



CELEBRATING AMERICAN HEART MONTH



HONORING
SURVIVORS AND FAMILIES OF
HEART DISEASE & STROKE



American Heart Association®
Heart Walk®

LOCAL LIFE IS WHY SPONSOR:



Heart health is something to be mindful of at every stage of life



Dr. Majetich

In the following Q&A with Dr. Michael Majetich of Lake Health, Dr. Majetich touches on various aspects of heart health and lifestyle basics.

Dr. Majetich earned his medical degree from Michigan State University College of Osteopathic Medicine and completed his residency at University

Hospitals Richmond Medical Center. Dr. Majetich also completed special training in integrative medicine therapies from the University of Arizona Center for Integrative Medicine. His special medical interests include preventative care, family medicine and integrative medicine.

- **Please talk about heart health from a holistic perspective.**

Holistic heart health recognizes that all elements of one's health are interconnected. The heart does not function independently from the rest of the body,

but is influenced by physical, emotional, environmental and genetic factors. Major heart related issues such as high blood pressure and high cholesterol are influenced by family history, diet, exercise and mental health, showing us the importance of knowing our health history and being an advocate of wellness in different areas of our life.

- **What do we need to know from a young age about keeping heart healthy?**

From a young age, it is important to have a focus on wellness and prevention of heart and health issues. One must recognize that not all conditions have signs and symptoms in the early stages, which is why we do preventative screenings as part of our well exams. Most notably, high blood pressure and high cholesterol do not necessarily make people feel different on a day-to-day basis, but over time they put us at risk for major health problems such as heart attack and stroke. The best way to prevent heart health issues is to be proactive about your wellness before they start.

An important thing to remember during heart month is to protect the heart you have. The heart is a wonderful and dynamic muscle which is affected by the things we do, the feelings we have and the lives we lead.



- **What are some of the challenges that get introduced as a patient enters different stages of life?**

As people enter different stages of their life, there are many factors that create challenges to heart health. People become busier in their day-to-day life, which can make it harder to find time to exercise, prepare healthy meals or engage in activities for stress relief. As people age, they notice changes in their metabolism or develop wear and tear injuries, such as arthritis. These changes can significantly impact their physical activity, ability to lose weight or maintain a routine that had kept them on a healthy path before.

- **What are the most important factors in managing heart health for adults?**

Some of the most important factors in managing heart health include leading a balanced and healthy lifestyle, as well as knowing your personal health history and having an established health care provider.

This means having the majority of your diet consist of non-processed, whole and clean foods, along with a balanced plate consisting of fruits, vegetables, lean proteins, low-fat dairy and healthy fats. Regular physical activity to burn calories, strengthen muscles and relieve stress is encouraged, whether this is by going to a gym to complete a workout routine or getting in extra steps during your day.

Lastly, it is important to know your personal health history so you are aware of your own risk profile for heart disease and how you can best manage this. By having a primary care provider, this allows you to be connected to an advocate whose focus is on maximizing your health and wellness.

SEE PAGE 3 >

WATER IS LIFE

Kinetico has been improving water and lives for **50 years**.

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50 YEARS
IS JUST THE BEGINNING

HEART HEALTH FROM PAGE 2

- **Talk about lifestyle changes – how can these positively affect someone’s heart health?**

By maintaining a healthy balanced diet, individuals are able to naturally lower their cholesterol intake which helps to prevent vascular disease, heart attack and stroke. By limiting items such as salt, caffeine and alcohol, people are able to better control their blood pressure, which puts less strain on the heart and vessels. Blood pressure can also be improved by managing and moderating stress as well as avoiding known health risk factors such as smoking.

- **Can lifestyle changes really bring about dramatic improvements in a person’s heart health?**

In many cases people utilize prescription medications to help manage blood pressure, cholesterol, blood-sugar and numerous other health conditions. For some people healthy lifestyle changes can lead to appropriate management of hypertension, high cholesterol and diabetes on their own. Studies have shown that losing 10-20 lbs. can create anywhere from a 5-20 point drop in blood pressure, which for many could eliminate the need for their prescription medication.

