



# Heart Beat



Volume 3 No. 3

Salinas Valley Mended Hearts Chapter 370

July, August & Sept. 2014

## Monthly Observances

July

Fireworks Safety Month

August

Cataract Awareness Month

Spinal Muscular Atrophy Awareness Month

September

Atrial Fibrillation Awareness Month

Cholesterol Education Month

## Speakers

July 15

Betzi Grogin, BSN, RN

Positive Intelligence

and

Karl Empey, Trio Carmel

Olive oil tasting & heart benefits of olive oil

August 19

Michael Vollstedt

Living with Heart Disease

September 16

Elizabeth Cantu-EP, Medical Specialist

Sugar in Your Diet

## Special Days

July

01 Canada Day

04 Independence day

August

03 National Kids Day

September

01 Labor Day (Labour Day, Canada)

07 National Grandparents Day

23 Autumn begins

25 Rosh Hashanah

## Nutritional Needs for Atrial Fibrillation

*Heart Health Center-Everyday Health*

(<http://www.everydayhealth.com>)

*Find out how eating the right foods for atrial fibrillation can do more than nutritional supplements.*

*By Alice Martin*

*Medically reviewed by Pat F. Bass III, MD, MPH*

Heart health and nutrition are closely related, so getting the right nutrients is an important part of managing atrial fibrillation. But the way you get the nutrients might be just as important. Experts agree a balanced diet, as opposed to supplements, is the optimal way to do it.

An internet search for heart-healthy supplements can leave you feeling overwhelmed, especially the research on fish oil supplements. Rich in antioxidant omega-3 fatty acids, fish oil, has been evaluated for many specific heart issues, including afib, both for preventing it (especially after heart surgery) and as part of treating it.

The value of taking fatty acids after an afib diagnosis in particular was recently re-evaluated in a study published in the Journal of the American College of Cardiology. After following more than 500 afib patients taking supplements for a year—specifically PUFAs or polyunsaturated fatty acids—researchers found they had no more value than a placebo in preventing additional afib episodes.

If you currently take omega-3s, does this mean you should toss them? Not necessarily, and not if you're taking them for other facets of heart health. "If the patient has a history of heart disease, fish oil supplements, might be something we recommend, and increasing portions of fish into the diet also may be helpful," says Duy Nguyen, MD, a cardiac electrophysiologist at the University of Colorado Hospital in Aurora.

But the short answer when it comes to nutrition and afib is that there are no shortcuts. "There is not great pill or dietary supplement for atrial fibrillation," says Dr. Nguyen. Eating a heart-healthy diet has more impact than any supplement. You can't eat unhealthy foods and think that taking a nutritional supplement is going to help decrease your risk of heart disease.

*(Note: Watch for more information on Atrial Fibrillation in upcoming newsletters.)*

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Here is a follow-up to our Whooping Cough article in our last newsletter. Monterey Herald Saturday June 28, 2014.

(montereyherald.com)

California-Third baby dies from whooping cough by Tracy Seipel, Bay Area News Group.

Sacramento, California's growing whooping cough epidemic has claimed the life of a third infant, a tragic reminder that the very youngest are most at risk of hospitalization and death from the highly contagious bacterial disease, state health officials said Friday.

The officials continue to be alarmed that the number of cases has soared since Jan. 1, as the traditional peak month of July approaches. The number of cases is now at 4,558 almost double the 2,532 reported in 2013.

The year-old baby, who contracted the disease at three weeks, was from Sacramento County. Officials did not reveal the gender of the infant, citing privacy reasons.

The two other infants who died this year from whooping cough, also call pertussis, were from Placer and Riverside counties. Those infant, both 2-months old-contracted the disease last year.

The deaths are troubling to state health officials who last faced a whooping cough epidemic in California in 2010 that took the lives of 10 infants. Since then, no pertussis-related death had been reported until this February.

"We are off to a really bad start in 2014," Dr. Gil Chavez, the state's epidemiotologist, told reporters during a Friday conference call.

Note: More information is available at the Monterey Herald-website. This disease is spread by patients of all ages but the infants get the worst of it.

