

heart health news

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DONE LIGHT

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HOLIDAY HEALTH HAZARDS



For more
CARDIAC CARE
information,
CALL 207-753-3910,
WRITE to
CENTRAL MAINE
HEART and
VASCULAR
INSTITUTE,
300 Main Street,
Lewiston, ME
04240 or
VISIT us ONLINE at
WWW.CMHVI.ORG.

Support our commemorative quilt

In celebration of our fifth anniversary, Central Maine Heart and Vascular Institute (CMHVI) is sponsoring the "Making A Difference Commemorative Quilt" to recognize loved ones with heart disease.

We're requesting your help with this charitable bequest. We're asking the community to purchase quilt squares. Quilt squares are \$25 each. The completed quilt will feature squares displaying the handwritten name of someone who had or has cardiovascular disease.

Checks may be made payable to CMMC Charlie Day Atrium Fund and mailed to:
Central Maine Medical Center

Attn: Cynthia Rice, Director
Outreach, Prevention & Wellness
300 Main Street
Lewiston, ME 04240

The finished commemorative quilt will be hung during a dedication ceremony in the Charles Day Atrium at CMHVI at a date and time to be announced, and all who purchase a square will be invited to attend. Proceeds from the sales will be used to support the Charles Day Atrium Fund.

For more information about purchasing a quilt square, please call **207-795-8240** or visit our Web site at **www.cmhvi.org**. We greatly appreciate all your support and effort. ♥



How you can help in an emergency

What should you do if someone nearby suddenly collapses and you don't know how to administer cardiopulmonary resuscitation (CPR)? Immediately call for emergency medical assistance and begin 100 chest compressions per minute—pushing hard and fast in the middle of the person's chest until more advanced care arrives. The American Heart Association says this hands-only CPR method improves the survival odds but shouldn't be used on infants and children or adults whose cardiac arrest is from respiratory causes, such as drug overdose or near drowning. It doesn't replace conventional CPR—combined chest compressions and mouth-to-mouth breathing—but can be used in an emergency if you're an untrained bystander. Each year, about

166,000 adults in the United States die from sudden cardiac arrest outside a hospital or emergency room setting. Learn conventional CPR—it takes only a couple of hours and you never know when you may need it.

Statins may be doing double duty

Statins are routinely prescribed to lower LDL, or bad, cholesterol, but it looks as if they may help lower blood pressure, too. A recent study published in *Archives of Internal Medicine* shows that statins produced drops in blood pressure as early as one month into the trial. Nearly 1,000 adults were given either the cholesterol-lowering medication or a placebo. After six months, statin takers lowered their blood pressure significantly. Lower blood pressure may help cut risk of stroke and other cardiovascular episodes.

Iron: Too much of a good thing

Iron is an essential component in proteins that help transport oxygen throughout the body. Not having enough iron causes fatigue, poor work performance and a weakened immune response. But having too much iron can create a host of problems, too. In addition to damaging your liver, heart and pancreas, hemochromatosis—a disease in which too much iron builds up in the body—can cause an irregular heart rate and lead to heart failure. Although some people never have symptoms or complications, others can have serious side effects or die from the disease. One of the most common genetic diseases in the United States, hemochromatosis is diagnosed based on your medical and family history, a physical exam and diagnostic tests and procedures. Treatment includes:

- ▶ **periodic blood removal**, which is like donating blood, once or twice a week until iron levels return to normal
- ▶ **iron chelation therapy**, which uses medicine to remove excess iron from your blood
- ▶ **dietary changes** like limiting your intake of vitamin C, which increases the amount of iron your body absorbs; staying away from uncooked fish and shellfish to avoid infection-causing bacteria; and avoiding alcohol, which increases liver-disease risk and can make liver disease worse.



▶ DID YOU KNOW?