- **What is the importance of health screenings and regular checkups?**

The importance of health screenings and regular checkups is to prevent health issues from starting, worsening or creating new more significant health problems. Well exams allow a patient and their provider to screen for health conditions that do not always have obvious signs and symptoms, such as high blood pressure, high cholesterol or uncontrolled blood sugar levels. Regular checkups also allow for people that may otherwise live and feel healthy to know if they have health issues that may be more genetic in nature, predisposing them to future heart issues. Many of the most prominent health issues related to heart disease evolve over time which make early intervention key.

- **What screenings do you recommend?**

Screenings that are typically recommended as part of our typical wellness exam include blood pressure screenings and metabolic screenings involving blood work to check blood counts, blood sugar and cholesterol levels. As people age, we expand screening recommendations to screen for cancer such as breast, cervical, colon and prostate cancer.

- **Is there anything else you want us to know during Heart Month?**

An important thing to remember during heart month is to protect the heart you have. The heart is a wonderful and dynamic muscle which is affected by the things we do, the feelings we have and the lives we lead. At the end of the day, we encourage and want people to live well and stay well. One of the best ways you can do this for yourself is to have and keep a good relationship with your doctor.



American Heart Association.

Heart Walk.

SAVE THE DATE

LAKE & GEAUGA HEART WALK

June 6, 2020

Lake Metroparks Farmpark

8800 Euclid Chardon Rd, Kirtland, OH 44094

8AM | Healthy For Good Festival
9AM | Heart Walk & 5K

*We are excited to announce our NEW
Heart & Stroke 5K at this year's 2020 Heart Walk!*

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HEALTHY FOR GOOD
SPONSOR:



EVENT SPONSORS:



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BE HEALTHY FOR GOOD WITH LIFE'S SIMPLE 7⁺

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of these steps, Get Active and Eat Better, can help jump-start your whole health journey. Making choices that help you eat smart and move more can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking.¹⁻⁵

GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.⁴

EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.¹

LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.⁵

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!^{2,6}

MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.^{1,7}

REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup.¹ And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.⁸

STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.⁹

LEARN MORE AT
HEART.ORG/MYLIFECHECK

Q & A with Dr. Nicholas Detore

A stroke can occur at any age, time and place. In the following interview with Dr. Nicholas Detore of Lake Health, Dr. Detore talks about many aspects of stroke – risks, warning signs and support for stroke survivors.



Dr. Detore

Dr. Detore earned his medical degree from Northeast Ohio Medical University and completed his residency at Akron City Hospital. His special medical interests include hypertension, diabetes and preventive health. He is board certified.

What is a stroke?

A stroke occurs when blood flow to part of the brain is interrupted, and brain cells die.

What are the warning signs for a stroke?

The acronym “FAST” helps us remember the main common signs of stroke, which are Facial drooping, Arm weakness and Speech difficulty. These symptoms indicate that it is Time to call 911.

Who is at risk for a stroke?

Some of the major risk factors for stroke that you may be able to control include high blood pressure, high cholesterol, smoking, diabetes and a heart condition called atrial fibrillation. There are other things that can put you at higher risk of stroke that are not under your control, such as family history.

What causes a stroke?

There are two main causes of stroke. Most strokes happen when a clot or blockage forms or travels to part of an artery that brings blood to the brain. The other type happens when an artery breaks open or ruptures.

What does the recovery process look like for a stroke survivor?

The recovery process can be very different depending on the type of difficulties that have been caused by the stroke. Some patients will be able to return home from the hospital right away, while others will need to start their recovery at a rehabilitation facility.

Why should you seek immediate medical attention if you think you are experiencing a stroke?

Acting quickly when you recognize the warning signs of stroke is extremely important because medications and procedures may be available to stop a stroke from progressing and limit the damage it can cause.

What are some of the long-terms effects of a stroke?

Stroke survivors may struggle with such symptoms and disabilities as arm and leg weakness, speech or swallowing difficulties, thinking and memory problems, among other possible outcomes.

How can family members best support a stroke survivor?

Family members can support their loved one who has suffered a stroke by providing continuous support and encouragement and advocating for them to ensure they receive the best possible care.

What is the difference between an acute rehab facility vs. a skilled nursing facility?

