

healthy heart™

HEALTH NEWS AND INFORMATION

sign up! Cardiovascular screenings—fast, low-cost and potentially life-saving

Screening packages are available for \$40—a tremendous value.

Cardiovascular screenings include a blood pressure check, blood tests, body mass index calculation, an EKG (electrocardiogram) and a cardiovascular risk assessment. A cardiologist reviews your results. A 12-hour fast is required.

■ **Tuesdays, by appointment**

Call Green Bay HeartCare at (920) 496-8877 to register.

■ **Weekdays, by appointment**

Call St. Mary's Hospital—A Woman's Place at (920) 498-4205 to register.

■ **By appointment only**

Green Bay HeartCare of Marinette
Call (715) 732-0832 or toll-free 1-888-424-5005 to register.



Tom Blaney loves to read stories to his grandson, Owen.

SCREENINGS SAVE lives

heart had stopped and doctors had made numerous attempts to revive him. He'd also had surgery to correct two blocked arteries.

"Tom was close to death," says Jocko Zifferblatt, D.O. "If he had arrived at the hospital just two minutes later, he may not have pulled through. It's important for people to realize if they have chest pain or pressure or shortness of breath, they must act quickly."

Amazingly, Tom left the hospital two days later. Now he's following a low-fat diet, losing weight and working out at St. Mary's cardiac rehabilitation center. "The people at St. Mary's Hospital are fabulous!" he says.

A screening test helped save Tom's life. Schedule yours today!

Tom's grateful he was at the right place at the right time. And he's thankful for life's little pleasures—spending time with his nine children and 9-month-old grandson and enjoying a good book.

The message is clear: You can have risk factors without symptoms. So if you haven't had a health screening recently, make an appointment today. It could save your life!



Peter Fergus, M.D.

From the heart

Coronary artery disease is a family affair—and it's the No. 1 killer of both men and women in the United States.

So when a family member has coronary artery disease or a heart attack at a young age—before 55 for women and before 45 for men—take action to reduce your risk factors.

Here are some steps you can take: lower cholesterol, blood pressure and blood sugar levels; stop smoking; lose weight; exercise regularly. These preventive measures will increase your odds of living a long and healthy life.

OTHER THAN TAKING HIGH blood pressure medication, Tom Blaney, 53, considered himself healthy. So he wasn't very concerned when tests revealed a high triglyceride level, putting him at risk for a heart attack.

But on March 19, Tom was blowing snow from his driveway when he felt discomfort on his right side. He also started sweating and feeling nauseous. Remembering his test results, Tom realized he needed help immediately.

His wife and daughter rushed him to St. Mary's Hospital emergency room. There, Tom suddenly felt like the room went black. When he awoke several hours later, nurses told him his

Get a free blood test

...AND MAYBE TAKE PART IN A GROUND- BREAKING STUDY

You could get a free blood test to check some of your cardiac risk factors and qualify to take part in a national study by physicians at Green Bay HeartCare that will influence the future of cardiovascular medicine.

High cholesterol is often blamed for causing heart attacks. But more than half of people who have heart attacks have normal cholesterol levels. So what's causing their heart attacks? The physicians at Green Bay HeartCare are testing to see if inflamed blood vessels are responsible.

We're looking for people with normal cholesterol levels but abnormal CRP (a marker of inflammation of the blood vessels) to participate in the study.

To qualify for the test, you must:

- Be 55 or older if you are a man, or 65 or older if you are a woman.
- Not be taking cholesterol-lowering medication.

The screening will check your cholesterol profile and CRP free of charge.

Take advantage of this unique opportunity—call **(920) 496-8877**.

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www.greenbayheartcare.com
www.stmgb.org

tired legs?

To learn more
about tests used to
diagnose PAD, go to
www.stmgb.org or
call (920) 498-4628.

ARE YOUR LEGS GETTING THE oxygen they need? If they seem to tire out or cramp during physical activity, they might not be.

Fatigue and pain in the legs during exercise can signal claudication, one of the early symptoms of a condition called peripheral arterial disease (PAD).