- ▶ **Drinking alcohol while taking certain high blood pressure medicines may cause dizziness, fainting, drowsiness and changes in the heart's regular rhythm.**
- ▶ **Although men suffer more heart attacks than women, women are 20 percent more likely to have stable angina—chest pain caused by an inadequate supply of oxygen to the heart.**
- ▶ **Children can have high blood pressure and high cholesterol, which cause damage years before the conditions are detected.**

The truth about cholesterol: A quiz



A high blood cholesterol level is a major risk factor for coronary heart disease. Take this quiz to test your cholesterol knowledge, because what you don't know *can* hurt you.

1 True or false? Most of the cholesterol in your body comes from what you eat.

T [] F []

2 To protect your heart, you want:

- a. high levels of high-density lipoproteins, or HDL
- b. high levels of low-density lipoproteins, or LDL
- c. high levels of triglycerides
- d. none of the above

3 Which one of the following oils is bad for your cholesterol?

- a. peanut
- b. canola
- c. palm
- d. olive

4 True or false? The cholesterol in your food is the biggest culprit behind high cholesterol levels.

T [] F []

5 The government-sponsored Therapeutic Lifestyles Changes (TLC) diet recommends you get how many of your daily calories from saturated fat?

- a. less than 25 percent
- b. less than 12 percent
- c. less than 7 percent
- d. They make no recommendation.

6 True or false? If you're not overweight, you don't have to worry about cholesterol.

T [] F []

7 The American Heart Association recommends you start cholesterol testing at age:

- a. 20
- b. 30
- c. 40
- d. 50

Answers

1 FALSE. Your body makes about 75 percent of the cholesterol in your blood, or about 1,000 mg a day. That's all it needs to function. The other 25 percent comes from what you eat.

2 A. HIGH LEVELS OF HDL. HDL is the good cholesterol. If your HDL is 60 mg/dL or higher, it can help protect against heart disease. HDL that's lower than 40 mg/dL can raise your risk of heart disease. LDL brings cholesterol to your body, causing blockages in the arteries. You want your LDL to be under 130 mg/dL (below 100 mg/dL if you're at risk for heart disease). Triglycerides are another type of blood fat that can raise your heart disease risk. Aim for less than 150 mg/dL. Total cholesterol should be less than 200 mg/dL.

3 C. PALM. Palm oil is high in saturated fats, which raise your total cholesterol and LDL. Monounsaturated and polyunsaturated fats, found in canola, peanut, olive, sunflower, corn, soybean and flaxseed oils, can help lower bad cholesterol and boost good cholesterol.

4 FALSE. Saturated fat is the main cause of high cholesterol. But you need to watch your cholesterol intake, too. Limit the amount of saturated fat you eat and keep your cholesterol intake to less than 300 mg a day—200 mg if you have high LDL or are taking cholesterol medications.

5 C. LESS THAN 7 PERCENT. Eating foods low in saturated fats and cholesterol helps keep cholesterol levels down

and may help you achieve or maintain a healthy weight. Find out more at the National Heart, Lung, and Blood Institute's Web site, www.nhlbi.nih.gov.

6 FALSE. Everyone has to worry about cholesterol. If you don't gain weight easily, you may not even realize you're eating a lot of saturated fats or unhealthy trans fats, which raise bad cholesterol and lower good cholesterol.

7 A. 20. Start cholesterol testing at age 20 and continue to get tested every five years. You may need more frequent testing depending on your cholesterol levels, your age and other heart disease risk factors. Ask your healthcare provider about the testing schedule that's right for you. ♥

Central Maine Medical Family

Community Health & Wellness Programs and Events

COMMUNITY EDUCATION

Central Maine Medical Center
Please call 207-795-8240 for more information.

DIABETES, HEART DISEASE AND STROKE

Presented by Monique Hebert

► **Monday, November 3, at 1 p.m., or Thursday, November 6, at 6 p.m., RN conference room**

ICD Q&A

Presented by Brooke Ritkvo, M.D.

