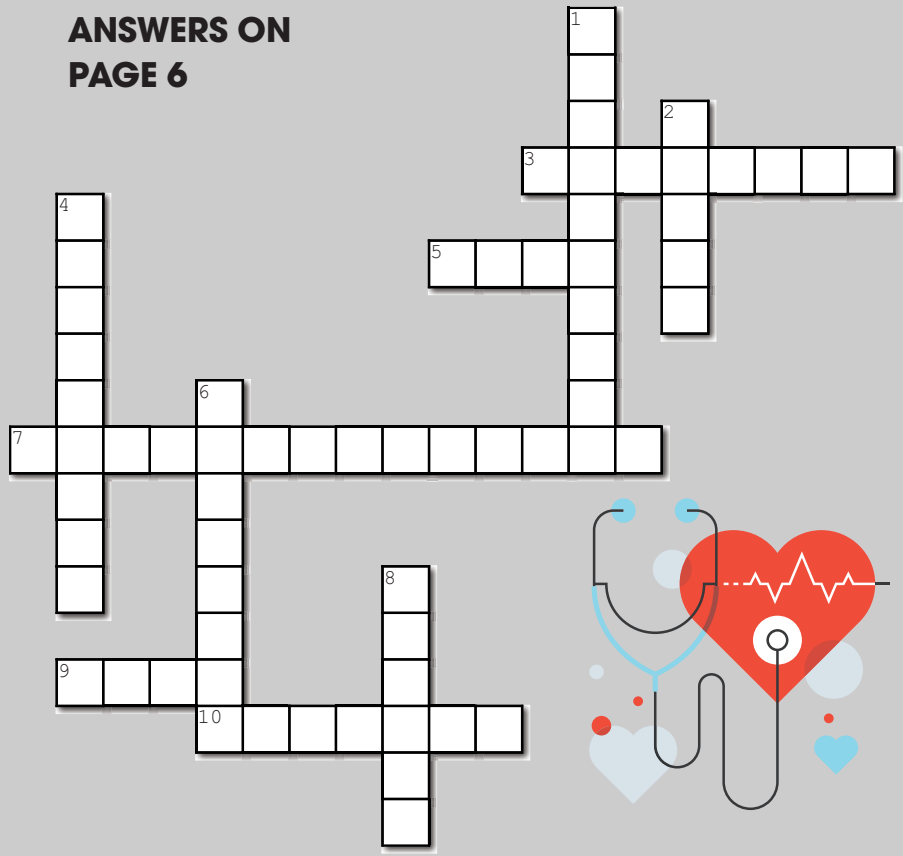


HOLISTIC APPROACH FROM PAGE 3

supplements that I commonly recommend. For people on statins, CoQ10 is an important supplement to help offset some of the effects that the medications can have on the body. Herbal remedies like aged garlic extract can help lower cholesterol and hawthorne berry can support the heart and can reduce blood pressure. Omega 3 fatty acids from fish oils can help improve cholesterol and reduce inflammation. With all supplements it is important to talk with your healthcare provider before trying something new.

To learn more about integrative medicine services, visit lake-health.org or call 440-255-5508 to schedule an appointment.

ANSWERS ON PAGE 6



Across

- 3. American Heart Association funded _____ has resulted in discoveries that have saved lives in every community in the US.
- 5. Acronym used to help spot a stroke.
- 7. Hands-Only CPR can save someone's life if they go into _____. (2 words)
- 9. The Lake & Geauga Counties Heart Walk is on _____ 1st, 2019.
- 10. Quitting _____ is a great way to eliminate your risk of heart attack or stroke.

Down

- 1. The American Heart Association's new mission statement is 'to be a _____ force for a world of longer, healthier lives.'
- 2. The American Heart Association's Life Simple _____ helps people live healthier lives.
- 4. In 1957, the first battery operated wearable _____ was implanted in a patient.
- 6. People living with _____ are 2x more likely to experience heart attack, stroke or cardiovascular disease.
- 8. 97% of Americans do not know or underestimate their _____ intake.

Two steps to save a life:



Call Right Away!

Push Hard & Fast in the Center of the Chest!

CONGRATULATIONS TO THE 2018 WORKPLACE HEALTH ACHIEVEMENT INDEX AWARD WINNERS

The Workplace Health Achievement Index was called for and tested by the American Heart Association's CEO Roundtable to provide employers with best practices to evaluate the quality and effectiveness of workplace health programs.

Today, we are honored to recognize seven workplaces in Greater Cleveland that achieved recognition in 2018. The organizations listed below are dedicated to building a culture of health in the workplace.