PAD is a serious disorder. Fortunately, it can be easily diagnosed with a simple test.

Blocked arteries to blame

Fatty deposits can build up in the walls of your arteries and restrict the circulation of blood and oxygen.

When it occurs in arteries leading to your heart, it's called coronary artery disease. When it occurs in the arteries that lead to your lower body, it's PAD.

Claudication is the most obvious symptom of PAD, a sign that your leg muscles aren't getting the oxygen they need during exercise.

Other symptoms of PAD include coldness, numbness or tingling, and loss of color in the feet or legs.

Left untreated, PAD can lead to gangrene or amputation. People with PAD are also likely to have blocked arteries elsewhere, raising the risk for heart attack and stroke.

Diagnosis and treatment

A simple check of the blood flow to your lower limbs can help your doctor find out if you have PAD.

Called an ankle-brachial index, it compares the blood pressure in your legs to that in your arms.

In most cases, PAD can be treated with changes in lifestyle, such as:

- Quitting smoking.
- Controlling diabetes.
- Controlling high blood pressure.
- Beginning an exercise program.
- Eating a low-fat diet.

You may also need drugs to fight clots and to lower cholesterol.

Sources: American Academy of Family Physicians; American Heart Association; Society for Interventional Radiology



UNDERSTANDING angioplasty

SOMETIMES AN ANGIOPLASTY IS needed to reopen arteries in the heart that are clogged with fatty deposits.

This procedure uses a thin catheter, or tube, with a tiny balloonlike device on the end. The catheter is threaded through an artery to the narrowed blood vessel in the heart. The balloon is then briefly inflated to reopen the artery.

Before the procedure

Sometimes angioplasty is an emergency and needs to be done immediately. But if it isn't an emergency, there will be several steps to go through before the actual procedure.

You might need to meet with a

heart specialist for a physical exam, blood tests, chest x-ray and other tests for your heart. Your doctor can also explain angioplasty to you in more detail.

Take a virtual tour of our cardiac catheterization lab at www.stmgb.org. Click on "Center for Heart Health."

You will also be told:

- How many hours before the procedure you should stop eating or drinking.
- Which medications to take (or

skip) prior to the angioplasty.

- When to come to the hospital and where to go once you get there.

What to expect

You are able to be awake during angioplasty. You may only need a local anesthetic. The doctor can also give you a sedative to help you relax. Once you are ready, the angioplasty should take just an hour or two.

Afterward you may need to lie still and be quiet for several hours. And you probably will need to remain in the hospital for a day or two before you go home—this time with open blood vessels and a healthier heart.

Stents prop open arteries in the heart

Even after angioplasty, blood vessels might narrow again. To help prevent this problem, called restenosis, your doctor may use a stent, a tiny mesh tube.

The stent is inserted during angioplasty along with the balloon-tipped catheter. When the balloon expands, the stent expands. And the stent stays inside

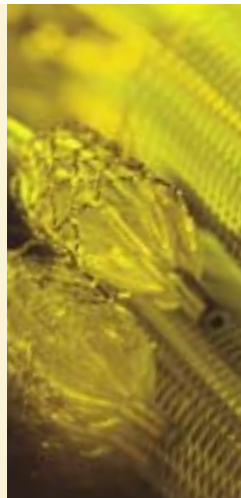
the blood vessel permanently to help prop it open. Most angioplasties now include the use of a stent.

But restenosis can occur even when a stent is in place. Still, less than 10 percent of people with stents have

restenosis, compared with about 40 percent of those who have balloon angioplasty alone.

To help prevent restenosis, stents may be coated with a medication that helps keep the blood vessel from closing up again.

Source: American Heart Association



Health
speakers
available.
Call (920)
498-4628.

To be removed from this mailing list, e-mail hselberg@stmgb.org or call (920) 498-4613.



Cardiac Support Group

Discuss stress management, assertiveness training, heart-smart exercises, heart disease and self-image.

