

## February is American Heart Month

### ♥ The ABC's of Heart Attack Prevention

Here is an easy-to-remember checklist of the steps you can take to prevent a heart attack:

♦ **Aspirin** A daily low-dose aspirin (81mg a day) is advised for men ages 45-70 if their risk of heart attack exceeds their risk of intestinal bleeding. However, a daily aspirin is not recommended solely to prevent a heart attack in women. Be sure to consult your doctor before beginning aspirin.

♦ **Blood Pressure** Keep your blood pressure below 140/90– and ideally less than 120/80. If you have diabetes or kidney disease, make sure it is less than 130/80. If you are unable to reach these goals after 3 months of life style change, your doctor may prescribe medication for you.

♦ **Cholesterol** *Total Cholesterol* should be below 200mg/dl. Keep your *LDL or BAD cholesterol* below 100– or below 70 if you have had a previous heart problem. *HDL or GOOD cholesterol* should be over 50 for women and over 40 for men. Exercise, dietary modification and medication can help you meet your HDL goal. *Triglycerides levels* should be below 150. Losing weight, regular exercise and medications also reduce your triglyceride levels.

♦ **Diet and Weight Control** Consume a variety of fruits, low-fat dairy products, fish, beans, poultry and lean meats. If you drink, no more than 2 per day for men and one drink / day for women. If you are overweight, lose it!! Reduce your calorie intake and increase your physical activity.

♦ **Exercise:** Perform at least 30 minutes of moderate intensity exercise, such as brisk walking, on 5 days each week. Exercising for longer periods (60 to 90 minutes per day) can increase your weight loss and weight maintenance.

♥ February is American Heart Month in the US and we have many “happenings” during this month at BCHC! In another issue, I discussed with you the topic of women and heart disease and how up until recently, heart disease was a “man’s problem.” We now know that to be VERY untrue! To increase awareness of women and heart disease, the “Red Dress” campaign was developed by the American Heart Association as well as a national “Wear Red” day. **Friday, February 5th, 2010** is this year’s National “Wear Red” day! So – don’t forget to wear red on Feb 5th —be it a blouse, shirt– even a dress! (as one of my male rehab clients did last year!) OR if you



Deb Recker, RN, BSN  
Cardiac Rehab Manager

have no red colored clothing, wear the Red Dress pin to promote awareness!

♥ The week of **February 15 to the 19th is Cardiac Rehab week.** Many of you know what Cardiac Rehab is, having participated in our program here at BCHC. But as a refresher, I will discuss our program again. Cardiac Rehab is an exercise program, designed specifically for those people who have suffered a cardiac event in their lives, be it a heart attack, bypass surgery,

valve replacement, stent placement, or heart transplant. We meet with you after your event to discuss your overall health, medications, and level of functioning. We then provide a monitored exercise program held 3 days per week, accompanied by educational classes on diet, medications, stress reduction and resistance training. It is a very informative as well as fun program to participate in to get you back to a healthier YOU. Physicians do need to refer you to our program and most insurances cover the cost of the program.

**Friday, February 5 is the National “Wear RED” day for Women and Heart Disease!**

### ♦ Additional Goals

If you smoke, **QUIT completely!!**

If you have diabetes, strive for the best possible control of your blood glucose levels, which means an **A1c level of less than 7%**. If diet and exercise do not adequately lower blood glucose, your physician will recommend medication. Other risk factors for a heart attack, such as an elevated LDL cholesterol levels and high blood pressure, must be treated aggressively in people with diabetes. If you have pre-diabetes, keep your fasting blood glucose levels below 100. You can achieve this by a reaching a healthy weight and engaging in regular physical activity.

Good Luck in changing your lifestyle to prevent a heart attack! And **WEAR RED on Friday February 5, 2010!**



# Taking wellness to HEART...

## Be your own advocate!!

Did you know that your heart is the most powerful organ in the body?

In under a minute, your heart can pump blood to every cell in your body. And over the course of a day, about 100,000 heart beats shuttle 2,000 gallons of oxygen-rich blood many times through about 60,000 miles of branching blood vessels that link together the cells of our organs and body parts. That's a hefty job for a fist-sized muscle.