	<p>Gold Level Recognition Eaton Corporation</p>
	<p>Silver Level Recognition Forest City Realty Trust Nestle Vitavis Corporation</p>
	<p>Bronze Level Recognition Lake Health Transfer Express</p>
	<p>Completor Euclid Heat Treating</p>

CONGRATULATIONS TO LAKE HEALTH FOR BEING RECOGNIZED REGIONALLY AMONG 7 NORTHEAST OHIO COMPANIES!

Breakfast



Skillet Ham Hash

© American Heart Association

- 2 tsp. olive oil
- 1 large green bell pepper (diced)
- 1 large red bell pepper (diced)
- 1 medium onion (diced)
- 1/2 cup lower-sodium, low-fat, diced ham (about 4 ounces), all visible fat discarded
- 3 cups frozen, fat-free southern-style diced hash brown potatoes, thawed
- 1/2 tsp. salt-free Cajun or Creole seasoning blend
- 2 Tbsp. chopped, fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper

Lunch



Edamame and Navy Bean Salad with Orange-Balsamic Dressing

© American Heart Association

- 1 1/2 cups shelled edamame (green soybeans)
- 1/4 cup fresh orange juice
- 2 Tbsp. Dijon mustard, lowest sodium available
- 2 Tbsp. balsamic vinegar PLUS
- 1 Tbsp. balsamic vinegar, divided use
- 1 tsp. olive oil, extra virgin preferred
- 1/4 tsp. pepper
- 15.5 oz. canned, no-salt-added navy beans, rinsed, drained
- 1/4 tsp. salt
- 2 oz. mixed salad greens, torn into bite-size pieces (about 2 cups)
- 1/4 medium cucumber, sliced crosswise
- 1 medium Italian plum (Roma) tomato, diced
- 1/4 cup shredded carrot
- 1/4 cup sliced radishes

Dinner



Fish Stew with Tomatoes

© American Heart Association

- 1 tsp. canola or corn oil
- 1 medium green bell pepper (chopped)
- 1 medium carrot (quartered lengthwise, chopped)
- 1/2 medium onion (chopped)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 cup water
- 1, 6 oz baking potatoes (peeled, diced)
- 1 tsp. salt-free Cajun or Creole seasoning blend
- 3 thin mild white fish fillets, such as tilapia or catfish (about 4 ounces each), rinsed, patted dry, cut into 1-inch cubes
- 2 tsp light tub margarine
- 1/2 tsp. salt

Dessert



Honey and Spice Pears

© American Heart Association

- 1 cup light cranberry juice cocktail
- 1/2-3/4 tsp. ground cinnamon
- 1/8-1/4 tsp. ground allspice
- 4 small firm pears (about 6 ounces each), peeled, halved, and cored
- 2 Tbsp. sweetened, dried cherries or cranberries
- 1 Tbsp. honey
- 1 1/2 tsp. honey (divided use)

Crossword Answers:

ACROSS

3. Research
5. FAST
7. Cardiac Arrest
9. June
10. Smoking

DOWN

1. Relentless
2. Seven
4. Pacemaker
6. Diabetes
8. Sodium



Lifestyle Change Award Winners

Throughout the course of 2018, Lake Health, in collaboration with the American Heart Association, recognized individuals who have made significant healthy changes in their lives. This incredible group of individuals have collectively overcome obstacles in pursuit of living the American Heart Association mission of being Healthy for Good.



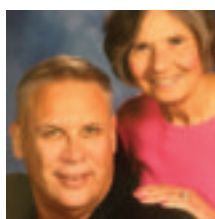
Hector Gonzalez



Charles Sesler



Ann Wolk



Ed Svercek



Richard Blackwell

Jeannie Lee
(no photo available)

The KNOWN and UNKNOWN of STROKE



KNOWN

NEARLY
800,000 STROKES
occur in the US each year.¹

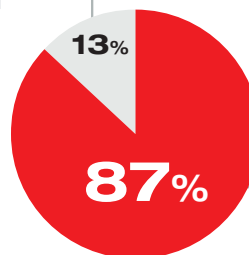


STROKE is an interruption of blood flow to the brain. Without oxygen-rich blood, brain cells die.

Types of Stroke

HEMORRHAGIC

Occurs when a weakened blood vessel, like an aneurism, **RUPTURES AND SPILLS BLOOD** into the brain.