► **Thursday, November 20, 2:30–3:30 p.m., conference room Y1**

T'AI CHI FOR HEALTH

Presented by Betsy Foster

► **Monday, December 1, at 1 p.m., or Thursday, December 4, at 6 p.m., conference room H**

BALANCE IN LIFE WITH AN ICD

Presented by Deb Taylor, Ph.D.

► **Thursday, December 18, 2:30–3:30, conference room Y1**

Mini-Medical School: Community Education Series

► **All sessions meet from 6:30 to 8 p.m., Bates College, Pettingill Hall, Room G52**

MAINTAIN YOUR BRAIN: HOW TO LIVE A BRAIN HEALTHY LIFESTYLE

Presented by Liz Weaver

► **Wednesday, October 22**

HEALTHY EATING/HEALTHY LIFESTYLE TO PREVENT CHRONIC DISEASE

Presented by Timothy Howe, M.D.

► **Wednesday, October 29**

NEUROGENETIC CONTRIBUTIONS TO MENTAL HEALTH AND ILLNESS

Presented by Nancy Koven, Ph.D.

► **Wednesday, November 5**

OBESITY AND BARIATRIC SURGERY

Presented by Jamie Loggins, M.D.

► **Wednesday, November 12**

Bridgton Hospital

Please call 207-647-6055 for dates and times.

DIABETES EDUCATION CLASSES

CHILDBIRTH EDUCATION AND BREASTFEEDING CLASSES

COMMUNITY EVENTS

Central Maine Medical Center

TRICK OR TREAT WALK

► **Sunday, October 26**

See below for details.

GREAT AMERICAN SMOKEOUT

► **Thursday, November 20**

MARCH OF DIMES MOMENT OF HOPE

► **Saturday, November 8, all CMMF locations**

CANCER AND ONCOLOGY

Unless noted, please call The Patrick Dempsey Center for Cancer Hope & Healing at 207-795-8250 or 1-877-336-7287 for registration or more information.

2ND ANNUAL TRICK OR TREAT TRAIL RUN AND FAMILY CANCER PREVENTION & HEALTH AWARENESS FAIR

► **Sunday, October 26, 8 a.m.–noon, Lost Valley Lodge, Auburn**

Games, costume parade, food and treats and the 2nd Annual Trick or Treat Trail Run/Walk & Kid's Fun Run round out this morning of autumn fun. Local organizations will host displays and provide

fitness, health, cancer screening and prevention and family well-being information.

GROWING THROUGH CANCER

Presented by Marcy Covey

1:30–3 p.m., Patrick Dempsey Center

Series sessions are free and open to cancer patients, survivors and caregivers. *Preregistration is required. Space is limited.*

► **Tuesday, October 21,**

Creating Sacred Space

► **Tuesday, October 28,**

Meditation

► **Tuesday, November 4,**

Satisfied Mind, Satisfied Body

A WOMAN'S JOURNEY

Facilitated by Emily Ecker, LCSW, outreach oncology social worker, this is a six-week education/support group for women recently (within one year) diagnosed with breast cancer.

All sessions meet from 1:30–3 p.m., conference room H, Central Maine Medical Center.

Sessions are free but preregistration is required. Space is limited. Refreshments offered.

► **Monday, October 6,**

Crash Course: Breast Cancer 101

► **Monday, October 20,**

Types of Surgery, New Methods and Research for Breast Cancer Care

► **Monday, October 27,**

Care for your Body with Gentle Exercise and Lymphedema Prevention

► **Monday, November 3,**

Reflecting on the Emotional and Spiritual Impact of Breast Cancer

► **Monday, November 10,**

Welcoming your New "Friends": Bras, Prosthesis and other Lingerie
**this session will meet in conference room I*

► **Monday, November 17,**
Having Fun with the Look Good,
Feel Better Program

CANCER WELLNESS & SUPPORT GROUP

Learn skills to enhance wellness
and healing.

