

The Facts: Make the Best Choices Today for a Healthy Tomorrow

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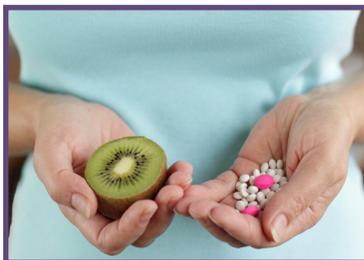
Achieving and maintaining good health is always important. However, in the coming years, given the bleak outlook for health care in this country, being able to afford health care, and having good quality health care available, will be challenging. Thus, healthy living will be even more important than ever. Disease prevention and optimal health can be achieved with good lifestyle choices.

EATING FOR LIFE: The Mediterranean diet, consisting of a variety of fresh fruits and vegetables, with regular use of fish and poultry, and using olive oil as the major fat, is far better than the standard "American diet," which includes large amounts of carbohydrates, sugars, processed food, vegetable oils, and red meat, and which has led to the huge growth of obesity, diabetes, cancer, and heart disease in this country.

Unlike the traditional attitude toward fat as being "bad," healthy fats are critical for optimal health and include tree nuts, avocados, olive oil, coconut oil, and fish. Unhealthy fats include vegetable oils, such as canola oil, safflower oil, corn oil, trans fats, and margarine, which become rapidly oxidized with heating and promote inflammation, which is the source of most human diseases. Most processed foods are loaded with preservatives that are distinctly unhealthy (the "high fructose corn syrup" in many processed foods is directly toxic to the liver and brain).

Wheat is unfortunately not a healthy option anymore, as extensive genetic manipulation of wheat to promote rapid growth and increased productivity, has altered the gluten component, so that consumption of wheat products increases blood sugar levels higher than eating sugar, which promotes numerous diseases, including diabetes, cancer, heart disease, and a fatty liver.

Anti-oxidants found in the many colorful fruits and vegetables available, as well as the omega 3 fatty acids found in fish, are critical to optimal health and in part, the amount of antioxidants that one ingests on a regular basis determines the length and quality of one's life.



SUPPLEMENT: Given the lesser quality of produce now available, it is usually necessary to use supplements. For example, 90% of people are deficient in Vitamin D (optimal levels are 50-80), and since every organ has numerous Vitamin D receptors, it is critical for optimal body function, and it significantly reduces several cancers, infections, and it maintains bone and brain health.

Other supplements that may be very helpful include Magnesium, especially if you are using diuretics or are on several medications. B vitamins are often needed, especially if one is using medications for acid reflux, which impair downstream absorption of several vitamins.

STAY FIT AND ACTIVE: Exercise is critical to a long and healthy life, including aerobic exercise of 30-40 minutes duration, for most days of the week, including walking, cycling, treadmill, etc. Regular aerobic exercise has been shown to improve brain function and memory as well. Stretching is helpful and resistance training is also helpful for increasing metabolism via a larger muscle mass and maintaining good bone strength.

MENTAL AGILITY: Getting plenty of sleep, making time for meditation or prayer, and trying new activities and mentally challenging games and activities are also important.

At Sacramento Heart, several simple non-invasive tests can help establish baseline health status and rule out significant underlying disease as an aid to a long term healthy lifestyle.



*Laughter
is the best
medicine!*



KALEIGH
NEWLAND, Billing
Representative

TIPS: Avoid Post-Holiday Blues

GRACE GRAHAM, Cardiopulmonary Technician

1. Resume your regular schedule. Back sure you go back to "on track".
2. Get pampered: Mani's and Pedi's work wonders.
3. Stop the holiday binge. Eat healthier.
4. Consider high intensity workouts for short bursts, this helps you get the release you need.

DID YOU KNOW?

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Medicine!

