

HEARTBEATS

| Put Your Heart in Our Hands | SPRING 2009

EXERCISE: Make It Fit for You

Keep your heart as healthy as possible with an exercise program that is tailored to your needs.

HAVE YOU EVER followed the exercise advice of a friend who claimed it was the best workout ever? Did that program have the same results for you? Probably not. Why? Because every person is different. The most successful exercise plans accommodate the needs of each individual.

“Everyone is different, and each person has to find what works well for them,” says Eric Folkins, physical therapist at Community Hospital of the Monterey Peninsula. “Some people enjoy doing the same routine every day, while others need variety. Some people like exercising alone, and others enjoy group activities.”

PLANNING YOUR WORKOUT

When setting up a new heart-healthy exercise plan, there are a few things to consider.

First, consult a doctor. Anyone starting a new routine or making modifications to an existing plan — particularly those with heart problems — should meet with a doctor for a proper evaluation. A doctor can provide tests to highlight any potential exercise-related problems and offer advice that might enhance workout results.

Second, find a way to get exercise through activities you enjoy so you will stick with it. If you are competitive by nature, find a sport that challenges you. If you like group exercises, sign up for a class like water aerobics, kickboxing, or yoga. Working out with a friend is a great motivator, too.

And finally, be sure to ease your way into your chosen activity.

“I urge people to slowly work their

way into an exercise program, especially during the first two weeks,” says Eric Coley, RN, exercise physiologist at Community Hospital. “Exercising too much or too fast can result in injury or muscle and joint pain.”

Start a workout that works for you.

Join the medical fitness program at Community Hospital by calling (831) 625-4765.

Don't let aches and pains keep you from activities you enjoy; call Rehabilitation Services at Community Hospital at (831) 625-4835.

→ STAYING FITTE ←

When setting up an exercise program, remember to be FITTE!

- » **FREQUENCY:** Make sure you are exercising three to five times per week.
- » **INTENSITY:** Push hard enough to get results, but don't risk injury.
- » **TYPE:** Mix it up. If you can, go for cardiac and strength training on alternate days.
- » **TIME:** Make sure to exercise the recommended minimum of 30 minutes daily.
- » **ENJOYMENT:** Pick activities you like — you'll stick with them longer.



Women, ♀ Hormones, and Heart Disease

Menopause ushers in not only a time of hormonal changes, but an increased risk of heart disease.

ESTROGEN HAS PROTECTIVE effects that may delay development of heart disease in women, but when a woman's estrogen plummets when menopause begins in her late 40s and early 50s, she begins to lose her hormonal advantage. Naturally produced estrogen is associated with:

- » **LOWER LEVELS OF TRIGLYCERIDES**
- » **LOWER LEVELS OF LOW-DENSITY LIPOPROTEIN**
(ALSO KNOWN AS LDL, THE "BAD" CHOLESTEROL)
- » **HIGHER LEVELS OF HIGH-DENSITY LIPOPROTEIN**
(HDL, THE "GOOD" CHOLESTEROL)

With the onset of menopause, the rise and change in the lipid (blood fats) profile coupled with any or several cardiac risk factors, can significantly increase the progression of coronary artery heart disease and risk of heart attack. These major risk factors are high blood pressure, diabetes, family history, smoking, high cholesterol, as well as obesity and lack of exercise.

IS HRT FOR ME?

For decades, experts gave hormone replacement therapy (HRT) to women to protect their hearts, strengthen their bones, and treat menopausal symptoms. This changed in 2002 when results from the woman's health initiative, a 15-year research program, found an increased risk of breast cancer and heart disease with HRT.

"What wasn't widely understood at that time was that women in the study tended to be long past menopause — often by at least 10 years — when they started

hormone therapy," says Soteria Karahalios, MD, cardiologist and medical director of Noninvasive Cardiovascular Services at Community Hospital of the Monterey Peninsula. "Also, a third of the women were obese, more than a third had high blood pressure, and about half were smokers — all factors that alone increase risk of heart disease."

