

Heart x Heart



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Winter 2010

♥Did You Know?

If you are on a blood thinner medication Coumadin (warfarin) you can now have your protime drawn right in our office!

We perform fingerstick draws in our South Bend office and will have your results before you walk out the door. No more waiting at the lab for a vein stick or waiting by the phone for results. Call our office for more details and information on how to schedule an appointment!♥

- ♥Dr. John Jenkins
- ♥Dr. Ronald Nelson
- ♥Dr. Vinod Chauhan
- ♥Dr. John Kobayashi
- ♥Dr. John Katsaropoulos
- ♥Dr. Szabolcs Szabo
- ♥Mary Jo Morey, FNP-B.C.

Artichoke-Spinach Dip

1-14 oz can artichoke hearts,
rinse & drain

1-10 oz pkg frozen chopped spinach,
thaw, drain & squeeze dry

3/4 cup fat-free plain yogurt

1/2 cup snipped fresh parsley

1/3 cup (3 medium sized) chopped
green onions (both green & white
parts)

1/4 cup light ranch dressing

Pepper to taste

In a food processor/blender, blend
all ingredients till almost smooth.
Transfer to serving bowl, cover &
refrigerate for 1 hour or more
before serving with crackers or
vegetables.

Serves 10 (1/4 cup per serving)

Calories: 44

Carbohydrates: 5g

Fat: 1.5 g

Saturated Fat: 0.0g

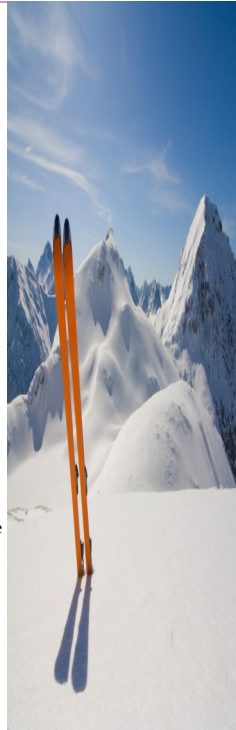
♥Affects Of Cold Weather On Your Heart♥

People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain the heart.

Many people aren't conditioned to the physical stress of outdoor activities and don't know the dangers of being outdoors in cold weather. Heart failure causes most deaths in hypothermia (hi"po-THER'me-ah).

Hypothermia means the body temperature has fallen below normal. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough.

Symptoms include lack of coordination, mental confusion, slowed reactions, shivering and sleepiness.



Children, the elderly and those with heart disease are at special risk. As people age, their ability to maintain a normal internal body temperature often decreases. Because elderly people seem to be relatively insensitive to moderately cold conditions, they can suffer hypothermia without knowing they're in danger.

People with coronary heart disease often suffer chest pain or angina pectoris when they're in cold weather. Some studies suggest that harsh winter weather may increase a person's risk of heart attack due to overexertion.

If you need to be outside, wear layers of clothing. This traps air between layers, forming a protective insulation. Wear a hat or head scarf - much of your body's heat can be lost through your head and ears are especially prone to frostbite. Cover your mouth and nose with a scarf or mask and keep your hands and feet warm, too, as they tend to lose heat rapidly.♥

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MONKEYING AROUND COULD CHANGE YOUR LIFE

In a recent documentary 9 British men & women set up camp for 12 days in tents at a British zoo & ate the diets that our ape-like ancestors most likely consumed. Before the documentary, the Brits looked fairly healthy, but their 21st Century diet, high in salt & saturated fat rich foods like scones & Sheppard's pies proved different. They all had hypertension and hypercholesterolemia.

After just 12 days of eating a lot of fruit & veggies, very little salt, some nuts & seafood, the entire group brought their blood pressure down to normal, cholesterol levels fell 23% & on average each shed 10 pounds. Constipation problems vanished & with pounds of food to eat each day, no one complained of hunger. They felt better too with energy levels soaring as they started romping around, throwing Frisbees & playing soccer as frisky as the apes next door.

Can turning back the clock & eating like our nearest relatives, the apes, reverse the negative effects of our modern-day diet?

Source: BBC News



♥PREPARING TO VISIT YOUR CARDIOLOGIST♥

In order to maximize the interaction between you and your cardiologist at your next visit, it is best to come prepared. There are materials you should bring with you and ways you should prepare for your appointment. Here are some tips for a more meaningful visit:

1. Always bring your medications (including herbs/vitamins) with you to every visit in order to ensure accuracy of your medical record.
2. Carry a list of your health care providers (including address/phone numbers) who are treating you. This will help ensure communication between your cardiologist and all of your other care providers.
3. Compile a list of your past health history including any surgical procedures.
4. Compile a family health history of close blood relatives especially if any have been diagnosed with heart disease, hypertension, high cholesterol, diabetes and aneurysm.
5. If you have them, bring in copies of any recent lab or any other test results from the past year.
6. Bring with you a list of the medications that you currently need refills on.
7. Write down a list of the questions you have about your condition and bring it with you to your appointment.
8. Keep yourself organized with all of your information so it's easily accessible during your visit.

Source: ACC Cardiosmart

♥Swish for Instant Energy♥



It turns out the same method you use with mouthwash can refresh your workout as well. Exercisers who swished & spit sports drink worked out harder & they avoided the extra calories.

That's because merely tasting carbohydrates sparked activity in the areas of the brain that trigger movement control & pleasure, giving you a burst of energy say researchers. Skip the artificially sweetened drinks which do not provide the same boost.♥

Source: Prevention Magazine

CHECK OUT OUR
WEBSITE AT

www.cai-cardiology.com

♥WATCH OUT FOR OVER-THE-COUNTER MEDICATIONS♥

Many people mistakenly consider over-the counter medications completely safe to use when taking a blood thinner- Coumadin (warfarin). In fact, drug interactions are quite common and can result in an increase or decrease in INR levels. Interactions are most often found with these over the counter medicines:

- Aspirin
- Cough and Cold Medications
- Pain Relievers
- Herbal Products
- Vitamins containing Vitamin K
- Weight Loss Products



Call our office if you are taking Coumadin (warfarin) and have questions about any of the above medications or products.♥

-STORK NEWS-

♥Danielle S. a Cashier in the Front Office gave birth to a baby boy in August.



When someone tells you nothing is impossible,
ask them to dribble a football. Author Unknown

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