## Olive Oil Health Benefits

- Helps raise good cholesterol and lower the risk of heart disease
- Reduce blood pressure
- Good hair and skin
- Use as antioxidant
- Eases the pain of arthritis and bursitis
- Calms the stomach and digestive tract
- Aids in preventing gallstones
- Aids in prevention of colon, skin and breast cancer
- Relieves colds, sore throat and coughs
- Preserves bone mass
- A natural appetite suppressant
- 120 calories per tablespoon

External Uses:

- Treat cuts, blisters, sunburn and frostbite
- Rejuvenates dry skin and smoothes wrinkles
- Contains polyphenol and oleic acid, natural antioxidants which may reduce the risk of cardiovascular disease and cancer
- An omega 9 fat which helps reduce cholesterol

(Last month our friend Joellyn Knapp had an **Implantable Loop Recorder**, implanted to help her physician manage her afib. I asked her if I could use her name to tell you about this new device. Since this is a new device, I looked up information on it and this is what I found.)

Article from Brigham and Women's Hospital (<http://www.brighamandwomens.org>)

## What is an implantable Loop Recorder?

The implantable loop recorder (ILR) is a small device which is implanted just under the skin of the chest to the left of your breastbone. The actual size is 0.5 ounces and 61mm by 19mm by 8mm.

The ILR has the ability to record the electrical activity of the heart in two ways. First, it is activated according to heart rate ranges set on the device by your physician. If the heart rate drops below the lowest value set, the ILR will automatically start to record. In the same way, if the heart rate rises over the highest value set, the ILR will also record without the patient's knowledge. The second way it records is through a "patient activator" whereby you can trigger a recording by pushing a button on the activator. The activator can be used when you experience symptoms such as skipped beats, lightheadedness, or dizziness. To start a recording, simply place the patient activator over the ILR and press the button. A green light will flash when recording is successful. The recording is stored in the ILR itself. Your physician can view both the automatic and triggered events during a routine office visit using a special programmer, which looks similar to a laptop computer.

## What are the uses?

ILRs are recommended for patients who experience symptoms such as syncope (fainting), seizures, recurrent palpitations, lightheadedness, or dizziness. The ILR is best used in patients who experience these serious symptom regularly but not often enough to be captured by a 24-hour or 30-day external monitor. Because of the two-year battery life of the ILR, patients will experience extended and constant monitoring, give the physician ample opportunity to capture any abnormal heart rhythm.

## How is it placed?

The ILR is placed by your electrophysiologist in a procedure lab under local anesthesia. Conscious sedation\* can be used but is generally not necessary. A small incision (about 3-4 cm or 1.5 inches) is made just to the left of the breastbone. A pocket is created under the skin, and the ILR is placed in this pocket. No wires are inserted into the heart. The incision is closed with dissolvable sutures. Patients can go home the same day of the procedure with almost no restrictions on activity or work. The ILR is completely safe under the skin for more than the life of the battery without any adverse effects to the patient's health or well being.

\*Conscious sedation means that you have been given a drug to cause you to be drowsy but not asleep. You can still hear what is going during the procedure and move as the physician instructs you.

An Everyday Health Leader, T. Jared Bunch, MD

## Rhythm of Life

Published Oct 9, 2013

<http://www.everydathealth.com>

### Is it Harmful to Delay Receiving Treatment for Atrial Fibrillation?

Atrial fibrillation is an abnormal heart rhythm that involves the upper two heart chambers. The normal organized electrical rhythm of the upper heart chambers in atrial fibrillation is replaced by a very fast chaotic rhythm. The upper heart chambers can beat between 250-300 beats per minute. Fortunately all the upper chamber electrical activity is funneled through the middle of the heart before it reaches the larger lower heart chambers. The lower heart chambers generate our blood pressure and are responsible for circulating the blood throughout our body. Our pulse that we feel reflects the heart rate of the lower heart chambers rather than the upper heart chambers.

#### What are the symptoms of atrial fibrillation?

Many people that develop atrial fibrillation experience symptoms. These symptoms include shortness of breath, chest discomfort, exercise intolerance, lightheadedness, swelling in the legs, palpitations, and the sense of having an abnormal and irregular heart rate. Atrial fibrillation can lead to stroke and heart failure in addition to causing symptoms that impact quality of life.

#### Atrial fibrillation management:

Atrial fibrillation is the most common abnormal heart rhythm that I see as a physician who specializes in treating electrical problems in the heart. It is common in our community and about 1 in 6 to 1 in 10 of us will develop the disease during our lives. The most common risk factors are aging, high blood pressure, diabetes, sleep apnea, heart failure, and heart valve abnormalities.