► **Wednesdays, 1:30–3 p.m.,
conference room I, CMMC**

CARING CARDS STAMPING SESSIONS

Stampers and scrappers of all
ability levels are invited to create
uplifting notecards for cancer
patients. Sessions are free, and
notecards and some materials
will be provided. Attendees are
welcome to bring their own
supplies.

► **Meets the third Thursday of
each month, from 6–7:30 p.m.,
in the Patrick Dempsey Center**
*Preregistration is required. Space is
limited.*

CAREGIVER SUPPORT GROUP

Support and education for adults

with loved ones facing cancer,
facilitated by a licensed clinical
oncology social worker.

► **Mondays, 6–7:30 p.m.,
Patrick Dempsey Center**

LOOK GOOD, FEEL BETTER

This American Cancer Society
program helps patients cope with
changes in appearance related to
cancer and treatment. Participants
are provided a free makeup kit
and taught how to use the cosmet-
ics to look and feel their best.

Please note that sessions and wigs
are available to all cancer patients,
not just those with breast cancer.

► **Sessions offered the third
Wednesday of the month, from
10 a.m.–noon, in the Sam &
Jennie Breast Care Center.**

Patients must preregister.

MASSAGE THERAPY SERVICES

Therapeutic massage therapy
services are provided to CMMF
cancer patients, survivors and
caregivers in the Patrick Dempsey

Center every Tuesday and Thurs-
day. *Appointments are required.*

KNITTING CIRCLE

Knitters of all ability levels are
welcome to join the weekly
knitting circle. You may bring
your own projects, and we'll
also be working on creating
hats, lap blankets and bra
inserts that will be donated to
cancer patients. Light refresh-
ments will be provided. There
is no fee to attend.

► **Wednesdays, 6:30–8:30 p.m.,
Patrick Dempsey Center**

PROSTATE SUPPORT GROUP

Education and support for men
and families living with prostate
cancer. Sessions will include
guest presenters and open forum
discussions. Group facilitator is
Sarah Lawson-Link, R.N., O.C.N.
Call **207-795-2440** for more
information.

► **Meets the last Wednesday of
the month, from 6–7:30 p.m., in
conference room C, CMMC**



Making a difference

Central Maine Heart and Vascular Institute celebrates 5th anniversary

by Susan Raye Horton, executive director, CMHVI

In May 2003, Central Maine Heart and Vascular Institute (CMHVI) was founded with the belief that individuals in central and western Maine should receive quality cardiac care close to home. The physicians and staff hired came together with a focused commitment to transform the critical care environment into a patient- and family-centered experience.

CMHVI physicians and staff worked together with emergency room physicians and staff to become the first accredited chest pain center in Maine. Working closely with Kevin Kendall, M.D., FACEP, they also partnered with the fire/rescue and EMS providers in 12 services to educate and train emergency responders to diagnose a heart attack by EKG in the field and to activate the cardiac cath team at CMHVI.

With a commitment to provide education and training to the community, CMHVI developed a comprehensive

community outreach and screening program including an individualized health-risk appraisal, van services to screen individuals for cholesterol and high blood pressure, monthly community and professional educational programs, cardiac rehab classes and support groups and a comprehensive mini med school hosted at Bates College.

As we celebrate our fifth anniversary, we thank the community for their unwavering support and trust in CMHVI's people and services. We recognize and appreciate the value of this support and the community partnerships established these past five years. With high patient satisfaction scores since the program's inception, CMHVI remains committed to making a difference by providing specialized care for the heart from the heart close to home. ♥

TRUE OR FALSE

If you want to be heart healthy, you have to be heart smart. Test your knowledge by answering true or false to the following statements. Then check the answers below to see how well you did.