As it turns out, the HRT story is far from over. Other ongoing studies and trials are focusing in on what forms of HRT may be safe and beneficial and which women — especially those with premature or early menopause — may benefit from early HRT. The decision to use HRT needs to be individualized with physician consultation.

"You need to know your individual risk for heart disease, breast cancer, osteoporosis, and stroke — all of which can be impacted by HRT," says Tricia Markusen, MD, obstetrician/gynecologist. "Some women are not as ideal candidates for HRT as others."

Though HRT is not generally recommended to reduce your risk for heart disease, there are other things you can do to live a healthy life during and after menopause.

"Follow a diet low in saturated fat and trans fat but high in fiber, fruits, and vegetables," says Donelle Laughlin, MD, obstetrician/gynecologist. "Also, exercise three to five times weekly and keep any medical conditions, such as diabetes, under control."

Learn more about the Women's Heart Risk Assessment program, visit www.chomp.org or call (831) 625-4765.



Without Skipping a Beat

Knowing the symptoms of a heart attack can help you act fast and preserve the heart muscle. Here is one man's story of how he quickly recognized he was having a heart attack — twice.

ROGER PARKES, 59, real estate agent and long-time resident of the Monterey Peninsula, had just arrived home when he experienced pressure in his chest, stiffness in his neck, and tingling in his left arm.

"I resisted the urge to sit on the couch and wait for the pain to pass," says Parkes. "I took an aspirin and went for help at the Carmel Regional Fire Ambulance, who rushed me to Community Hospital of the Monterey Peninsula."

RAPID RECOVERY

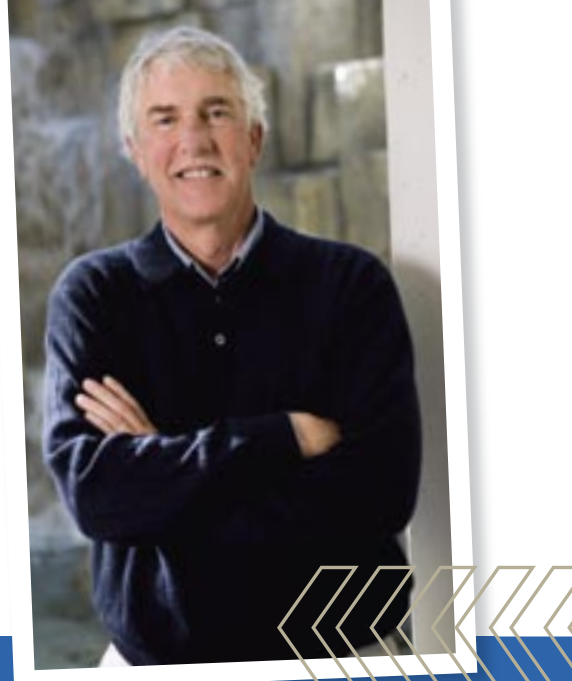
After arriving at the hospital's cardiac catheterization lab, doctors opened blockages in Parkes' arteries with stents — wire mesh tubes inserted via catheter to restore blood flow. The next day, Parkes was

working on a real estate offer from his hospital bed without skipping a beat.

He recovered quickly and began cardiac rehabilitation at the Cardiopulmonary Wellness Program, but following a monitored workout one month after his stent procedure, Parkes felt the intense, radiating pain of yet another heart attack.

"The cardiac rehabilitation staff immediately sent me to the hospital, where I was surrounded by caring, competent people," Parkes says. "Through the diagnostic tests and single bypass surgery that followed, I always felt I was in excellent hands at Community Hospital."

For information about the Tyler Heart Institute, visit www.chomp.org.



"When I felt the first sign of my second heart attack — an intense ache that radiated into my central chest — I muttered profanity and marched back into the hospital. I knew exactly what was happening to me, and I knew that I needed medical attention immediately."

