

OPEN HEART SURGERY

*By Pankaj Kulshrestha, M.D.
Cardiothoracic Surgeon*



“Above all else guard your heart.” Proverbs 4:23

The heart, the seat of our soul, needs a constant supply of blood and oxygen during our lifetimes. Coronary arteries are the channels which supply blood to our hearts. When blood supply to the heart is impaired due to coronary artery disease (CAD) one may develop heartache—also known as angina. While pain may occur over the left chest, it is important to realize that pain may on many occasions be located in the shoulder, abdomen or jaw or may present as indigestion. In any such situation one must see a cardiologist to diagnose the heart condition with a stress test or cardiac catheterization. Catheterization provides a roadmap indicating the exact location of the blockage or narrowing of the coronary arteries. The majority of coronary blockages can be opened by an interventional cardiologist through the groin or arm using a catheter, a balloon and internal scaffolding or stent. This is commonly known as angioplasty or percutaneous coronary intervention (PCI).

In some situations the complexity or magnitude of the coronary disease precludes treatment with stents. In such case patients are referred to a heart surgeon. If the disease of the coronary arteries is not amenable to stents, heart surgery is necessary. Open heart surgery is one of the most major surgeries that a patient can undergo. Heart surgery is performed by gaining access to the heart by splitting the breast bone. Most commonly, open heart surgery is performed using a heart-lung machine. A heart-lung machine, also known as cardiopulmonary bypass, allows the heart surgeon to temporarily stop the heart and lungs so as to operate with precision on a non-beating heart. Human life depends on adequate blood supply to the heart through the coronary arteries, which are only as big as a Chinese noodle. Therefore, the repair or bypass must be performed with the utmost accuracy. The surgeon most commonly bypasses the obstruction in the coronary arteries using a leg vein and the mammary artery from the chest wall. The open heart surgery or coronary artery bypass surgery (CABG) is a major undertaking performed by the heart surgeon and requires help from a highly qualified team including anesthesiologist, perfusionist, physician assistant, nurses, and surgical technician. A typical heart surgery takes 4 to 6 hours and requires 5 to 7 days in the hospital. While choosing a heart surgeon, you must enquire about the adequacy of the operating room staff, the ICU care with highly trained nurses and the on-site availability of the heart surgeon for postoperative care in the chosen hospital.



HEALING HEARTS AND TOUCHING LIVES

By Patricia Foley, RN
Cardiac and Pulmonary Rehab

Coronary Artery Disease (CAD) CAD exists when there is a build-up of plaque (a waxy substance) in the arteries. Once you have it, you will always have it. The risk factors are:

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| Smoking | Stress |
| High Blood Cholesterol (LDL) | Related Heart Conditions |
| Obesity | (high blood pressure and diabetes) |
| Lack of Exercise | Family history |

Heart Attacks will be more damaging the longer treatment is delayed. Recognition of symptoms of a heart attack will minimize delays in seeking attention for ourselves and those we care for:

CLASSIC SYMPTOMS

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| Nausea or vomiting | Pale skin | Crushing chest pain |
| Sweating | Anxiety | Difficulty breathing |

Men and women may have some common symptoms, but there may be some differences:

WOMEN

- Nausea/vomiting
- Jaw pain

MEN

- Chest discomfort
- Shortness of breath

Anyone who is experiencing symptoms of heart attack should be transported to the hospital by ambulance. We should all be aware of these symptoms and insist that those who are experiencing them seek help immediately. Too frequently, the patient is in denial that what they are experiencing could actually be life threatening. It is important to dial 911, rather than let someone drive themselves or be driven by someone else. One in three hundred patients with chest pain who are transported in a private vehicle will experience cardiac arrest en route. Ambulance personnel are trained to treat symptoms and can provide medications and transmit EKG information prior to arrival at the Emergency Room. Activation of EMS decreases the delay times for patients.

For anyone experiencing an acute heart attack, where the coronary artery is blocked, opening the artery as soon as possible is critical. The goal is to do so within 90 minutes of arrival at the hospital.

Interesting heart statistics:

- ◇ 23% of heart attack patients have diabetes.
- ◇ Patients experiencing the most severe type of heart attack (where the coronary artery is completely blocked) frequently delay as long as 1½ to 2 hours before seeking attention. Delays may be longer for women and the elderly who may experience symptoms other than chest pain.