STATEMENTS

1. Coronary heart disease is the number one killer in the United States. T F
2. People younger than 30 years old don't have to worry about heart attacks. T F
3. Foods that have no trans fats are heart healthy. T F
4. Losing weight reduces strain on your heart. T F

ANSWERS

1. **TRUE:** Coronary heart disease killed more than 450,000 American adults in 2004. Arteries supplying blood to the heart become narrowed over time, a condition that can go unnoticed until complications arise like shortness of breath, chest pain or a heart attack.
2. **FALSE:** People of any age can have a heart attack. Though adults younger than 30 have less of a risk than those over 40, smoking, diabetes and obesity can increase the risk despite age.
3. **FALSE:** A label can show zero grams of trans fats if there's less than 0.5 grams. Even though half a gram is a small amount, if you eat multiple servings you could exceed recommended limits. Trans fats increase bad cholesterol and decrease good cholesterol. Most manufactured baked foods contain trans fats. Look at the ingredients list—if it says “partially hydrogenated,” it has trans fat.
4. **TRUE:** Excess weight forces the heart to work harder. As you shed the pounds, high blood pressure decreases, cholesterol levels improve and the risk for diabetes and coronary disease drops.



Easy ways to reduce your **diabetes risk**

More than 20 million Americans have diabetes, and millions more are at risk for this serious condition, according to the American Diabetes Association (ADA). Type 2 diabetes, which results from cells not properly using insulin, is the most common form. Pre-diabetes, which almost always precedes a diabetes diagnosis, occurs when blood glucose levels are higher than normal but not yet diabetes.

But it's possible to delay or prevent type 2 diabetes. A recent study showed that changes in diet and increased activity could reduce diabetes by almost 60 percent. Follow these guidelines from the ADA and improve your chances of living a longer and healthier life:

► **Lose weight.** Nearly nine in 10 people with newly diagnosed type 2 diabetes are overweight. Losing weight and keeping it off is a challenge, but shedding just 5 percent to 10 percent of your body

weight can reduce your risk of developing diabetes and other serious conditions.

► **Eat smart.** A diet that includes lots of fruits and vegetables, whole-grain foods, fish and lean meats, nonfat dairy products and plenty of water is a healthful way to start. Cutting back on desserts and high-calorie snacks, avoiding saturated and trans fats and watching portion sizes are also key.

► **Get moving.** A complete exercise routine includes three kinds of activities: aerobic exercise, strength training and stretching. Aim for 30 minutes a day of aerobic exercise such as walking. If you haven't been active, start slowly. Leave the car at home when possible and take the stairs instead of the elevator. Lifting weights twice a week helps build strong bones and muscles, and muscle is active tissue that burns more calories than fat. Stretching helps keep joints flexible and reduces the chance of injury. ♥

4 holiday heart dangers

Choose your indulgences wisely so you don't fall victim to these health hazards

Holiday season is fast approaching—and so is an increased risk for heart attack. During November, December and January, more people die from heart attacks than at any other time of the year, according to Duke University researchers. Don't let the winter take a toll on your heart. Avoid the four following seasonal pitfalls:



1 Too much food and too little exercise. A little indulgence on special occasions is OK, but don't entirely abandon your healthy lifestyle. Substitute low-fat or nonfat yogurt for mayonnaise in

dips and dressings. Replace some of the bread in your stuffing recipe with chopped vegetables. Put on your sneakers and head for the mall to do some holiday speed-shopping!



3 Stress and anxiety. Family conflicts, traveling, shopping, cooking and parties can make it seem impossible to relax, as can worrying about how to pay for everything. Acute and chronic

stress may contribute to high blood pressure, so it's important to head it off. Relaxation techniques like deep breathing or a yoga class may help. Accept your limits and don't aim for perfection.



2 Too much alcohol and smoke exposure. Drinking too much alcohol can raise the level of some fats in the blood and increase risk of high blood pressure, alcoholism, obesity, stroke,

suicide and accidents. More parties during the holidays may mean more exposure to secondhand smoke, which has been linked to cardiovascular-related death and disability.



4 Exposure to germs. Crowded malls, school plays, indoor parties, visiting relatives: It's no surprise that respiratory infections like colds and flu are more common during the winter months.