An acute rehab facility like Lake Health's Center for Comprehensive Rehabilitation (CCR) is an inpatient rehabilitation facility where patients who have suffered a stroke may be admitted after their hospital stay. They receive the highest level, most intense rehabilitation care from an interdisciplinary team. Typically they will stay at a CCR for two or three weeks, with a goal of returning home whenever possible.

What are the benefits of using an acute rehab facility as part of your recovery and rehabilitation process?

Acute rehabilitation facilities like a CCR have been shown to provide the highest level of rehabilitation care after stroke. The American Heart Association/American Stroke Association recommends that stroke survivors who qualify for a facility like CCR be treated there after a stroke in preference to skilled nursing facilities.

Some of the major risk factors

for stroke that you may be able to control include high blood pressure, high cholesterol, smoking, diabetes and a heart condition called atrial fibrillation. There are other things that can put you at higher risk of stroke that are not under your control, like a family history of stroke.

What can a person do to lower their risk for having a stroke?

Some factors that increase your chance of stroke can be controlled, like high blood pressure and high cholesterol. Quitting smoking dramatically reduces the risk of stroke. For patients with a heart condition called atrial fibrillation, taking certain blood thinners has been shown to reduce the risk of stroke. Ultimately, talking with your doctor about minimizing your risk of stroke is the best advice we can give.

Is there any other information that you think is important for the reader to know about stroke or the recovery process?

Stroke rehabilitation can sometimes be a long journey and it is important that stroke survivors never give up and continue to set new goals for their recovery.

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SPOT A STROKE™ F.A.S.T.



FACE
Drooping



ARM
Weakness



SPEECH
Difficulty



TIME
to Call 911

Learn about more signs of stroke at
strokeassociation.org

Lifestyle Change Award Winners

Throughout the course of 2019, 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.

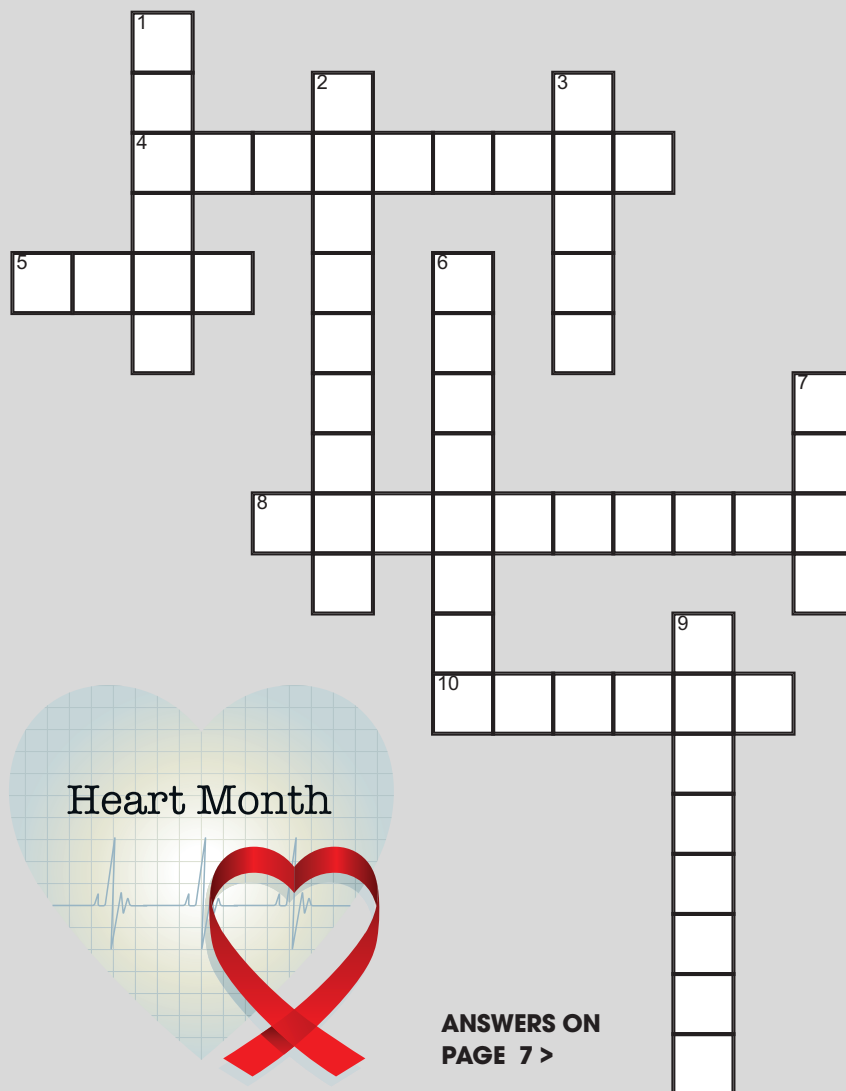
Richard Blackwell
Gene Mustard
Geri Rossoll
Jim Jannette
Nicki Marcia
Lake Health Cardiac Rehab



