

Celebrating American Heart Month

*Honoring Survivors and Families
of Cardiovascular Diseases and Stroke*



Lake Health Cardiac Rehab Team



life is why
Lake & Geauga Counties

www.heart.org



lakehealth.org

JOIN THE MOVEMENT TO MAKE LAKE & GEAUGA COUNTIES
HEALTHY FOR GOOD

SAVE THE DATE

LAKE & GEAUGA HEART WALK

8AM HEALTHY FOR GOOD FESTIVAL

9AM HEART WALK

WWW.HEART.ORG/LAKEGEAUGAWALK



life is why
Lake & Geauga Counties



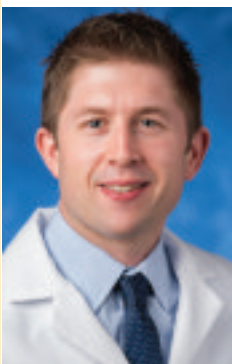
HEALTHY FOR GOOD SPONSOR



SIGNATURE SPONSOR



Women and Heart Disease



February is recognized as National Heart Month and a time to acknowledge the many ways we can care for our heart. We also Celebrate National Wear Red Day on the first Friday of February, donning our finest red to raise awareness for heart disease as the

No. 1 killer of American women.

As we continue to raise awareness it's important to understand the many risk factors associated with cardiovascular diseases. Paul Zellers, DO, Lake Health Cardiologist "urge(s) patients with a family history of early heart disease or sudden cardiac death to discuss this concern with their physician, so that they can begin appropriate screening and management of modifiable risk factors such as high blood pressure, high cholesterol, and diabetes. The best strategy when it comes to battling heart disease is a preventative one."

Getting physically active or maintaining a healthy diet are just some of the ways patients can improve their health and prevent heart disease. While these methods are common, it is important to find the approach that works for you. According to Dr. Zellers the essential thing to remember

with exercise is finding "something you like to do (i.e. fast walking, biking, jumping rope, hiking) that makes you sweat a little, and make time for it on a regular basis." He recommends 30-40 minutes of exercise at least 4 days a week.

While prevention is key it is also important to recognize when a patient begins to have signs of a heart attack. This includes, "left-sided...chest pain pressure that will occasionally radiate to the jaw or arm. This can be accompanied by shortness of breath, sweating and nausea," says Dr. Zellers. "Women will tend to present with more atypical GI-like (gastrointestinal) symptoms or with shortness of breath alone." It is important that women acknowledge these symptoms when they start because "heart disease in women will often go unnoticed."

As part of American Heart Month, the American Heart Association continues to raise awareness of heart disease in women and the many warning signs of a cardiac event. "Forty-seven percent of all sudden cardiac death occurs outside of the hospital. This is where we need to improve, and ...we do so by increasing awareness," says Dr. Zellers. Learning the warning signs and sharing them with those you know can increase early detection of heart disease and allow for early treatment.

HEART ATTACK WARNING SIGNS

Info taken from AHA's Answers by Heart Cardiovascular Conditions handout

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that 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

Two steps to save a life:



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.

HEART HEALTH CROSSWORD



ANSWERS ON PAGE 5

Across

- 2 The Lake and Geauga Counties Heart Walk is on ___ 2nd, 2018.
- 4 New guidelines just released for this by AHA in November (2 words)
- 6 A blood pressure reading at or over 129 is now considered ___.
- 7 Most heart attacks involve ___. (2 words)
- 10 Disease that affects over 795,000 Americans per year
- 11 On February 2, 2018 we celebrate National Wear ___ Day.

Down

- 1 If you "Eat Smart. Add Color. Move More. Be Well" you can be ___. (3 words)
- 3 Quitting ___ is a great way to eliminate your risk of a heart attack or stroke.
- 5 ___ your drink and choose water over sugary beverages.
- 8 The AHA's Life's Simple ___ helps people live healthier lives.
- 9 Acronym used to help spot a stroke



EAT SMART.

True nourishment involves making overall healthier eating choices each day. This can be daunting, but the AHA is here to help with reliable information on eating smart. Check out heart.org with suggestions on better snacking, delicious recipes and meal planning tips that will make you want to eat better and make it easier to do so.

ADD COLOR.

This is the simplest way to start eating healthier: just look at your plate and add some color to it. Our goal is to inspire our community on how to add color to every meal and snack, because adding even one serving of color in the form of fruits and vegetables each day is a great way to start building a healthier you.

MOVE MORE.

Our bodies were built to move, so they need daily activity to be healthy. Working out doesn't have to take over your life—in fact, you can start by simply adding a few 10-minute bursts of activity each day.

BE WELL.

For ultimate whole body health, your mind and body need to rest, reset and recharge. Being well means focusing on objectives such as stress management and getting enough quality sleep.