People with heart disease have increased risk for dying of complications from the flu—so get a flu shot! In addition, cut your risk by washing your hands frequently, getting enough sleep and making sure other family members are up to date on their vaccinations. If you do get sick, be cautious if you have high blood pressure and are taking cold medicines. Decongestants can raise your blood pressure. ♥

YOUR HEART & DAYLIGHT

Can shorter winter hours contribute to cardiovascular disease? Studies have suggested that people who have vitamin D deficiencies may be more prone to heart attack, stroke and heart failure. Because sunlight helps our bodies produce vitamin D, some experts suggest that less sun exposure during shorter days may put people at higher risk for heart disease. But don't run off to that tropical island just yet—you can get all the vitamin D you need from food. The American Heart Association recommends you get your vitamin D from fish such as mackerel, sardines and salmon; cod liver oil; milk; and fortified cereals.

YOUR HEART & THE WEATHER

People who have coronary artery disease are susceptible to chest pain when exposed to the cold. Arteries constrict in cold climates, causing less blood flow and oxygen to reach the heart. In addition, the exertion of strenuous snow shoveling can put you at risk for heart attack, especially if you're out of shape.

Another cold-weather risk is hypothermia—when your body doesn't produce enough heat to stay warm. Most hypothermia deaths are the result of heart failure.

The Wellness Center class offerings and current schedules vary depending on the season and instructor availability. Classes are subject to cancellation at any time due to lack of participation. For class descriptions and more information, call **207-795-2473** or visit our Web Site at **www.cmmc.org** and click **"Wellness Solutions."**

♥ *Sessions begin October 27.*

<u>CLASS</u>	<u>DAY(S)</u>	<u>TIME</u>	<u>COST</u>
Ballroom Dancing	F	6:30–7:30 p.m.	\$35/person for 5-week series
Beginner Belly Dancing	W	7:15–8:15 p.m.	\$60 for 6-week series
Fit-n-Fun	T,TH	9:30–10:30 a.m.	\$25/month
Flexible Body, Flexible Life	W	5:30–6:30 p.m.	\$48 for 6-week series
Functional Fitness	M,W,F	noon–12:30 p.m.	Call for cost
Happy Hearts	M,W,F	8–9 a.m., 9–10:30 a.m. 10:30–11:30 a.m., 1–2:30 p.m.	\$35/month
Hip Hop	TH	6:15–7:15 p.m.	\$50 for 6-week series
Intro to T'ai Chi	T	6:30–7:30 p.m.	\$55 for 6-week series
Personal Fitness	T,TH	8–9 a.m., 9:30–10:30 a.m., 10:45–11:45 a.m.	\$25/month
Step Aerobics	M,W,F	3:45–4:45 p.m.	Call for cost
T'ai Chi	T	5:15–6:15 p.m.	\$55 for 6-week series
Yoga	T,TH	4–5:30 p.m.	\$35 for 6-week series, 1 day/ week or \$60 for 2 days/week
Zumba	M	5–6 p.m.	\$48 for 6-week series, 1 day/ week or \$84 for 2 days/week
	W	9:30–10:30 a.m.	

The Wellness Center also offers **Weight Watchers**. Weight Watchers meets every Friday, from 11:30 a.m. to 12:30 p.m., in conference room D. For more information, call Kathy Hansen at **207-892-3004** or **207-653-1007** or e-mail her at **khansenww@aol.com**.

hearthealthnews

**For more information, call
207-753-3910 or
write to**

Central Maine Heart and Vascular
Institute, 300 Main Street, Lewiston,
Maine 04240 or
**visit us online at
www.cmhvi.org.**

The mission of the Central Maine Heart and Vascular Institute is to develop a comprehensive, integrated program providing cardiovascular services from prevention and screening to treatment and rehabilitation that are high quality, efficient and patient/family-focused.

Central Maine Heart and Vascular Institute
300 Main Street
Lewiston, ME 04240

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