We must take care of our hearts and learn what to do in the event of an emergency situation. Here are a few basics of CPR and why it is a good idea to become certified.

The Therapy & Wellness Connection has instructors certified through the American Heart Association that teach classes to educate and certify members of the general public to be prepared to perform CPR should the situation arise.

### What is CPR?

Cardiopulmonary resuscitation (CPR) is a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. When cardiac arrest occurs, the heart stops pumping blood. CPR can support a small amount of blood flow to the heart and brain to "buy time" until normal heart function is restored.

### Facts about CPR

- ☺ Sudden cardiac arrest is the leading cause of death in adults.
- ☺ Most arrests occur in persons with underlying heart disease.
- ☺ CPR doubles a person's chance of survival from sudden cardiac arrest.
- ☺ 75% of all cardiac arrests happen in people's homes.
- ☺ The typical victim of cardiac arrest is a man in his early 60's and a woman in her late 60's.
- ☺ Cardiac arrest occurs twice as frequently in men compared to women.

CPR was invented in 1960

In sudden cardiac arrest the heart goes from a normal heartbeat to a quivering rhythm called ventricular fibrillation (VF). This happens in approximately 2/3rds of all cardiac arrests. VF is fatal unless an electric shock, called defibrillation, can be given. CPR does not stop VF but CPR extends

the window of time in which defibrillation can be effective.

- ☺ CPR provides a trickle of oxygenated blood to the brain and heart and keeps these organs alive until defibrillation can shock the heart into a normal rhythm.
- ☺ If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes, a person has a 40% chance of survival.

Call to schedule a class for yourself or your business.

1<sup>st</sup> Aid Classes are available as well and can be added to the CPR course. Call TWC for dates and times of classes or for more information. 319-332-0850

## Baby Tiramisù

If you're a fan of the classic Italian dessert Tiramisu, try this quick, lower-calorie variation the next time you need a dessert in a hurry. Both types of ladyfingers—spongy and crunchy—work well.

**6 servings**

**Active Time:** 15 minutes

**Total Time:** 45 minutes

### Ingredients

- 1/2 cup nonfat ricotta cheese, (4 ounces)
- 2 tablespoons confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon
- 12 ladyfingers, (about 1 3/4 ounces)
- 4 tablespoons brewed espresso, or strong coffee, divided
- 2 tablespoons bittersweet chocolate chips, melted (see Tip)

### Preparation

Combine ricotta, sugar, vanilla and cinnamon in a medium bowl. Place 6 ladyfingers in a 9-by-5-inch (or similar size) loaf pan. Drizzle with 2 tablespoons espresso (or coffee). Spread the ricotta mixture over the ladyfingers. Place another layer of ladyfingers over the ricotta and drizzle with the remaining 2 tablespoons espresso (or coffee). Drizzle with melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

### Tips & Notes

**Tip:** To melt chocolate: Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

### Nutrition

**Per serving:** 107 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 18 g carbohydrates; 3 g protein; 0 g fiber; 125 mg sodium; 29 mg potassium. 1 Carbohydrate Serving **Exchanges:** 1 carbohydrate (other), 1/2 fat



Kevin Ostrander, BCHC Laboratory Manager, is pictured with the new blood analyzer now in use.

## New blood analyzer

The Buchanan County Health Center Laboratory Department has been using its new Siemens Dimension EXL analyzer for about 8-weeks and has been pleased with the results. “This analyzer provides a quicker turnaround time for several tests and allows us to do different kinds of tests in-house. This eliminates the delay for patients and physicians of having to send a sample to another lab for processing,” explained lab manager Kevin Ostrander. The new equipment represents an investment of more than \$125,000. Lab hours are Monday through Friday 6 a.m. to 7 p.m. and Saturday 8 a.m. to noon.