—Roger Parkes, two-time heart attack survivor treated at Community Hospital of the Monterey Peninsula

Put Your HEART in Our Hands

For more than 25 years, Community Hospital of the Monterey Peninsula has led the region in the prevention, diagnosis, and treatment of cardiovascular issues.

TODAY, ITS EXPANDED services mean patients have access to more specialized services, including our existing open-heart surgery program and an electrophysiology program that will begin this summer.

"The amazing commitment and expansion of services at Community Hospital means we have the opportunity to intervene earlier to help save more lives," says Mike Barber, RN, director of Tyler Heart Institute.

Here are just some examples of our recent growth:

| 1 | Prevention. Through the Tyler Heart Institute, Community Hospital offers the Women's Heart Risk Assessment — a cardiac assessment offered in conjunction with Women's HeartAdvantage®. Through this assessment, women at risk for heart disease receive education and a doctor referral.

The advanced lipid management program

provides medical management for people with hard-to-control cholesterol and lipid levels. The comprehensive stop smoking program provides counseling, medication management, and a support group. Wellness coaching helps participants make lifestyle changes.

| 2 | Diagnostics and Intervention.

In addition to comprehensive diagnostic tests, Tyler Heart Institute has three cardiac catheterization laboratories that allow doctors to use minimally invasive techniques to identify and open blocked arteries without open-heart surgery. In addition, Community Hospital's upcoming electrophysiology program allows doctors to map the heart's electrical activities and treat abnormalities.

| 3 | Rehabilitation. The Tyler Heart Institute offers a monitored cardiac rehabilitation program to help heart patients

exercise safely and develop a heart-healthy lifestyle after cardiac surgery or cardiac events. Patients have the option of continuing in the supervised program.

"Whether a patient is concerned about the risk for heart disease or has experienced complications, we're here," says Terrance Moran, MD, cardiologist at Community Hospital. "Our goal is to predict and halt cardiac complications before it's too late."



To learn more about the cardiovascular services at Community Hospital, visit www.chomp.org, click on "Conditions We Treat," then "Heart Disease."



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Get Fit. Get Healthy. Get Active, Get Started!

Want to be fit and heart-healthy this spring? Community Hospital of the Monterey Peninsula offers an array of classes to help start you on your way to looking good and feeling great! Unless otherwise noted, call **(831) 625-4765** to learn more or to make an appointment for any of these programs.



1

Wellness Coaching

Our trained wellness coaches will assist you in developing your wellness goals and action steps in the areas of nutrition, fitness, and stress management.

2

Medical Fitness Membership at the Cardiopulmonary Wellness Gym

An ongoing, monthly, supervised exercise and health membership for people who would like some guidance and supervision during exercise, or those managing chronic medical issues such as diabetes, arthritis, high blood pressure, high cholesterol, or peripheral vascular disease.

3

Stop Smoking Services

Are you ready to stop smoking? Have you tried to quit? Research shows that combining group support, individual counseling, and nicotine replacement can increase success! You can participate in each of the following services separately or combined.

- » **Introduction Group Session**
No charge, preregistration required. Thursday, May 7, 7–8 p.m.
- » **Individual counseling and medication management**
Achieve your goal to stop smoking by partnering with our smoking-cessation counselor and doctor. By individual appointment.
- » **Support Group at Hartnell Professional Center**
An ongoing weekly support group for people who have recently quit smoking or are thinking about quitting.
Wednesdays, 7–8 p.m. No charge, no preregistration required.

4

Women's Heart Risk Assessment

An assessment program designed just for women provides a comprehensive look at their personal risk for heart disease.

5

Gentle Yoga

Experience gentle stretching and strengthening through yoga.
Mondays, 5:30–6:30 p.m., Thursdays, 4–5 p.m.
\$65 for eight sessions, \$35 for four sessions. Preregistration required.

6

Weigh of Life

Weight management program for men and women. Call (831) 649-7220.