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Spring, 2015

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Pet Partners® of
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Located in The Shambles

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Lake Havasu City, AZ

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A Fair of the Heart & Heart Health Awareness Walk Highlights

At the rally for the Heart Health Awareness Walk, Havasu CrossFit Kids presented a check for \$600 representing money they earned in order to participate in the walk which preceded the 2nd annual A Fair of the Heart. Amy Francis, of Havasu CrossFit was very proud of how diligently the children worked at their fitness activities to earn the funds they presented to be used to build heart-health awareness in their community.

107 individuals took advantage of the free lipid panel screenings provided by Havasu Regional Medical Center through their urgent care facility prior to the fair. They had their blood drawn on Tuesday and Wednesday mornings the week prior to the January 31 event and had the opportunity to review the results with a healthcare professional at A Fair of the Heart.

A number of vendor booths were available to help raise awareness of ways to manage risk factors as well as realistically face lifestyle decisions that one must consider when living with heart disease.

An audience of approximately 150 were treated to an informative panel discussion moderated by Mike Patterson, CEO of Havasu Regional Medical and featuring our local cardiovascular physicians: Pareed Aliyar, M.D., Fadi Atassi, M.D., Ghassan Dalloul, M.D., Pankaj Kulshrestha, M.D. and Edward J. Quinn, M.D. Articles written by the doctors which were written for the event program are included in this newsletter.

Mark your calendars for January 30, 2016 for the 3rd annual A Fair of the Heart!

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Read JoJo O'Brien's inspirational challenge on page 2. JoJo is shown here with her husband, Denny. Photo was taken at the December 6 Jingle Bell Walk'n Run 5K

Get Moving—You can do it! *Submitted by JoJo O'Brien*

Hello, my name is JoJo and I am 69 years of age. Setting goals (or even thinking about it) can bring forth various responses like “my life is busy so maybe tomorrow” or – “those TV ads make it look so simple” or – how about this one – “jeez I haven’t been active so kinda late to start now.” Well, I am here to tell you it is never too late to set goals that you can achieve with the beginning of small steps and building to what can work for you.

We all have a different life story. I raised two children, watched my father and brother pass away at an early age from heart disease (53 and 34), and watched my mother live a long life passing away at the age of 92. The genes we have inherited are not always a healthy combination. I have to take blood pressure and cholesterol meds even though I run 5 days a week! I came to the conclusion that we can try to co-exist with our gene pool in maybe a better way than our parents, siblings, and any other relatives we can relate to for better or worse.

I would like to share a few life-affirming events with you. I, along with my children, rode bicycles together when they were young. Once grown, and busy with their own lives, I moved on to walking and swimming at the local YMCA. Then the 1980’s rolled around and I inhaled hydrochloric acid, an industrial work-related accident. Eventually this led to chronic airways problems. By mid 1990’s I decided to move from Los Angeles to San Luis Obispo, CA for a better living environment. I walked then decided to start running and met my next hurdle two years later when I was injured by a fall which caused me to leave my running days behind. Once finally healed I wished to remain active so I joined Sierra Club and found another avenue of exercise through many hiking events.

In 2006 I moved to Lake Havasu City with my husband, Denny, and we enjoy walking together. We also found the area to be a fun place to enjoy our grandchildren when they come for summer fun. By 2011 I decided it was time to dust off my running shoes and created my slogan “Power Up and Get It Done!” My son and I now share running time together as we enter various running events. These events include 5k’s, 10k’s, and numerous half marathons. My slogan became my mantra (it gets me motivated). It’s never too late because it creates a better quality of life in the here and now when we are at an age needing a boost.

So dust off that stationary bike, elliptical, or get back to walking, swimming, or any other avenue of exercise. Put on your walking shoes and get out there. If you happen to see a runner in bright colored clothes, please know that you made my day because you found your inner power and got moving. YOU CAN DO IT!

Havasu Community Health Foundation Healthbeat

Submit comments and ideas to jeanie1@citlink.net, P. O. Box 1410, Lake Havasu AZ 86405, 453-8190

PARTNERS IN WELLNESS Sponsoring this issue of HEALTHBEAT



Partner in Wellness Recognition Levels:

	Annual Giving
Platinum	\$20,000
Gold	\$10,000
Silver	\$ 5,000
Bronze	\$ 1,000

Donors at these levels are entitled to receive a recognition plaque and recognition gift. They are also able to define multiple HCHF or partner events, programs or services they wish to support.

Business or Civic Organization Recognition	\$500
Individual Recognition	\$250

Donors at these levels are entitled to receive recognition gift.

Sponsorship of Public Relations Materials

Your logo will be displayed in our Partner in Wellness Section of our Website \$2,500/year or \$250/month

Quarterly Print HEALTHBEAT \$5,000/year or \$1,500/quarter
Weekly Electronic HEALTHBEAT \$2,500/year or \$50/week

HEART DISEASE AND DEPRESSION

By Pareed Aliyar, MD, FACC



“Depression is a prison where you are both the suffering prisoner and the cruel jailer.” Dorothy Rowe

The incidence of depression with heart disease is very high. It is common for patients to feel sad after a heart attack, cardiac surgery or other cardiac events. This is usually the result of not knowing what to expect or not being able to do one's normal activities without feeling tired. These feelings of sadness are usually temporary and go away within a few weeks, as one comes to terms with the disease and makes some lifestyle changes.