#### Atrial fibrillation treatment:

Atrial fibrillation treatment involves reducing risk of stroke and brain injury. I discussed this in a prior blog entry entitled "Atrial Fibrillation and the Brain" (<http://www.everydathealth.com/columns/jared-bunch-rhythm-of-life/atrial-fibrillation-and-the-brain/>). We also need to use medications to help control the heart rate so it does not go too fast. Finally, we treat the abnormal heart rhythm directly so it will beat normally in the upper and lower chambers and these heart chambers are synchronized in their pumping function. This final step is undertaken to improve your symptoms and quality of life. We can do this by electrically shocking the heart, using medications called antiarrhythmic drugs that control the electrical activity of the heart, and a procedure called a catheter ablation where a small tool is advanced through the vein in your leg to the upper heart chambers and the areas that cause atrial fibrillation are destroyed typically by either cauterizing or heating the target sites.

If you have a favorite recipe, e-mail it to:  
Carol Triplett @havihliz@yahoo.com

### Should you delay your atrial fibrillation treatment?

Some people experience relatively minor symptoms when they are in atrial fibrillation. We do not have a therapy at this time for atrial fibrillation that is completely successful or without risks. As such, I am often asked by patients with relatively minor symptoms "What if I do nothing?" I find this a great question. First regardless of what we do with the atrial fibrillation rhythm itself, the foundation of atrial fibrillation care revolves around preventing stroke. We do this by using medications that reduce the likelihood of a blood clot forming in the heart. From my perspective, you should never delay your treatment to prevent stroke. Unfortunately, I rarely go a week in practice in which I do not see a patient that suffered a stroke related to atrial fibrillation. Next, your heart is a muscle and as such needs care. If your heart rate remains too fast for too long then it can begin to fatigue and weaken resulting in heart failure. We usually want your heart rate when you are not active below 100 beats per minute if you are in atrial fibrillation. We often use medications to help slow the heart rate during atrial fibrillation to accomplish this goal. In some people, the weakening of the heart can develop within days, **so we often cannot delay this aspect of care.** To answer the question of the blog, yes, delays in care can result in harm. If you have atrial fibrillation, then begin treatment to force the heart to beat normal early and don't delay and wait for the disease to worsen.



## CPR training

at the

### Torro Fire Station

9a.m. 1<sup>st</sup> Saturday of the month

and

6p.m. 3<sup>rd</sup> Wednesday of the month

BSL/American Heart Certification

\$50.00 Fee

Call: (831) 455-1828

## Veggie and Tofu Stir-Fry

Hands-on time: 19 min. Total time: 49min

1 (14-ounce) package water-packed extra-firm tofu, drained

1 Tablespoon vegetable oil, divided

1/4 teaspoon black pepper

3 1/2 teaspoons cornstarch, divided

3 large green onion, cut into 1-inch pieces

3 garlic cloves, sliced

1 Tablespoon julienne-cut ginger

4 small baby bok choy, quartered lengthwise

2 large carrots, peeled and julienne-cut

1 cup snow peas, trimmed

2 Tablespoons Chinese rice wine or dry sherry

1/4 cup organic vegetable broth

2 Tablespoons lower-sodium soy sauce

1 Tablespoon hoisin sauce

1 teaspoon dark sesame oil

1. Cut tofu lengthwise into 4 equal pieces; cut each piece crosswise into 1/2 inch squares. Place tofu on several layers of paper towels; cover with additional paper towels. Let stand 30 minutes, pressing down occasionally.
2. Heat a large wok or skillet over high heat. Add 1 1/2 teaspoons vegetable oil to pan; swirl to coat. Combine tofu, pepper, and 2 teaspoons cornstarch in a medium bowl; toss to coat. Add tofu to pan; stir-fry 8 minutes, turning to brown on all sides. Remove tofu from pan with a slotted spoon; place in a medium bowl. Add onions, garlic, and ginger to pan; stir-fry 1 minute. Remove from pan; add to tofu.
3. Add remaining 1 1/2 teaspoons vegetable oil to pan; swirl to coat. Add bok choy; stir-fry 3 minutes. Add carrots; stir-fry 2 minutes. Add snow peas; stir-fry 1 minute. Add wine; cook 30 seconds, stirring constantly. Stir in tofu mixture.
4. Combine remaining 1 1/2 teaspoons cornstarch, broth, remaining ingredients in a small bowl, stirring with a whisk. Add broth mixture to pan; cook until slightly thickened (about 1 minute).

