

healthy heart™

HEALTH NEWS AND INFORMATION

Cardiovascular screenings could save your life

fast

Screenings include a blood pressure check, blood tests, a body mass index calculation, an EKG (electrocardiogram) and a cardiovascular risk assessment. A cardiologist reviews your results. A 12-hour fast is required. Screening packages are available for \$40—a tremendous value.

low-cost

■ **St. Mary's Hospital—A Woman's Place**

Weekdays, by appointment. Call (920) 498-4205 to register.

■ **Green Bay HeartCare**

Tuesdays, by appointment. Call (920) 496-8877 to register.

■ **Green Bay HeartCare of Marinette**

By appointment only. Call (715) 732-0832 or toll-free 1-888-424-5005 to register.

KNOW THE truth

WOMEN ARE AT RISK FOR HEART DISEASE TOO

SEVEN YEARS AGO PAULA Fleurant, a registered nurse and director of quality care management at St. Mary's Hospital, fainted in a Paris train station. She dismissed the incident as a symptom of low blood sugar and continued with her trip.

Back in Green Bay, Fleurant became concerned about increasing pain in her left arm. Tests revealed two blocked vessels and a cardiac arrhythmia, so she underwent emergency double bypass surgery.

Then in November 2004, Fleurant developed indigestion, which progressed to crushing chest pain. Doctors discovered two additional

blocked vessels and performed angioplasty. During the procedure, Fleurant went into cardiac arrest. Fortunately, the medical team was able to revive her.

Spreading the word.

Fleurant now has a mission. She says, "Heart disease is the No. 1 killer of women—more die of heart disease than of all cancers combined. I want to prevent what



Survivor Paula Fleurant, R.N., speaks about women's risk of heart disease. To schedule a presentation, call (920) 498-4628.

happened to me from happening to other women."

So Fleurant joined 63 other heart patients at Mayo Clinic's WomenHeart Science and Leadership Symposium. She's now a community advocate and WomenHeart spokeswoman, promoting early detection, accurate diagnosis and proper treatment.

Risk factors include smoking, diabetes, high blood pressure, high cholesterol, physical inactivity, obesity and family history.

Not just for men. Many women die from heart disease because there's a common misperception that it's a man's illness. Symptoms are often more subtle for women than they are for men. See "From the Heart" at left for symptoms to watch for.



Peter Fergus, M.D.

From the heart

Heart disease is the No. 1 killer of both women and men. But women are more likely than men to delay seeking treatment. That's because they often don't recognize their symptoms.

Symptoms for women include shortness of breath; weakness; fatigue; and chest discomfort that spreads to the arms, neck, back or jaw. Or you might notice sleep disturbances, back pain, indigestion or anxiety.

If you notice any of these symptoms, seek medical help immediately!

fresh idea

Yoga changed his life—it can change yours too

Six years ago Dale Jerabek, of Green Bay, committed to improving his health. At that time, his father was a cardiac patient, and Jerabek was at risk because he was obese.

Since then he's lost 141 pounds by following a healthy diet and exercise program. Each week he takes two yoga classes and exercises several times at Green Bay HeartCare's Cardiovascular Wellness Center.

When Jerabek talks about the impact of yoga on his life, he describes it as a "journey." He says, "Yoga represents a balance of mind and body. You learn to focus on breathing, posturing and honoring your body."

Jerabek relies on yoga techniques to manage daily stress. And it's evident that wellness is now the focus of his life!

You, too, can try yoga to help reduce and manage your stress. Join the "Stretch and Strengthen Yoga" classes at the Green Bay HeartCare Cardiovascular Wellness Center to give your body and mind better balance and relaxation. See the back page for more information.

healthyheart™

HEALTHY HEART is published as a community service by GREEN BAY HEARTCARE, 1727 Shawano Ave., and ST. MARY'S HOSPITAL MEDICAL CENTER'S CENTER FOR HEART HEALTH, 1726 Shawano Ave., Green Bay, WI 54303.

Peter Fergus, M.D.
Green Bay HeartCare

James Coller, F.A.C.H.E.
Administrator,
St. Mary's Hospital
Medical Center

Heidi Selberg
Director of
Marketing/Editor

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www.greenbayheartcare.com
www.stmgb.org

STRESS busters

LIFE THROWS PLENTY OF curveballs. Sometimes it feels as if they're coming at you from all sides.

And when your body is repeatedly under stress, there can be serious damage to your health. Here are just a few of the ways stress can harm you:

- Your immune system becomes more vulnerable to infections, illnesses such as cancer, and inflammation that contributes to coronary artery disease.

- Hormones raise blood levels of LDL (bad) cholesterol and reduce levels of HDL (good) cholesterol.

- Your blood pressure gradually rises.

- Your risk of heart attack or sudden death increases.

While you can't stop challenges from coming your way, you can take steps to better cope with them.

In fact, managing stress in positive ways may do your heart good. For example, stress management may help lower blood pressure and reduce the possibility of overeating and becoming inactive.

Consider these ideas:

- When you feel stressed, talk about your

concerns with family, friends or other people you trust.