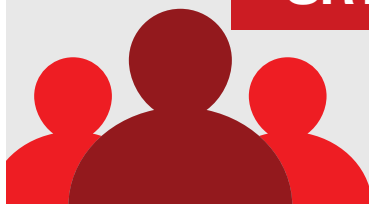


ISCHEMIC

Occurs when a clot or mass **BLOCKS A BLOOD VESSEL**, cutting off blood flow to a part of the brain.



ABOUT 1/3 OF ISCHEMIC STROKES are classified as CRYPTOGENIC, MEANING THE CAUSE IS UNKNOWN.²



Finding the cause of a stroke is important because it **helps reduce the risk of ANOTHER STROKE.**



Possible Hidden CAUSES



Irregular heartbeat
(Atrial Fibrillation)

AFib patients ARE AT A 5X GREATER RISK FOR STROKE.¹

Heart structure problem
(such as Patent Foramen Ovale)

Blood clotting disorder
(Thrombophilia)

Hardening of the arteries
(Large Artery Atherosclerosis)

UNKNOWN

FIND THE FACTS at
StrokeAssociation.org/CS



Sources:
1 Mozzafarian D et al. Circulation. 2016;134:e38-e360
2 Yaghi S, Elkind MS. Neurol Clin Pract. 2014;4(5):386-93

Good health starts with **good choices.**

Trust the care and appreciate the convenience of the Lake Health Physician Group.

From primary care and pediatrics to surgery and orthopaedics, there's a Lake Health Physician Group near you. Our physician network offers plenty of choices for expert treatment and personalized care to make sure you and your family are prepared for life. Most of our physicians also offer online appointment scheduling for non-urgent visits at lakehealth.org/schedule.

Chardon Family Practice*

510 Fifth Ave.
Chardon
440-279-1500

Lake County Family Practice

9500 Mentor Ave.
Mentor
440-352-4880

Mentor Family Practice*

8655 Market St.
Mentor
440-255-7938

Madison Family Practice*

6270 North Ridge Rd.
Madison
440-428-8246

Middlefield Family Practice

16030 East High St.
Middlefield
440-632-0594

Northcoast Family Practice*

7580 Auburn Rd.
Concord Twp.
440-352-0400

SOM Center Primary Care*

5105 SOM Center Rd.
Willoughby
440-953-5740

Willowick Primary Care*

29804 Lakeshore Blvd.
Willowick
440-833-2095

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Internal Medicine at Perrico Health Campus*

4176 State Route 306
Willoughby
440-918-4690

OB/GYN*

5105 SOM Center Rd.
Willoughby
440-602-6710

9485 Mentor Ave.

Mentor
440-205-5862

Women's Health Specialists*

4176 State Route 306
Willoughby
440-918-4630

Integrative Medicine*

8655 Market St.
Mentor
440-255-5508

Madison Pediatrics*

6270 North Ridge Rd.
Madison
440-428-6225

Mentor Pediatrics*

9485 Mentor Ave.
Mentor
440-205-5800

Willoughby Pediatrics*

36100 Euclid Ave.
Willoughby
440-942-4844

Chardon Pediatrics*

510 Fifth Ave.
Chardon
440-279-1590

Orthopaedics*

36060 Euclid Ave.
Willoughby
440-602-6670

Sports Medicine*

8655 Market St.
Mentor
440-833-2010

Mentor General Surgery*

9500 Mentor Ave.
Mentor
440-354-0377

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

Willoughby General Surgery*

36060 Euclid Ave.
Willoughby
440-602-6553

Cardiac Electrophysiology*

36100 Euclid Ave.
Willoughby
440-602-6735

Bariatric Surgery

36100 Euclid Ave.
Willoughby
440-602-6737

Northeast Ohio Heart Associates*

36100 Euclid Ave.
Willoughby
440-951-8360

7580 Auburn Rd.
Concord Twp.
440-352-9554

Ophthalmology*

36100 Euclid Ave.
Willoughby
440-946-9555

Pulmonology

9500 Mentor Ave.
Mentor
440-255-5620

Arthritis Associates*

5105 SOM Center Rd.
Willoughby
440-953-8700

Plastic Surgery*

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Willoughby
440-953-5712

Endocrinology*

36100 Euclid Ave.
Willoughby
440-951-1073

Pain Management*

5105 SOM Center Rd.
Willoughby
440-953-5760

Ohio Hand Center

13170 Ravenna Road*
Chardon
844-542-6363

7580 Auburn Road
Concord Twp.
844-542-6363

3755 Orange Place
Beachwood
844-542-6363



*provider-based facility

lakehealth.org