Serves 4 Calories 233, Fat 11.8g, Protein 12.9g, Carb 17.5g, Fiber 3.2g, Chol 0mg, Iron 3mg, Sodium 389mg, Calc 227mg.

Can be served over steamed rice or Chinese noodles.

## Sugar and Spice Popcorn

Recipe adopted from a recipe from Cooks.com and submitted by DeVita renal dietitian Suzette from Missouri.

Portions: 4 Serving size: 2 cups

Ingredients:

- 8 cups air-popped popcorn
- 2 tablespoons unsalted butter
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Preparation:

1. Heat the butter, sugar, cinnamon and nutmeg in the microwave or on the stove in a saucepan until butter melts and sugar dissolves. Be careful not to burn the butter

2. Drizzle spiced butter mixture over popped popcorn; mix well.

3. Serve immediately for best results.

Helpful hints: If you don't have an air-popper, use 1 bag no-salt microwave popcorn, popped. Fat content will be higher.

## The Best Heart-Friendly Foods

*Heart Health Center*

The types of food you eat have a direct impact on your heart. Experts share their favorite heart-healthy foods. Everyday Health: Research has found that a moderate amount of dark chocolate can benefit the heart. Since we can't live on chocolate alone, what are the top foods you recommend for heart health?

Nieca Goldberg, MD ([niecagoldbergmd.com](http://niecagoldbergmd.com))

- Blueberries are very high in antioxidants, which neutralize free radicals associated with cancer and heart disease. The antioxidants in the fruit help keep your arteries flexible and prevent plaque buildup.
- Spinach or other dark leafy greens are terrific because they are high in B vitamins.
- Fish is a great source of omega-3 fatty acids, as are nuts such as almonds and walnut, all you need is a handful a day.

Dennis Goodman, MD ([dennisgoodmanmd.com](http://dennisgoodmanmd.com), [enzymatictherapy.com](http://enzymatictherapy.com))

Organic green vegetables try juicing them daily (you can add a small amount of apple to improve the taste). Use olive oil or coconut oil instead of canola or corn oil. Substitute hummus for cheese, and use coconut milk or almond milk instead of cows' milk. Snack on fresh carrot and celery sticks and almond butter instead of candies, chips, or other junk food. Use whole-wheat, or sourdough bread instead of white bread, and substitute sweet potatoes or yams for white potatoes. If you are a meat eater, reduce the fat content to a minimum by choosing lean cuts, and switch to grass-fed organic meat such as buffalo, venison, or lamb, which have much less fat and fewer toxins.

Try fun, heart friendly exercises

John Mandrola, MD, FACC ([drjohnm.org](http://drjohnm.org))

The top foods for heart health are what we had pre-civilization: nuts, berries, vegetables, and lean meats. If this were our diet, we would be eating beneficial fats, antioxidants, vitamins, slow-burning carbohydrates, and low-fat protein. We wouldn't be eating inflammatory and insulin-spiking foods like saturated fats, trans fats, and high-fructose corn syrup.

To pick the absolute heart-healthiest foods is a tough one. But here goes:

- Salmon: a protein source plus beneficial fats
- Blueberries: a fast-burning carbohydrate source with antioxidants
- Walnuts: another protein source, but with both fiber and beneficial fats
- Green leafy vegetables of all sorts: in vegetables, color implies nutrients
- Brown rice: an easy-to-digest, slow-burning carbohydrate.

Salinas Valley Mended Hearts Chapter 370  
The Mended Hearts, Inc.

FIRST CLASS MAIL  
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## WHO IS . . . MENDED HEARTS. INC?



### The Mended Hearts, Inc.

The Mended Hearts, Incorporated, is a National Voluntary Health, Education, Non-profit organization. Its purpose is to offer help, support and encouragement to heart disease patients and their families, by:

- ♥ Visiting patients with their physicians' approval.
- ♥ Distributing information of specific educational value to our membership and heart disease patients and their families.

- ♥ Cooperating with other organizations in education and research activities pertaining to heart disease.
- ♥ Establishing and assisting heart rehabilitation programs for our members.
- ♥ Planning and conducting suitable programs of social and educational interest for our members and for heart disease patients and their families.

THANKS TO:

SALINAS VALLEY MEMORIAL HOSPITAL  
FOR THEIR SPONORSHIP