- Accept things you can't change.
- Don't use food, cigarettes, alcohol or other drugs to cope with stress.

Visit www.stmgb.org or www.greenbayheartcare.com for a variety of programs to help you beat stress.

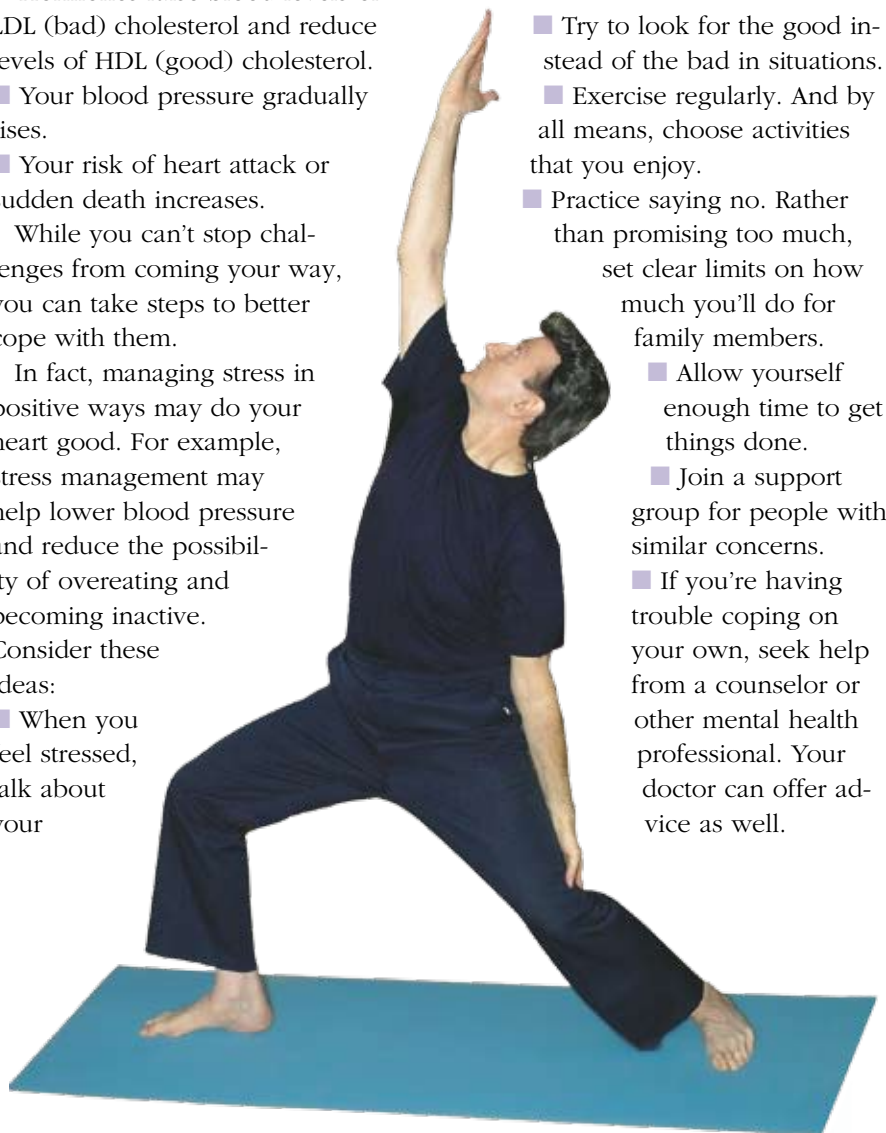
- Try to look for the good instead of the bad in situations.
- Exercise regularly. And by all means, choose activities that you enjoy.

- Practice saying no. Rather than promising too much, set clear limits on how much you'll do for family members.

- Allow yourself enough time to get things done.

- Join a support group for people with similar concerns.

- If you're having trouble coping on your own, seek help from a counselor or other mental health professional. Your doctor can offer advice as well.



Dale Jerabek uses yoga to help manage his stress. You can try it too—see the back page for yoga class information at Green Bay HeartCare.



Sign up today!

St. Mary's Center for Heart Health invites you to enjoy *Heart Care*.

Heart Care Subscribe to this free e-Health Newsletter.

Take care of your heart. Go to www.stmgb.org, click on "News & Events," and then select "Newsletters." You'll be able to register online for *Heart Care*, as well as other monthly e-Health Newsletters and our weekly Breaking News announcements.

guide TO CHOLESTEROL- LOWERING DRUGS

SOMETIMES A HEALTHIER DIET, exercise and weight loss aren't enough to keep your blood cholesterol level in check. You may also need one or more medications, such as:

Statins, which slow cholesterol production in the liver. Statins mainly lower bad LDL cholesterol.

Though most people don't have side effects, statins can cause upset stomach, gas, constipation and abdominal pain or cramps. If you notice muscle pain or weakness, call your doctor right away.

Bile acid sequestrants, which work by keeping cholesterol-laden bile acids in the intestines, where they can be eliminated from the body. Bile acid sequestrants help lower LDL cholesterol and are sometimes combined with a statin to further reduce LDL levels.