**Workplace
Health
Recipients**

GOLD: Nestle, Solon
SILVER: Kinetico Inc., Newbury
BRONZE: Transfer Express, Mentor

HEART HEALTH CROSSWORD



ANSWERS ON
PAGE 7 >

ACROSS

4. In 1957, the first battery powered _____ was implanted.
5. The Lake & Geauga Counties Heart Walk is on _____ 6th, 2020.
8. The American Heart Association recommends eating 5 servings of _____ a day
10. Excess _____ increases a person's risk for high blood pressure, which can lead to heart disease and stroke.

DOWN

1. #QuitLying is the American Heart Association's new sweeping research investment, policy and youth activation campaign to fight _____
2. The American Heart Association's mission statement is "to be a relentless force for a world of longer, _____ lives"
3. The American Heart Association's Life's Simple _____ helps people live healthier lives
6. People living with _____ are 2x more likely to experience heart attack, stroke or cardiovascular disease.
7. Acronym used to help spot a stroke
9. CPR is a critical step in the American Heart Association's Chain of _____.

Breakfast



Southwestern Quinoa and Egg Breakfast Bowl

© American Heart Association

- 1/4 cup raw quinoa
- 1/2 avocado, pitted and diced
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no salt added, frozen corn (thawed)
- 1/4 cup chopped green onions
- 1/2 cup cilantro (optional)
- 4 eggs
- 1/8 teaspoon salt
- 1/4 teaspoon ground Black pepper hot sauce (optional)

Cook quinoa according to the package directions. Remove from heat and let sit.

Prepare the remaining ingredients: pit and dice the avocado half; chop the tomatoes; rinse the canned corn; chop the scallions, and chop the cilantro.

Divide quinoa between 4 bowls. Arrange the avocado, tomatoes, corn, scallions, and (optional) cilantro between each bowl.

Meanwhile, coat a large nonstick skillet with cooking spray and warm over medium high heat. Crack each egg into the skillet and season with salt and pepper. Cover with a lid and cook until egg whites are set but yolk is still runny, about 3 to 4 minutes. Use a spatula to carefully transfer each sunnysideup egg into each bowl. Garnish with hot sauce and serve.

Lunch



Zippy Southwest Chicken Fajita Salad

© American Heart Association

Pico de Gallo

- 2 tomatoes (chopped)
- 1/2 small onion (diced,)
- 1 chopped jalapeño (seeds can be removed to be milder), (optional)
- 1/4 cup chopped cilantro
- 2 tsp lime or lemon juice

Zippy Southest Chicken Fajita Salad

- 2 1/2 cups chopped chicken from leftover Salmon or Chicken Kabobs (refer to related recipes)
- 16 oz packaged, frozen bell pepper and onion stir-fry (thawed)
- 15.5 oz canned, no-salt-added, or, low-sodium black beans (drained, rinsed)
- 3/4 teaspoon salt-free chili powder
- 1 chopped head lettuce (green leaf, red leaf or romaine)
- 2 whole-wheat tortillas (halved, optional)

In a small bowl, add tomatoes, onion, jalapeño, cilantro and lime juice and combine.

In a heatproof bowl, add chicken, vegetables, beans, and chili powder. Stir and heat in microwave until warmed.

Pile lettuce onto plates. Top with chicken mixture and pico de gallo. Serve with tortilla halves, if desired.