Early Heart Attack Care

The American Heart Association is dedicated to building healthier lives with a mission of education and advocacy regarding cardiovascular diseases and stroke. The difficult truth is that heart disease is the number one killer of Americans. Awareness of heart attack symptoms is the first crucial step in prevention and treatment before, during, and after a cardiac event.

Dr. Marwan Nasif, MD, MPH

and Cardiologist at Lake Health describes symptoms as, “chest pain, or pressure radiating to the left arm and or neck, associated with nausea, vomiting and sweating.” Additionally, a patient can feel “shoulder pain, back pain, neck pain, and numbness in the hands.” If this is the first time a patient experiences symptoms like this, they should “always seek medical attention for newly developed chest pain.”

Treatment options during and after a heart attack vary by the type of cardiac event. “Cardiac catheterization is recommended for most patients with a heart attack” says Dr. Nasif, meaning a small hollow tube inserted into a large blood vessel that leads straight to the heart. With this procedure, doctors can determine if a patient has disease of the heart muscle, valves, or arteries or if a blocked artery exists.

While the patient might be discharged from the hospital, the

recovery process must continue both at home and with their doctor. It’s important to emphasize that lifestyle changes are extremely important to prevent the progression of cardiovascular diseases and future events. “Diet counseling and cardiac rehabilitation is usually offered to all patients after a heart attack during hospitalization and in the outpatient setting. Several studies have shown,” continues Dr. Nasif, “that cardiac rehabilitation and diet modification prevent future heart attacks and improve life quality and survival.”

Another crucial recovery step can be medication. Dr. Nasif advises that “most patients after heart attacks need two different blood thinners as part of their therapy for 12 months. After a hospital stay for a heart attack, medical treatment and lifestyle changes are the cornerstone interventions to reduce the progression of the disease and prevent future heart attacks.”

5 things to know about STROKES

1 Anyone can suffer a stroke. If your parent had a stroke caused by a blood clot before age 65, your risk of a stroke triples.

2 Three out of four people who suffer a first stroke have high blood pressure.

3 African Americans have nearly twice the risk for a first stroke as Caucasians.

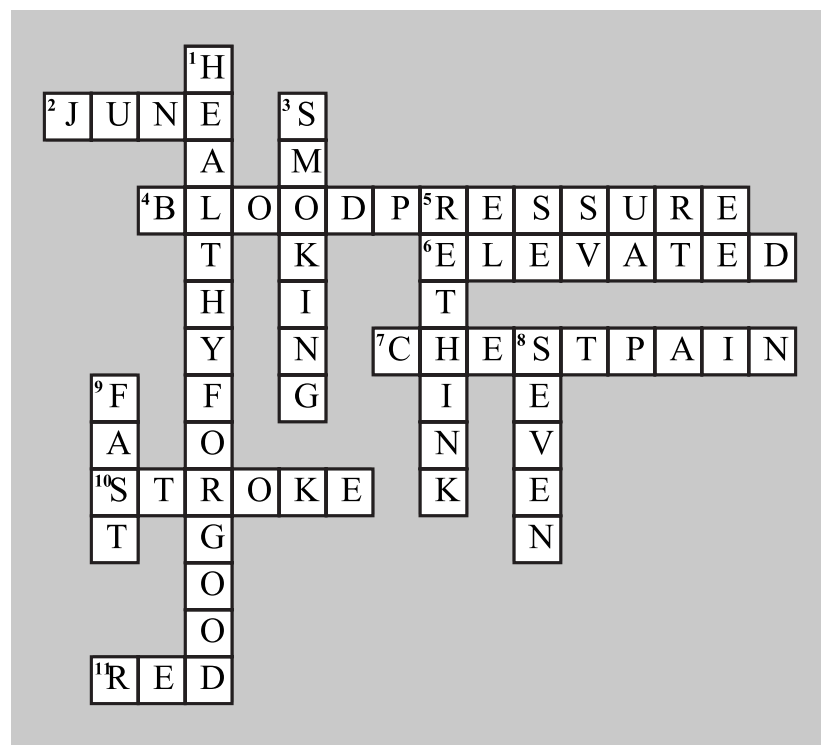
4 Clot-busting drugs and medical devices can help preserve function, but every second counts. FAST treatment = better chance of recovery without permanent disability.

5 You can save a family member or friend from stroke disability and death. Learn to recognize stroke warning signs. Face drooping, Arm weakness, Speech difficulty, Time to call 911.



Source: American Heart Association / American Stroke Association

ANSWER TO PUZZLE ON PAGE 3





Lifestyle Change Award Winners

Throughout the course of 2017, Lake Health, in collaboration with the American Heart Association, recognized ten 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.