OUR LOCATIONS:

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Suite 103
Placerville, CA 95667
530-295-1900

635 Anderson Rd.
Suite 15
Davis, CA 95616
530-757-1999

313 Kendal Street
Suite B
Vacaville, CA 95688
707-446-0301

12140 New York Ranch Rd.
Jackson, CA 95642
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Pneumonia Vaccination

MATTHEW WATSON, MD Internal Medicine

A common bacteria known as pneumococcus is responsible for several potentially deadly infections including, pneumonia, meningitis and severe blood infections. Pneumococcus is spread through person-to-person contact, especially during the winter months. Fortunately, very effective vaccines are available to prevent pneumococcus infection. The Center for Disease Control and most infectious disease experts recommend pneumococcal vaccination for all people over the age of 65 and for people ages 19-64 with any of the following:

- Cigarette smoking
- Chronic heart disease, including congestive heart failure and cardiomyopathy
- Chronic lung disease, including asthma and chronic obstructive pulmonary disease
- Long-term steroid use
- Chronic kidney disease
- Diabetes
- Chronic liver disease or alcoholism
- Compromised immune system, including cancer, transplant recipients, HIV and people with no spleen
- Cochlear implants

Talk to your health care provider to see if pneumococcal vaccination is appropriate for you. And don't forget to get your seasonal flu shot, because influenza infection often times leads to pneumonia.



History of Exercise

MEGAN AVILLA, Exercise Physiologist MSc

The term *exercise* has different meanings for different people. Medically it is defined as a form of planned physical activity that is structured and repetitive for the purpose of improvement, conditioning and rehabilitation. The word *exercise* is an English vintage noun with a French origin (*exercice*) evolving from the Latin terms *exercitium* and *exercitius*, meaning to “drive forth”. In prehistoric times, exercise was essential to the way of life. The anatomical and physiological make-up of upright humans have allowed for the ability to run long distances to hunt. The importance of exercise on health was not well known back in ancient times. However, as early as 2600 B.C. exercise was promoted for health purposes. In Greece, *pneuma* (the air-inhaling spirit outside the body) was vital and the relationship between respiration of *pneuma* and physical activity was first documented by Hippocrates. By 475BC, yoga was a practiced form of exercise. Human civilization brought a change to exercise as a result of disease and the concept of health. Exercise was discouraged by physicians until the early 19th century because of the association between elevated body temperatures and fever that accompanied disease.

One of the first studies on the benefits of exercise and health was published in 1901 by Zuntz and Schumburg who looked at white blood cells in soldiers. They concluded that exercise increased white blood cells. By the mid-1950's, Dr. Herman Hellerstein pioneered the importance of cardiac rehab for heart rehabilitation. It has only been a century that our knowledge of the benefits of exercise has significantly improved. With new technologies there are paradigm shifts in treatment, rehabilitation and nutrition as scientists are just now beginning to understand the human body in a better way.

Spotlight on Services: Full Body Scan

DEBBIE SHIELDS, Administrative Assistant

Several types of elective scans are offered at Sacramento Heart. Depending on the symptoms you are experiencing and what information the doctor is looking to confirm, you may have one or more types of scans. Some of the different types of scans available include a heart and lung alone or combined and body and brain either alone or combined. In addition, the scans can be either diagnostic (the doctor has ordered the test) or screening (a patient can walk in and request the test). Regardless of the body part tested or who requests the scan, the tests usually are performed in much the same manner.

Full body scanning is a non-invasive, painless procedure that uses low-dose x-rays to screen the body from the brain to the pelvis for various diseases of the major organs. Full body scanning is performed on a multislice computed tomography (CT) scanner in only 30 seconds. This study provides both two-dimensional (2D) and three-dimensional (3D) images of all types of tissue, allowing for more accurate detection of various cancers and diseases before symptoms occur.

Full body scanning should not be substituted for a physical by a family physician, but should be used as a compliment to regular medical care.

If you are interested in having a scan performed, ask your physician about the options and benefits based on your current health issues.

Mediterranean Detox Salad

Ingredients

- 1 (8-ounce) English cucumber
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Black pepper, to taste
- 6 cups trimmed watercress
- 1 (14-ounce) can artichoke hearts
- drained and quartered
- 2 large celery stalks, sliced
- 1/2 cup sliced red onion
- 1/2 cup feta cheese



Preparation

Cut cucumber in half, and slice crosswise into 1/4-inch-thick slices. Process 3/4 cup cucumber and lemon juice in blender. Add olive oil in a thin stream; pulse until combined. Season the dressing with black pepper, to taste; transfer to a large bowl. Add remaining 1 cup cucumber, watercress, artichoke hearts, celery, red onion, and feta cheese to a bowl. Toss with the dressing, and divide among 4 bowls; serve.