It is when the “sadness” persists after the first few weeks and prevents the patient from resuming his/her normal (maybe modified) activities that it becomes necessary to seek treatment for depression. 15% of patients with cardiac disease and 20% of cardiac surgery patients require treatment.

The diagnosis of depression is often missed leading to the depression going untreated. This happens in as many as 50% of cases. The symptoms of depression can appear trivial. Taken together, one should seek medical help if one:

- ◇ Experiences negative feelings such as feeling down or experiencing a lack of pleasure
- ◇ Finds it difficult to participate in the activities necessary for recovery
- ◇ Finds performing daily activities and tasks difficult
- ◇ Has suicidal thoughts

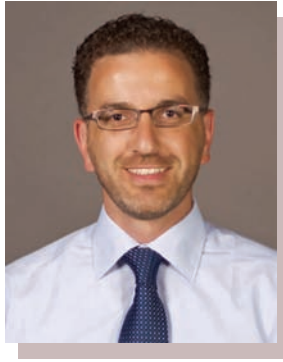
If left untreated, depression can lead to elevated blood pressure, endothelial damage, irregular heart rhythms, and a weakened immune system. Patients with depression have also been shown to have increased platelet activity and pro-inflammatory markers, and decreased heart rate variability. These can lead to an increased risk of heart attack, cardiac arrest and sudden death. Patients with untreated depression are at increased risk for morbidity, mortality and re-admission to the hospital. While recovering from cardiac surgery, depression can also increase the pain, and cause fatigue and sluggishness.

Once diagnosed, depression can now be treated with selective serotonin re-uptake inhibitors without accompanying cardiovascular side effects. Some studies have shown that an effective exercise program can produce results comparable to the medication regimen in the treatment of depression. Other non-pharmacological therapies such as yoga, acupuncture, meditation, guided imagery, relaxation techniques, music and art can help too.

Other ways to feel better include:

- ◇ Getting dressed everyday
- ◇ Practicing stress management and relaxation techniques
- ◇ Going for a walk
- ◇ Participating in hobbies and social activities
- ◇ Sharing feelings with family members/ friends/clergy
- ◇ Trying to sleep well
- ◇ Maintaining a balance diet
- ◇ Abstaining from alcohol and smoking

Early detection and treatment of depression are crucial to help cardiac patients improve their quality of life, and to prevent a recurrence of the cardiac event. If left untreated, depression can worsen the heart disease and increase the risk of heart attacks and death.



HEART FAILURE

By Fadi Atassi, M.D.

Heart failure does not mean the heart has stopped working. Rather, it means that the heart's pumping power is weaker than normal. With heart failure, blood moves through the heart and body at a slower rate, which causes pressure in the heart to increase. As a result, the heart cannot pump enough oxygen and nutrients to meet the body's needs. The chambers of the heart respond by stretching to hold more blood to pump through the body or by becoming more stiff and thickened. This helps to keep the blood moving for a short while, but in time the heart muscle walls weaken and are unable to pump as strongly. As a result, the kidneys often respond by causing the body to retain fluid (water) and sodium. If fluid builds up in the arms, legs, ankles, feet, lungs or other organs, the body becomes congested. Congestive heart failure (CHF) is the term used to describe this condition

Common signs and symptoms of heart failure include:

- ◇ Fatigue
- ◇ Shortness of breath
- ◇ Wheezing or cough
- ◇ Fluid retention and weight gain
- ◇ Loss of appetite
- ◇ Abnormally fast or slow heart rate

The causes of Heart Failure include:

Coronary Artery Disease (CAD) is a disease of the arteries that supply blood and oxygen to the heart, causing decreased blood flow to the heart muscle. If the arteries become blocked or severely narrowed, the heart becomes starved for oxygen and nutrients.

Cardiomyopathy is damage to the heart muscle from causes other than artery or blood flow problems, such as infections or alcohol and/or drug abuse.

Conditions that overwork the heart, including high blood pressure (hypertension), valve disease, thyroid disease, diabetes mellitus, sleep apnea, or heart defects present at birth. In addition, heart failure can occur when several diseases or conditions are present at once.

Treatment for heart failure depends on its severity. All patients need dietary, salt restriction and other lifestyle adjustments, medication, and monitoring. Patients with very weakened hearts may need implanted devices (such as pacemakers, implantable cardiac defibrillators, or devices that help the heart pump blood) or surgery, including heart transplantation.

Doctors usually treat heart failure, and the underlying conditions that cause it, with a combination of medications. These medications include:

- ◇ Angiotensin-converting enzyme (ACE) inhibitors or angiotensin-receptor blockers (ARBs)
- ◇ Beta blockers
- ◇ Diuretics
- ◇ Aldosterone blockers
- ◇ Digitalis
- ◇ Hydralazine or nitrates

CHEST PAIN

By Ghassan Dalloul, M.D.