- Green Bay: **Second Tuesday of each month, 10 to 11 a.m., Green Bay HeartCare, fourth-floor auditorium, (920) 496-8877**
- Marinette: **Third Monday of each month, 1 to 2 p.m., Green Bay HeartCare of Marinette, (715) 732-0832 or toll-free 1-888-424-5005**

HeartSchool

Tuesdays, 6:30 to 7:30 p.m., Green Bay HeartCare fourth-floor auditorium, FREE
Call (920) 496-8877 to register.

- **Sept. 13:** High Blood Pressure
- **Sept. 27:** HeartSmart Shopping: Reading Labels
- **Oct. 11:** Alternative Exercise—Yoga “Stretch and Strengthen”: Mini-session.
- **Oct. 25:** Be a HeartSmart Family **NEW!**
- **Nov. 8:** Aromatherapy and Rhythms of the Heart: Learn about different scents and enjoy a sampling of African hand drumming.
- **Nov. 22:** Psychology of Heart Disease
- **Dec. 6:** Starting a Resistance Program

Marinette HeartSchool

Mondays, 6 to 7 p.m., Green Bay HeartCare of Marinette, FREE
Registration is required. Seating is limited. Call Green Bay HeartCare of Marinette at (715) 732-0832 or toll-free 1-888-424-5005.

- **Sept. 26:** Anatomy and Physiology of Heart Disease
- **Oct. 10:** Psychology of Heart Disease
- **Oct. 24:** Basics of Exercise
- **Nov. 7:** HeartSmart Shopping: Reading Labels

Massage Therapy

Weekdays by appointment, Green Bay HeartCare or St. Mary's Hospital—A Woman's Place, \$35 for 30 minutes or \$60 for 60 minutes

Relieve stress and muscle stiffness and improve circulation. Call Green Bay HeartCare at (920) 496-8877 or St. Mary's—A Woman's Place at (920) 498-4205.

Self-Hypnosis for Relaxation

Wednesdays, Oct. 5, 12, 19 and 26, 6:30 to 8 p.m., Green Bay HeartCare, fourth-floor auditorium, \$50 for four sessions

EAT FOR life Cooking Class

**Wednesday, Sept. 21, 5:30 to 7 p.m.
Green Bay HeartCare, fourth-floor auditorium, \$15**

Join Green Bay cardiologist Vladimir Swerchowsky, M.D., as he shares his favorite heart-healthy recipes, along with counseling and instructions on how to live a healthier lifestyle. Registration is required. Class size is limited. Call (920) 496-8877.

Learn how hypnosis works, whether you can be hypnotized and how to focus on relaxation, confidence, self-esteem and good sleep. To register, call (920) 496-8877.

NEW! Stretch and Strengthen Class

**Mondays and Wednesdays, 12 to 1 p.m. or Tuesdays and Thursdays, 12 to 1 p.m.
Green Bay HeartCare Cardiovascular Wellness Center, \$20 a month for current Cardiovascular Wellness Center members; \$30 for nonmembers**

Reap the benefits of yoga. Bring a yoga mat or towel. Registration is required. Class size is limited. Call (920) 496-8877.

Tai Chi

Slow, relaxed movements help integrate body, mind and spirit. To register, call (920) 498-4205.

- **Intro to Tai Chi: Wednesday, Oct. 5 or 12, 6:30 to 8 p.m., St. Mary's Hospital—A Woman's Place, FREE**
- **Tai Chi Series: Mondays and Wednesdays, Oct. 17 through Nov. 9, 1 to 2 p.m., St. Mary's Hospital—A Woman's Place, \$75 for eight sessions**

Understanding Nutrition Labels

**Wednesday, Sept. 28, 6:30 to 8 p.m.
St. Mary's Hospital—A Woman's Place, FREE**
How much is a serving? Should you count calories or grams? What do the percentages mean? Let us help make sense of it all. To register, call (920) 498-4205.

on the Web For more calendar information, go to www.greenbayheartcare.com and click on “Upcoming Events,” or go to www.stmgb.org and click on “Events Calendar.”