SACRAMENTO HEART & Vascular Medical Associates

Newsletter

Issue 3 November 11, 2013

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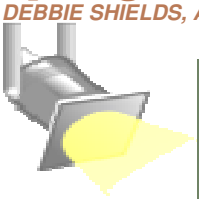
Spotlight on Staff: Sacramento Heart Nurse Practitioners

DEBBIE SHIELDS, Administrative Assistant



Nancy Bender

Pamela Rohrer

Terry Levinson

Lee Rea

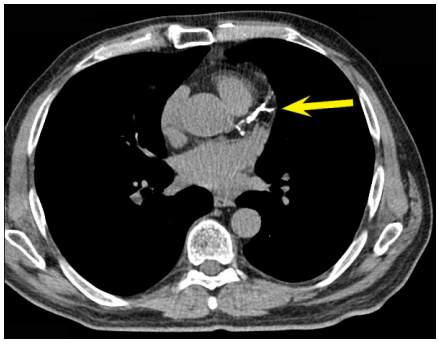
Nancy Bender works in our Internal Medicine Department in the main office. She wanted to be a Nurse for as far back as she can remember and originally wanted to work in a hospital setting. During her training period she realized that an office setting was where she really felt comfortable. Her favorite part of nursing is building strong relationships with her patients. Pam Rohrer is our only Nurse Practitioner working in the Cardiology Department. While she is originally from the Bay Area, her medical training and early career years were spent in Chicago and Massachusetts. Several years ago, Pam moved back to California to care for her aging parents and started working at Sacramento Heart. Pam told me if she hadn't gone into Nursing, she would have chosen a career as an investigative reporter.

Terry Levinson is in our Placerville office. Terry has been with Sac Heart since last December, but she joined us with a broad background in medicine. She has worked in a hospital setting, small semi-rural clinic setting, pain management, and most recently she worked at a Native American Health clinic. Terry said that interacting with her patients is as rewarding as the science side of medicine. Lee Rea works in our Placerville office. She has been with Sacramento Heart almost one year. Lee's favorite part about practicing medicine is there is never a dull day at work and she loves helping people and making a difference in their lives. I also asked Lee what she would have done if she hadn't gone into medicine and she told me a Wine Sommelier or work in a wine tasting room.

Diagnostic Testing: Coronary Artery Calcium Scoring

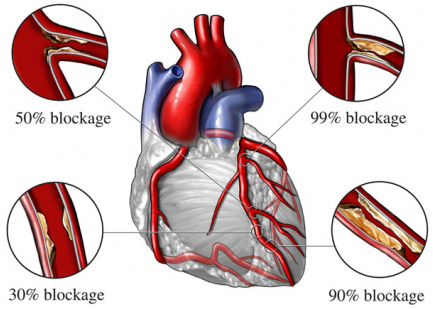
PHILIP BACH, MD Cardiology

Heart disease remains a major health problem in the United States. 50% of patients with heart attacks have no symptoms beforehand. Heart disease, if detected early, can be potentially reversed before any serious heart damage has occurred.

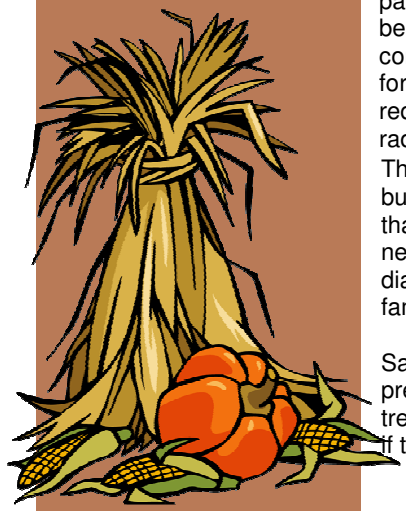


Coronary calcium scoring is one of the most advanced cardiac diagnostic tests available today. An ultrafast CT scanner allows a patient's heart and coronary arteries to be visualized in just a few beats. Calcium scoring measures the location and extent of coronary plaque. The higher the calcium score, the higher the risk for significant coronary disease. The test takes about 15 minutes, requires no IV or other preparations and emits low levels of radiation exposure.

This test may be most helpful for people that have no symptoms but who are at medium risk for heart disease. Medium risk means that you have a 10 to 20% chance of having a heart attack in the next 10 years, based on your risk factors. Risk factors include diabetes, smoking, high cholesterol, elevated blood pressure, family history, age, weight and gender.



Sacrament Heart cardiologists have always emphasized the prevention of heart disease as well as the early detection and treatment of the same. Check with your Sacramento Heart provider if this test would be indicated.