Chest pain refers to pain felt from the level of your shoulders to the bottom of your ribs. There are many causes of chest pain. It can often be difficult to diagnose the exact cause without carrying out some tests and investigations. It is important to take chest pain seriously because it can sometimes indicate a serious underlying problem. If the chest pain is particularly severe, especially if it is radiating to your arms or jaw, you feel sick, sweaty or breathless, then you should call 911 for an emergency ambulance. These can be symptoms of a heart attack.

WHAT ARE THE CAUSES OF CHEST PAIN?

There are many possible causes of chest pain. Below is a brief overview of some of the more common causes.

Angina: This is a pain that comes from the heart. It is usually caused by narrowing of the coronary arteries. The narrowing is caused by fatty patches (or plaques). The typical symptoms of chest pain caused by angina are pain, ache, discomfort or tightness across the front of your chest when you exert yourself. Pain may also (or sometimes) be felt in your arms, neck, jaw or stomach. Angina pain usually eases within 10 minutes when you rest.

Heart attack (myocardial infarction): During a heart attack, a coronary artery or one of its smaller branches is suddenly blocked. Unless the blockage is quickly removed, this part of the heart muscle is at risk of dying. The term myocardial infarction means damaged heart muscle.

Heartburn: This is a burning feeling that rises from the upper tummy (abdomen) or lower chest towards the neck. Other common symptoms include pain in the upper abdomen and chest, feeling sick, an acid taste in the mouth, bloating, belching and a burning pain when you swallow hot drinks. The symptoms tend to come and go and tend to be worse after meals.

Costochondritis: The rib cage is a bony structure that protects the lungs. In costochondritis, there is inflammation. Costochondritis causes chest pain felt at the front of the chest. The pain is typically sharp and stabbing and is worse with movement, exertion and deep breathing. Pressure over the affected area also causes sharp pain. The pain is usually confined to a small area but it can spread (radiate) to a wider area

Strained chest wall muscle: There are various muscles that run around and between the ribs to help the rib cage to move during breathing. These muscles can sometimes be strained and can lead to chest pain in that area. For example, a strained chest wall muscle may sometimes develop after heavy lifting, stretching, sudden movement or lengthy (prolonged) coughing. The chest pain is usually worse upon movement and upon breathing in.

Anxiety: Anxiety is quite a common cause of chest pain. As well as feeling fearful, worried and tense, anxiety can sometimes cause physical symptoms including chest pain. In some people, the chest pain can be so severe that it is mistaken for angina.

Shingles: Shingles is an infection of a nerve and the area of skin supplied by the nerve. The usual symptoms are pain and a rash.

Pulmonary embolism (PE): This occurs when there is a blockage in one of the artery blood vessels in the lungs - usually due to a blood clot. A PE usually causes pleuritic chest pain (sharp chest pain felt when breathing in). In a large PE, chest pain can be felt in the center of the chest behind the sternum. Often you feel like you cannot breathe deeply. You can also feel breathless and the degree of breathlessness will depend on the size and position of the PE. Coughing up blood (haemoptysis), a mild fever and a fast heart rate are other symptoms. You may also feel faint, or even collapse because a large blood clot can cause the blood pressure to drop.

Pneumothorax: This is air that is trapped between a lung and the chest wall. A pneumothorax typically causes sudden, sharp, stabbing pain on one side of the chest. The pain is usually made worse by breathing in and you can become breathless. Usually, the larger the pneumothorax, the more breathless you become.

Pleurisy: Pleurisy is due to inflammation of the membrane around the lungs. It is most often caused by a viral infection. It can cause a 'pleuritic' chest pain which is a sharp and stabbing pain. The pain is typically made worse by breathing in or by coughing, as this causes the two parts of the inflamed pleura to rub over each other.

Peptic ulcer: This is an ulcer caused by stomach acid. A common symptom of a peptic ulcer is pain in the upper tummy (abdomen) just below the breastbone (sternum). The pain usually comes and goes and can sometimes be felt as chest pain. Sometimes food makes the pain worse. The pain may wake you from your sleep. Bloating, retching and feeling sick are other symptoms. You may also feel particularly 'full' after a meal.



Havasu Community Health Foundation

Proceeds from this fun, fitness event will support the programs and services of HCHF and our health-related partners:

Alzheimer's-Dementia Education

Cancer Association of Havasu, including Bosom Buddies of Havasu
General Cancer Support
Men's Cancer Support

Diabetes Support in Havasu

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4th Annual Line Dance



on the
London Bridge
March 1, 2015
2:00 PM

Electric Slide & Cupid Shuffle
Plan to stay and dance under the bridge
3:00-5:00 PM

Music by Art Michaud
Call (928) 453-8190

\$15 February 8-28, and \$20 day of event

Let's break our 2012 record!

www.havasucommunityhealth.org