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 External Counter Pulsation
 Therapy



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Fun February Facts



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A Healthy Competition



Laughter is the Best
 Medicine!

OUR LOCATIONS:

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 Sacramento, CA 95825
 916-830-2000



8120 Timberlake Way
 Suite 207
 Sacramento, CA 95823
 916-688-1600



3105 Cedar Ravine Rd.
 Suite 103
 Placerville, CA 95667
 530-295-1900



635 Anderson Rd.
 Suite 15
 Davis, CA 95616
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313 Kendal Street
 Suite B
 Vacaville, CA 95688
 707-446-0301



12140 New York Ranch Rd.
 Jackson, CA 95642
 916-830-2000

The Facts: ENHANCED EXTERNAL COUNTER PULSATION – Alternative Treatment for Severe Coronary Disease

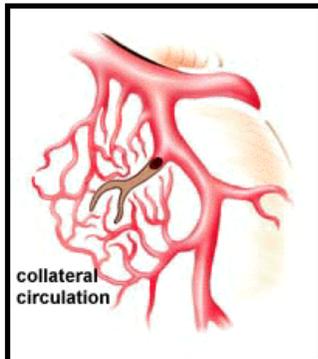
GEORG EMLEIN, MD Cardiologist

Enhanced External Counter Pulsation Therapy (EECP) is a treatment available at Sacramento Heart for severe angina or chest pain. This treatment is most often recommended in the setting of severe coronary artery disease when coronary angioplasty, stent placement or bypass surgery to restore blood flow to the heart is not indicated or such treatment is not an option for the patient.

EECP involves the application of pressure to the lower extremities and buttocks through the inflation of a series of pneumatic pressure cuffs. The inflation of the pressure cuffs occurs during the resting phase of the heart. The treatment increases blood flow to the heart by the opening of small blood flow channels (collateral blood vessels). This enables blood flow to go around a narrowed or occluded coronary blood vessel providing needed oxygen and nutrition to the heart.

Treatment typically involves 35 hourly sessions at the Sacramento Heart Clinic delivered in 1 hourly treatment per day. The treatment is most often provided over a 7 week period, Monday-Friday.

In clinical trials, EECP has been shown to reduce the frequency and duration of angina. Treatment typically increases the distance a patient is able to walk before angina occurs. EECP treatment increases exercise tolerance and it can reduce shortness of breath. Blood flow to the heart has been proven to be increased after treatment when the heart is examined with cardiac nuclear stress perfusion imaging (available at Sacramento Heart).



Benefits of reduced angina may last from months to as long as 5 years. Treatment can be repeated as clinically indicated and approved by insurance.

You might be a candidate for EECP if you

- Have chronic stable angina
- Are not receiving adequate relief from angina by taking nitrates
- Do not qualify as a candidate for invasive procedures (bypass surgery, angioplasty, or stenting) or if such invasive treatment is not an option for you

Speak with your Sacramento Heart provider to determine if EECP might be an appropriate form of treatment for you.

Laughter is the best medicine!

KALEIGH NEWLAND, Billing Representative



Fun February Facts:

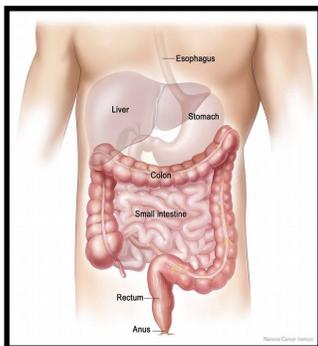
GRACE GRAHAM, Cardiopulmonary Technician

DID YOU KNOW?

1. Named after the Roman God Februus.
2. Flower of the month is a violet.
3. Birthstone is amethyst which represents sincerity.
4. President's day, St. Valentine's day and Black History are all held in February.
5. Most of all, February is Heart month, urging people to recognize the nationwide problem of heart and blood vessel diseases.

Colorectal Cancer Screening

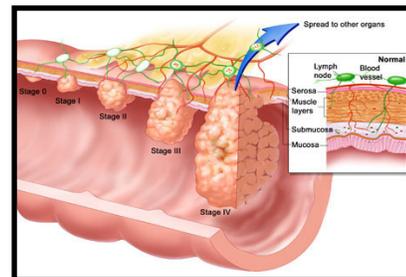
MATTHEW WATSON, MD Internal Medicine



Colorectal cancer is the second leading cause of cancer death in the United States and usually does not have any symptoms initially. Most colorectal cancers arise from abnormal growths of the colon known as polyps that if found and removed early, do not usually have time to become cancerous. The American Cancer Society and most experts recommend screening starting at age 50 for most people.