Side effects may include constipation, nausea and gas. Bile acid sequestrants can interfere with the absorption of other drugs, so talk to your doctor about when to take them.

Nicotinic acid, which is a form of vitamin B that helps lower LDL cholesterol and triglycerides. It can

also help raise good HDL levels.

People taking this medication may have hot flashes, nausea, indigestion, gas, vomiting, diarrhea or peptic ulcer problems. Nicotinic acid can also increase the effect of some high blood pressure medications.

Fibrates, which help lower triglyceride levels and help raise HDL levels. Though fibrates can help lower LDL levels in people with normal triglyceride levels, these medications may actually raise LDL levels in people with high triglycerides.

Most people can take fibrates with no problems. However, side effects may include indigestion, gallstones and muscle problems.

Source: National Cholesterol Education Program

How much do you know about cholesterol? Visit www.stmgb.org to take our cholesterol quiz or call (920) 498-4628 to receive a copy.

Join our new clinical heart trial

You may be eligible to participate in a clinical trial just by having your blood tested for cardiac risk factors. Physicians at Green Bay HeartCare are conducting this national trial, and the results will influence the future of cardiovascular medicine.

High cholesterol, or abnormal lipid profile, is often blamed for causing heart attacks. But more than half the people who have heart attacks have normal cholesterol levels.

So what's causing these heart attacks? The physicians at Green Bay HeartCare are testing whether inflamed blood vessels are responsible.

Who can join?

We're looking for people with normal cholesterol levels but abnormal C-reactive protein (CRP) levels, a marker for inflammation of blood vessels. The screening will check your cholesterol profile and CRP level—and it's free!

To qualify, you must:

- Be at least 50 years old if you're male or at least 60 years old if you're female.
- Not be taking cholesterol-lowering medications.

Take advantage of this unique opportunity, or tell a friend about it. Call Danielle, our clinical research coordinator, at (920) 227-4389.



Heart Care.
Get a **FREE**
subscription!
See page 3.

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



Cardiac Support Groups **FREE**

■ **Green Bay:** Second Tuesday of each month, 10 to 11 a.m.

Green Bay HeartCare, fourth-floor auditorium

■ **Marinette:** Third Monday of each month, 1 to 2 p.m.

Green Bay HeartCare of Marinette

Whether you are newly diagnosed or have been living with cardiac disease for many years, this group is designed for you. Topics include stress management, assertiveness training, heart-smart exercises, heart disease and self-image. Cardiac patients and their families and friends are welcome.

Call (920) 496-8877 for Green Bay, or call (715) 732-0832 (toll-free 1-888-424-5005) for Marinette.

Cardiovascular Wellness Center

■ **Monday through Thursday**
6 a.m. to 7 p.m.

■ **Friday, 6 a.m. to 4 p.m.**

Green Bay HeartCare

Individual membership: \$35 per month; member and spouse: \$45 per month

We offer supervised and independent adult exercise programs in a medically supervised center. Strength training and cardiovascular equipment are available. Personal training and specialized classes are available for an additional fee. Open to the public.

Call (920) 496-8877.



Finding Inner Peace Through Breath

Thursday, June 22, 6:30 to 8 p.m.

St. Mary's Hospital—A Woman's Place, \$10

Breathing is something we all take for granted. But the way you breathe can influence your life, health, appearance and energy. Learn how to breathe properly and see what a difference it can make. Class size is limited.

Call (920) 498-4205.

Stretch and Strengthen Yoga

■ **Mondays and Wednesdays or Tuesdays and Thursdays, noon to 1 p.m.**

■ **Tuesdays and Thursdays**

5:15 to 6:15 p.m.

Green Bay HeartCare Cardiovascular Wellness Center

Current Cardiovascular Wellness Center members: \$20 per month; nonmembers: \$30 per month

Yoga is an ancient art that focuses on harmonizing the body, mind and spirit. Yoga will help your body become stronger and more flexible. This class incorporates gentle stretches, breathing exercises and progressive deep relaxation. It's safe and effective for people of all ages and fitness levels. Registration is required. Class size is limited.

Call (920) 496-8877.

Cardiovascular Screenings

■ **St. Mary's Hospital—A Woman's Place**
Weekdays, by appointment

■ **Green Bay Heart Care**

Tuesdays, by appointment

■ **Green Bay HeartCare of Marinette**
By appointment only

Screening packages: \$40

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

Call (920) 498-4205 for St. Mary's Hospital—A Woman's Place, call (920) 496-8877 for Green Bay, or call (715) 732-0832 or toll-free 1-888-424-5005 for Marinette.

Massage Therapy

Weekdays, by appointment

Green Bay HeartCare or St. Mary's Hospital—A Woman's Place

\$35 for 30 minutes; \$60 for 60 minutes

Massage is beneficial for relieving stress and muscle stiffness and for improving circulation. Gift certificates are available.

Call Green Bay HeartCare at (920) 496-8877, or call St. Mary's Hospital—A Woman's Place at (920) 498-4205.

Find out more 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 "News & Events," then "Calendar of Events."