Dinner

Tuscan-Style Grilled Chicken Kebabs

© American Heart Association

- 1 tsp. grated lemon zest
- 2 Tbsp. fresh lime juice
- 1 Tbsp. fresh, chopped rosemary
- OR
- 1 tsp. dried rosemary (crushed)
- 2 tsp. olive oil
- 2 clove fresh garlic (minced)
- 1 tsp. dried oregano (crumbled)
- 1/4 tsp. crushed red pepper flakes

1 lb. boneless, skinless, all visible fat discarded chicken breasts, cut into 16 cubes

- 16 whole button or cremini mushrooms (about 1/2 ounce each), ends trimmed
- 1 medium green bell pepper, cut into 16 pieces
- 16 cherry tomatoes
- non-stick Cooking spray
- 1/2 cup uncooked, instant brown rice

1 cup fat-free, low-sodium chicken broth

- 1/4 cup dry-packed sun-dried tomatoes, cut into 1/4-inch cubes

In a medium nonmetallic bowl, stir together the lemon zest, lemon juice, rosemary, oil, garlic, oregano, and red pepper flakes. Add the chicken, stirring to coat. Cover and refrigerate for at least 15 minutes. The chicken



can marinate for up to 8 hours for even more flavor. Turn several times if marinating for more than 30 minutes.

Soak eight 8-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Preheat the grill on medium high

Drain the chicken and discard the marinade. Alternately thread the chicken, mushrooms, bell pepper, and tomatoes on the skewers. Lightly spray all sides with cooking spray.

In a medium saucepan, bring the broth and tomatoes to a boil over high heat. Stir in the rice. Reduce the heat and simmer, covered, for about 10 minutes. Remove from the heat and let stand for about 5 minutes. Fluff with a fork.

Meanwhile, grill the kebabs for 2 to 3 minutes on each side (8 to 12 minutes total), or until the chicken is no longer pink in the center and the vegetables are tender. Serve with the rice on the side.

Kids have enough sugary drinks each year to fill a bathtub.

On average, children are consuming over **30 gallons** of sugary drinks every year.



American Academy of Pediatrics
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Apple Bread Pudding

© American Heart Association

Cooking spray
 1 whole egg
 1 egg white
 1 cup skim milk
 2 Tbsp brown sugar blend
 1 tsp vanilla extract
 1 tsp cinnamon
 1/2 tsp cloves or allspice
 6 slices light, whole-grain or multigrain bread, cubed
 3 medium apples (cored, cut into 1/2-inch cubes)
 1/2 cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds (optional)

Pre-heat oven to 350.
 Spray 9x9 baking dish with cooking spray.

In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.

Add bread and apple cubes. Add fruit or nuts if desired. Mix well.

Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

CROSSWORD ANSWERS:

ACROSS

4. Pacemaker
 5. June
 8. Vegetables
 10. Sodium

DOWN

1. Vaping
 2. Healthier
 3. Seven
 6. Diabetes
 7. FAST
 9. Survival

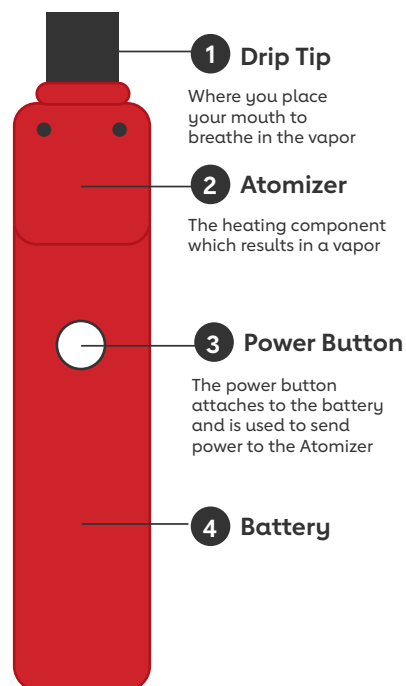
The 101 on ^ e-Cigarettes



Vaping is becoming an increasing epidemic among teens. In 2018, e-cigarette use nearly doubled in high school students.

What is vaping?

Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.**



What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are **battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol.** Most have a battery, a heating element, and a place to hold a liquid or nicotine salts. Flavors that make e-cigarettes so appealing can have toxic effects themselves, although they are GRAS (generally regarded as safe) when ingested in food or drinks.

Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- e-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors



Good health starts with **good choices.**

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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.

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Concord Twp.
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