# BCHC welcomes Cardiology Clinic



## Dr. Mohan Brar 2 Thursdays each month beginning Feb. 4

Dr. Mohan Brar with University of Iowa Health Care will open an Adult Cardiology Outreach Consultation Clinic at the Buchanan County Health Center Specialty Clinic.

Dr. Mohan Brar, a University of Iowa Health Care Clinical Assistant Professor of Cardiology, will staff the clinic, two Thursdays each month, beginning on Feb. 4th. Dr. Brar, previously with St. Luke’s Cardiology, has offered a clinic at BCHC since 2005.

For more information or to schedule an appointment, call the Clinical Outreach Scheduling Office between 8 a.m. and 4:30 p.m. at 1-877-891-5350.

## Walk-In Clinic for Flu Shots! FREE H1N1 VACCINE. SEASONAL FLU \$25.

**Just walk in! No appointments necessary!**

**When:** Thursdays in February until vaccine is gone!

**Where:** Public Health Department  
at Buchanan County Health Center

*(Use Dialysis Center doors & follow signs.)*

**Time:** 7:00-10:00 a.m.

- **It’s not too late to get your flu shots!**
- **Avoid the predicted third wave of H1N1!**
- **Be protected for first wave of flu this fall.  
Immunizations last one full year!**

**For more info:** Call 319-332-0860  
[www.bchealth.info/publichealth.asp](http://www.bchealth.info/publichealth.asp)

## New specialty clinics to begin this spring

Three additional physicians have plans to begin offering regular clinic hours in the BCHC Out-Patient Specialty Clinic. They are Dr. Ronald Sims, neurologist from Dubuque, Dr. David Segal, neuro-surgeon from Cedar Rapids, and Dr. Andrew Nowell of Cedar Rapids, general surgeon.

Drs. Martin & Brian Sands will continue to offer dermatology clinics each Friday, but Meg Heatley, PA from their office, will offer a second dermatology clinic on Thursdays at BCHC. Look to local media for info on clinic starting dates and times!

# Living with Diabetes: Being Good To Your Heart

Persons with diabetes have a greater risk of developing heart disease or having a stroke. As a matter of fact, 2 out of 3 persons with diabetes die from heart disease or stroke.

High levels of blood glucose can cause damage to small blood vessels throughout the body, such as in the kidneys, nerves in your feet or in your eyes, and may also cause harm to the large blood vessels, which can lead to heart disease or stroke.

Most persons with diabetes have a “cluster” of other health problems in addition to diabetes, such as high blood pressure, elevated cholesterol, and are overweight. Each of these problems can lead to long-term health problems such as heart disease or stroke.



Cindy Horn, RN  
Certified Diabetes  
Educator

Keeping blood glucose levels, blood pressure and cholesterol levels on target can help to decrease your risk for further complications.

## Live Your Life Around Wellness

Keep your blood glucose levels in good control:

1. Follow-up with your doctor every 3 months
2. Test your blood glucose daily as recommended-aim for a target of 80 to 120 before meals, 180 or less, 2 hours following meals.
3. Take your medications as they are recommended

4. Be physically active most days-remember that every step you take counts.
5. Eat healthy...Rate Your Plate:
  - A quick way to plan healthy meals is to rate your plate...
  - About one-fourth of your plate should be filled with carbohydrate foods, such as noodles, potatoes, rice, corn or peas.
  - One-fourth of your plate should be filled with lean, low fat meats or protein such as chicken, fish, beef, eggs or pork.
  - And at least one-half of your plate should be filled with non-starchy vegetables such as, carrots, broccoli, cauliflower, green beans, tomatoes, asparagus, brussel sprouts, cucumbers or lettuce.
  - You can also include bread or a dinner roll, and a fruit with each meal. Having approximately 3 to 4 carbohydrate servings at each meal is just about right for most people.

**Food for Thought...** “Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, are great.”

– Mark Twain

(Portions of info above from “Choose to Live: Your Diabetes Survival Guide,” by the American Diabetes Association.)

## Facts about Peripheral Arterial Disease (P.A.D.)

One in every 20 Americans over the age of 50 has P.A.D., a condition that raises the risk for heart attack and stroke.