Pam Armbruster
Cheryl Boyd
Greg Byers
Steve Ebert
Tom Faehnle
Terry Fowler
Deborah Inks
Joan Marko
Lisa Smith
Gregory Tabar



Eliminate added sugar from your diet

According to the Centers for Disease Control and Prevention (CDC), Americans, aged 6 years and older, consumed about 14% of total daily calories from added sugars in 2003-2010 with sugar-sweetened beverages being one of the leading sources.¹

The following tips can help eliminate sources of added sugar in your drinks:

The American Heart Association recommends limiting the amount of added sugars to no more than 6 teaspoons for women and 9 teaspoons for men. To calculate how many teaspoons of sugar are in a drink, divide the grams of sugar by 4.

To identify sources of added sugar, look at the ingredient list. Sugar has many names including

“ The American Heart Association recommends limiting the amount of added sugars to no more than 6 teaspoons for women and 9 teaspoons for men.

those ending in -ose, high fructose corn syrup, molasses, cane sugar, honey or fruit juice concentrates.

Infuse your water with natural flavor by adding slices of your favorite fruits and vegetables, and even fresh herbs. Combinations include strawberry and mint leaf or cucumber slices and lime.

Try sparkling or seltzer water, which can be naturally flavored without artificial sweeteners.

If you must add sweetness to your drink, switch from sugar or artificial sweeteners to a plant based sugar such as Stevia.

1. Drewnowski A, Rehm CD. Consumption of added sugars among US children and adults by food purchase location and food source. Am J Clin Nutr. 2014;100(3):901-907.



Hydrate Your Heart

#RethinkYourDrinkOH



Blood Pressure Guidelines: 120/80

Nearly half of American adults are at risk for major health problems because of high blood pressure. This recent development comes from a new scientific guideline released in November 2017 from the American Heart Association. The new guideline is designed to help people take steps to control their blood pressure earlier, according to the authors. High blood pressure, also known as hypertension, is a major risk factor for heart disease and stroke – the two leading causes of death in the world.

So what is Hypertension and why is it so deadly? Hypertension occurs when the force of blood pushing against vessel walls is too high. This added pressure causes the heart to work too hard and blood vessels to function less effectively. Over time, the stress damages the tissues within arteries which can further damage the heart and

circulatory system.

According to the guideline, people with readings of 130 as the top number, or 80 as the bottom number, now are considered to have high blood pressure. High blood pressure was previously defined as 140/90. The change means 46 percent of U.S. adults are identified as having high blood pressure, compared with 32 percent under the previous definition. A blood pressure of less than 120/80 still will be considered normal, but levels at or above that, to 129, will be called “elevated.”

The guideline, the first comprehensive one in 14 years, focuses in on making sure doctors’ offices and patients understand how to accurately measure blood pressure and diagnose hypertension.

Together, we can help fight this silent killer.

2018 Free Blood Pressure Screenings

TriPoint Medical Center Concord Township

Main Lobby, 9 am – 12 noon

January 6	July 7
February 3	August 4
March 3	September 1
April 7	October 6
May 5	November 3
June 2	December 1

West Medical Center Willoughby

Main Lobby, 9 am – 12 noon

January 20	July 21
February 17	August 18
March 17	September 15
April 21	October 20
May 19	November 17
June 16	December 15

Great Lakes Mall Near the Food Court

9 – 11 am

January 18	July 19
February 15	August 16
March 15	September 20
April 19	October 18
May 17	November 15
June 21	December 20

Lake Health also offers **FREE** blood pressure checks during normal business hours at these additional locations:

Mentor Wellness Campus Urgent Care Center

8655 Market Street, Mentor
440-255-6400

Willowick Campus

29804 Lakeshore Boulevard, Willowick
440-585-3322

Chardon Campus

510 Fifth Avenue, Chardon
440-286-8908

Painesville Quick Care Center

74 South Park Place, Painesville
440-354-3887

For specific hours, call the location that’s best for you. For more information, call the Best of Health Line at **800-454-9800**.



American Heart Association Life's Simple 7



MANAGE BLOOD PRESSURE

Reduces the strain on heart, arteries, and kidneys.

CONTROL CHOLESTEROL

Clears arteries of blockage.



REDUCE BLOOD SUGAR

Prevent damage to major organs and nerves.

GET ACTIVE

Increases length and quality of life.



EAT BETTER

Feel and live healthy.

LOSE WEIGHT

Shred extra fat to prevent health problems.



QUIT SMOKING

Quitting is the best thing for your health.

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 keep you and your family well.

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 N. Ridge Rd.
Madison
440-428-8246

Newbury Family Practice*

10780 Kinsman Rd.
Newbury
440-564-5656

Middlefield Family Practice

15389 W. 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*

36001 Euclid Ave.
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 N. 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



lakehealth.org

*provider-based facility