People with a family history of colorectal cancer or a personal history of polyps are at higher risk for developing colorectal cancer and might need to be screened at a younger age. There are many ways to test for colorectal cancer, including a simple stool test or colonoscopy. Talk to your health care provider to see if colorectal cancer screening is appropriate for you.

**Image courtesy of National Cancer Institute, accessed 11/26/2013 from www.cancer.gov.*



A Healthy Competition

MEGAN AVILLA, Exercise Physiologist MSc

With the upcoming 2014 Sochi Winter Olympic games, many eyes will be watching the competition of elite athletes in anticipation of record performances. Athletic competition has been documented as early as 2,000 B.C. in China and the first Olympic Games were held in ancient Greece – the origination still being a topic of debate, but a common accepted date is 776 B.C. The Olympic Games are comprised of sport and activities based on athleticism and physical dexterity. The limits of human performance are always defied and questioned by athletes and scientists alike: Is it possible to run the mile in less than 3 minutes? How fast can a biathlete complete a cross country ski course and accurately shoot multiple targets? Is it possible to swim 100 meters in less than 40 seconds? How fast can a skier ski down a mountain with obstacles? Can exercise training reverse cardiovascular disease and other illnesses? Physical competition can be experienced and participated by anybody – not just elite athletes. Athletic competition, if designed right, is beneficial for the mind and body. It can be a fuel for weight loss, physical fitness and improvement of performance. Sacramento offers a variety of physical competitions such as running, biking, horseback riding, dancing, sailing and rock climbing. Many of these events help raise money for charity and research. Listed are a few such events people can take advantage of in the upcoming year:

American River Parkway Half Marathon – April 26th, 2014
 Race for the Cure – May 10th, 2014
 Eppies Great Race – July 19th, 2014
 Whole Foods Market Family Fun Run – September 1st, 2014
 Run for Courage – the Race to End Human Trafficking – September 28

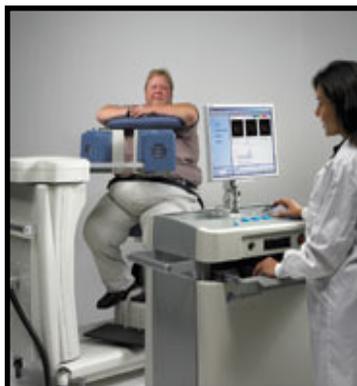


Merrill Down and Dirty Mud Run – November 2nd, 2014
 Run to Feed the Hungry – November 27th, 2014
 California International Marathon – December 7th, 2014
 Fleet Feet FREE Holiday Classic – December 14, 2014

Spotlight on Services: Nuclear Medicine

DEBBIE SHIELDS, Administrative Assistant

Nuclear Medicine is considered a Non-Invasive procedure. The purpose of this test is to look at the heart for blockages in the heart muscle and coronary arteries as well as monitor the metabolic function of the cardiac heart cells. The procedure involves two injections. The first one is a small amount of radioactive isotope. The second injection is a chemical that stresses the heart in a similar manner as the treadmill. Sometimes, the second injection is not needed and an actual treadmill test is performed instead.



The entire process takes slightly less than two hours. This particular test is something the doctor will request based on your medical need. Some of the reasons your doctor might request this test include a history of heart attack, chest pain, an abnormal EKG, or previous bypass surgery.

Fortunately, this test is usually covered by insurance. In order for the chemicals used in the test to be most effective, there are several things to avoid in preparation for this test. Based on the specific test your doctor has requested, you will be provided with detailed instructions to prepare you before the exam. Failure to follow all of the instructions could cause your test to be cancelled and rescheduled.



Ingredients

Cooking spray
 2½ lb. whole chicken, 8 pieces
 2 tbsp chopped cilantro
 1 lime, zested and juiced
 1 tbsp honey
 2 cloves garlic, minced
 ½ tsp ground black pepper
 ½ tsp salt (optional)

Directions

1. Preheat oven to 375 degrees F. Coat a baking dish with cooking spray.
2. Remove the skin from the chicken and arrange in a single layer in the baking pan.
3. In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground black pepper and salt (optional).

Pour the mixture evenly over the chicken and bake for 45-50 minutes or until the internal temperature of the largest piece of chicken is 165 degrees.

Side Suggestion: Tri-color pepper mixture, steamed.

Cost: This entire recipe is \$9.89, just \$1.65 per serving.

Susan Van Kirk, CT Technologist