P.A.D. means clogged arteries in your legs. The most common symptom of P.A.D. is painful cramping in the thighs, hips or calves when walking, exercising or walking up stairs. Many people with P.A.D. do not experience any pain, or mistake their symptoms for something else, or dismiss the leg pain as a normal sign of aging.

The American Heart Association advises that anyone with the following risk factors discuss P.A.D. with their healthcare professional to ensure early diagnosis and treatment of P.A.D.

1. Diabetes
2. Cigarette Smoking
3. Personal or family history of Arterial Disease
4. Hypertension (high blood pressure)
5. Hyperlipidemia (high cholesterol levels)

P.A.D. testing can be requested through your family physician or primary health care provider. Medicare as well as many private insurance companies will pay for the test. Testing for P.A.D. consists of a Doppler Ultrasound, which is

a non-invasive, vascular test. The test can be done at BCHC, and is performed by Peg Hoffman, who has been specially trained. This test visualizes the arteries with sound waves and measures the blood flow in the arteries to indicate the presence of a blockage.

The tests are then read by Radiologists at Radiology Consultants of Iowa, who are specifically trained for the P.A.D. testing and the results are then provided to your physician.



## March Diabetes Update:

**Program:** “Get 2 for 1: Effort spent gardening pays back in fresh produce and calorie burning exercise.” The meeting is free!

**Date:** Monday: March 15

**Time:** 5-6 p.m. Will be held March 15,

**Place:** BCHC in Meeting Room A (West).

**Call:** 319-332-0986.

# Gardening: 'Get 2 for 1!'

The day after Christmas I opened my mailbox to find a new seed catalog for me to browse through. As I looked through the catalog, this topic came to mind.

It isn't often that we do one of something and get two rewards from it. In this case, the "one" is to start thinking now of planting a vegetable garden this spring. The "two" is the rewards from it! The first reward is the wonderful fresh produce that



Maxine Kehret, R.D., L.D.  
Registered, Licensed  
Dietitian

can be enjoyed at meals over the span of time that the garden produces, and the second reward is the healthy feeling of getting exercise doing the gardening and possible weight loss that comes from the energy expended. A possible additional reward for many is that it can be a welcomed stress reducer!

The decision on what kind of garden you can manage must be made first. However, the traditional, large, backyard garden doesn't fit everyone's lifestyle. Instead, some gardeners use intensive gardening techniques that help them get the most from their smaller plots. You can use space saving techniques like growing two or more vegetables in one area by planting short season vegetables and long season vegetables in the same area. The short season vegetables will already be harvested before the crops begin to crowd each other. An example is that of radishes and carrots.

Use vertical space with a trellis or fence to support vegetables like pole beans, cucumbers, squash and tomatoes. Plant "bush" varieties of cucumbers, and squash which have much shorter vines. Succession planting can also be used in that as soon as one crop is finished, plant another. An example would be when lettuce is finished, replant with beans.

Container vegetable gardening is also popular if you do not have the capability or space for a garden. Almost any type of container can be used if it provides good drainage through holes in the bottom or around the sides near the bottom. Most vegetables require containers that hold at least 6 to 8 inches of potting mix.

Your reward for the time spent tending your "garden", no matter the size, will be the delicious, nutritious array of vegetables available to harvest.

There is nothing better than eating fresh peas from the pod (brings back lots of childhood memories!), or fresh sweet corn on the cob in July, followed by fresh tomatoes in August and September.

Vegetables give you many of the nutrients that your body needs: vitamins, minerals, dietary fiber, water, and healthful phytochemicals. Some are sources of Vitamin A, while others are rich in vitamin C, folate, or potassium. All vegetables are

naturally low in fat and calories and none have cholesterol.

All of these healthful characteristics may protect you from getting chronic diseases, such as heart disease, stroke, and some types of cancer. And, if you are trying to lose weight, vegetables can help you feel full without eating too many calories. This is especially true if prepared without added sauces and fats. Vegetables once harvested, can be eaten raw, steamed, boiled, stir-fried, grilled, micro-waved, or baked. Aim for 3 to 5 servings a day.