OUR LOCATIONS:

500 University Ave.
Sacramento, CA 95825
916-830-2000

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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
530-757-1999

•

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

•

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

Heart Rate and Exercise

MEGAN AVILLA, Medical Assistant

Heart rate is the number of times the heart beats per minute. Heart rate can be calculated or taken via an electrocardiogram (ECG/EKG) or a heart rate monitor. It can also be palpated easily on the wrist and behind the jaw with your fingers. Average normal resting heart rate is 60-100 beats per minute (bpm), anything less than 60bpm is termed bradycardia and anything over 100bpm is termed tachycardia. Heart rate during exercise is affected by age, gender and fitness level. With exercise, the most important factor to increase the amount of blood pumped by the heart per unit of time (cardiac output) – is *heart rate*. As exercise intensity increases heart rate also increases – yet heart rate tends to level off with maximal exercise at 180-200bpm, correlating with oxygen consumption. To determine an *estimated* heart rate maximum range for exercise, the most frequent used equation is 220-age (±12bpm). To exercise at a desired intensity level, multiply heart rate max by intensity percentage: heart rate max (% desired). If you are preparing for an exercise stress test on the treadmill, resting heart rates of 90-130bpm before starting the test are not unusual, as this may be due to anxiety, dehydration or digestion. Heart rate will increase with exercise type and intensity and is based on the proportion of muscles mass used: strength training such as weight lifting tends to produce lower heart rate levels versus endurance exercise training such as running or biking. Endurance training reduces resting and exercise heart rate, however endurance training changes maximal heart rate by only about 3 beats per minute.

Laughter is the best medicine!

KALEIGH NEWLAND, Billing Representative

Take One for the Heart: Get a Flu Shot

If avoiding an achy, feverish week or so laid up with the flu doesn't motivate you to get a flu shot, a new study linking flu shots to a lower incidence of heart disease might persuade you to roll up your sleeve.

People in the study who got flu shots were one-third less likely to have heart issues, such as heart failure or a heart attack, compared to those who opted against vaccination. The flu shot was associated with an even greater reduction of heart problems if someone had heart disease to start with, according to the study.

"This is one further piece of evidence to convince patients to go out and get their flu shot," said the study's lead author, Dr. Jacob Udell, a cardiology and clinician scientist, at Women's College Hospital at the University of Toronto. Results of the study are published in the Oct. 23/30 issue of the *Journal of the American Medical Association*.

The flu vaccine is currently recommended for everyone over 6 months of age in the United States, according to the U.S. Centers for Disease Control and Prevention. The vaccine is *highly* recommended for certain groups, including people with heart disease. Call Internal Medicine to schedule your flu shot today! 916-830-2114

TIPS: Fun for the Holidays

GRACE GRAHAM, Cardiopulmonary Technician

DID YOU KNOW?

Things to do in the Sacramento area during the holiday season:

- Ice skating: 701 K Street Sacramento Nov. 8th through Jan. 20th.
- Jingle Bell 5 K Run/Walk: Crocker Park Sacramento, Saturday Dec. 14th at 7:30 am.
- Polar Express Train Ride: Railroad Museum, Old Sacramento.

And if you care to venture out:

- Little Bear Tree Farm: 960 Meadow Road Alta, Ca. 80 E to exit 146.
- Apple Hill: Carson Road, Camino Ca. 50 E to Carson Rd. exit

Heart Healthy: Slow-Cooker Wild Rice Soup

Ingredients

2 medium carrots, peeled and chopped
2 stalks celery, chopped
3/4 c. uncooked wild rice, rinsed and drained
1 medium onion, chopped
2 small sprig fresh rosemary
2 bay leaves
1 teaspoon finely shredded lemon peel
1/4 teasp. ground black pepper
3 chicken breast halves with bone
3- 14 oz can reduced-sodium chicken broth
1/2 c. snipped fresh parsley
Ground black pepper

Directions

In a 4- to 4 1/2-quart slow cooker, combine carrots, celery, wild rice, onion, rosemary, bay leaves, lemon peel, and the 1/4 teaspoon pepper. Top with chicken breast halves. Pour chicken broth over all.

Cover; cook on low heat setting for 6 to 6 1/2 hours or on high-heat setting for 3 hours. Remove chicken and cool slightly. Discard rosemary sprig and bay leaves.

Cut chicken from bone; discard bones. Chop chicken and return to soup along with parsley. Season to taste with additional pepper.

HEATHER RICH, Cardiac Sonographer