Finally, the exercise of gardening does provide a way to "burn off" calories consumed. On average, 5 calories per minute or 300 calories per hour were the figures I found to remind us of the healthful activity it can be.

With such a large selection of vegetables to choose from – with colors across the rainbow – you can find a variety to plant. Get your seeds ordered for a tasty reward this summer!

*Taken in part from: Dietary Guidelines For Americans, 2005, and Iowa State University Extension Publications PM870A and PM870B*

## Salute to Gardening

- ◆ 31% of all U.S. households, or an estimated 36 million households participated in food gardening in 2008. Food gardening includes vegetables, fruit, berries and herbs.
- ◆ U.S. food gardening households spent an annual average of \$70 on food gardening and a total of \$2.5 billion in 2008. The average gardener received \$530 in produce for the effort for a total of \$21 billion domestically.
- ◆ Most food gardeners are women (54%); 45 years of age and older (68%); college graduates (43%); residents of the South (29%); Midwest (26%); West (23%) and Northeast (22%); Gardeners are also married households (48%); and households with no children at home (67%).
- ◆ The main reasons given by gardeners to grow their own food include: for better-tasting food (58%), to save money on food bills(54%), for better quality food (51%), and to grow food they know to be safe (48%).
- ◆ Food gardening households spend an average of 5 hours per week in the garden.
- ◆ The most popular vegetables grown include tomatoes (86%), cucumbers (47%), sweet peppers (46%), beans (39%), carrots (34%) & summer squash (32%).



# *New medication dispensing technology*

Medical professionals at the Buchanan County Health Center recently welcomed a new state-of-the-art automated medication dispensing system. The electronic medication cabinet will help pharmacists, physicians and nurses more easily monitor the type and amount of medications given to each patient.

“The goal of the Omnicell System is to reduce medication errors and increase patient safety,” explained associate administrator Julie Sproull. “It will also help the hospital comply with federal regulatory standards.”

Each morning, Pharmacist Willie Hickey restocks the machine. In it are more common medications, which often are needed in patient care like naproxen or Benadryl, as well as medications more specifically for a certain patient’s care, blood pressure medications or specific antibiotics.

“So far, the medication system has saved us a lot of time,” Hickey explained. “When the nurse dispenses a medication out of the machine it automatically changes the patient’s account. It also sends the pharmacy a report so we know which medications need to be restocked.”

A print out from the pharmacy tells nurses each patient’s medications and the times when they need to be dispensed. A nurse will then consult this list on behalf of her patient and then access the Omnicell cabinet through a fingerprint scanner. With a couple touches to the Omnicell’s computer screen, the patient’s name and complete list of his/her medications is available. The nurse then selects the meds she would like dispensed. Flashing lights inform which drawers or bins are opening to dispense medication. She then takes the medication and the patient’s medication

sheet to the bedside, where she double checks medications before giving them to the patient. If questions arise, she can double check with the physician, the pharmacy or the patient’s chart.

“The initial response from our nursing staff has been very positive,” Sproull said. “The training was very good and everyone seems to be adjusting to the new system.”

A second Omnicell unit will be installed in the new Emergency Room, when it opens in 2010. Together both units represent an almost \$250,000 investment by the hospital in patient safety.



**Kathy Straw, RN, William Hickey, pharmacist, and Alicia Davy, LPN, demonstrate the new medication dispensing system at the Buchanan County Health Center.**

[www.bchealth.info](http://www.bchealth.info)

1600 1ST ST. EAST  
INDEPENDENCE, IA 50644



US Postage  
PAID  
Independence, IA  
PERMIT NO. 210



**Need more info? Call us!**

Deb Recker, Cardiac Rehab: 332-0922  
Cindy Horn,  
Diabetes Self-Management: 332-0860  
Maxine Kehret, Dietitian: 332-0999  
Stacy McMahan,  
Therapy & Wellness: 332-0850  
All BCHC Services: 332-0999