Congestive Heart Failure is a condition that develops slowly over time. As the heart muscle weakens, it works harder to keep blood flowing through the body. As the weakened heart works harder it gradually becomes larger, eventually changing its shape.

- ◇ 5.7 million people in the United States have heart failure, almost 1.4 million are less than age 60.
 - ◇ Congestive heart failure is the cause of more than 55,000 deaths each year in the U.S.
 - ◇ Congestive heart failure affects people of all ages, from children to the elderly.
 - ◇ Heart failure is responsible for 11 million doctor visits each year and more hospitalizations than all forms of cancer combined.
- The Havasu Regional Medical Center's Cardiac Rehabilitation Program includes a team of registered nurses, a respiratory therapist, pharmacist, and cardiologists to help patients learn what is beneficial and safe. It is designed to help patients become healthier; learn how to strengthen their hearts, and how to reduce their risk for future heart problems. Efforts to improve adherence to healthy lifestyle choices is the cornerstone of prevention.

American College of Cardiology (ACC) and American Heart Association (AHA) jointly make the following recommendations:

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|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| ◇ Exercise Goal: At least 30 minutes 7 days per week (minimum 5 days per week) | ◇ Sodium |
| ◇ All patients should be counseled regarding the need for lifestyle modification: | ◇ A high salt diet can cause high blood pressure and increase risk of cardiovascular disease |
| ◇ weight control; | ◇ AHA recommends less than 1500mg sodium per day |
| ◇ increased physical activity | ◇ Fluid |
| ◇ alcohol moderation | ◇ Drink 6-8 cups of water daily unless otherwise advised |
| ◇ sodium reduction | ◇ Keeping hydrated is extremely important |
| ◇ increased consumption of fresh fruits, vegetables, and low-fat dairy products. | ◇ STOP SMOKING |

CARDIAC REHABILITATION

By Edward J. Quinn, M.D., FACC, FACP



Havasu Regional Medical Center provides a well-developed, sophisticated, and experienced cardiovascular program to the city of Lake Havasu.

After a brief hiatus, we have recently had a resurgence of our cardiovascular surgery program thanks to the efforts of Dr. Pankaj Kulshrestha who is a well-respected, well trained, excellent cardiovascular surgeon. As part of this program we have Cardiac Rehabilitation. Since the late 1990's and certainly up until the present, Medicare has recognized the importance of a total cardiovascular multi-disciplinary approach aimed at improving outcomes. Specifically, a reduction in overall mortality and improvement in lifestyle, risk factor modifications, nutrition, smoking cessation and a reduction in readmissions to the hospital. It consists of outpatient monitored exercise and an exercise prescription is individualized for each and every patient. There are many instructional classes that offer topics such as the treatment of hypertension, abnormal lipid levels, diabetes mellitus, cessation of smoking and improvement in depression scores.

HRMC's Cardiac Rehabilitation program belongs to the Montana Registry, which consists of over 70,000 patients being followed in several western states. I am proud to report that in every instance we have always exceeded the expectations of each measured index and as a matter of fact, our patient satisfaction scores consistently are one of, if not the highest in the nation. This program is limited to those patients who have heart disease and it is specifically indicated to those who have had an acute myocardial infarction, coronary artery bypass surgery, recent stenting procedure, angioplasty without stenting, valvular surgery and stable angina pectoris. Most recently Medicare has designated certain patients who have congestive heart failure to participate in such a program. There is also a maintenance phase in which patients can continue to participate and exercise while being closely observed by well-trained individuals. This is usually not compensated by insurance but in my opinion it is preferable to going to a gym where you are without any supervision or access to immediate care if such a situation arises.

Your Cardiologists are aware of the Cardiac Rehabilitation program and can refer you to the program for evaluation. Primary Care physicians are also aware of the program and you may feel free to ask your physician to refer you to the program. The referral must come from either the cardiologist and/or the primary care physician.

The Cardiac Rehabilitation program includes three times weekly of monitored exercise sessions with a significant educational program lasting 8 - 12 weeks or perhaps longer. Upon completion of the program you will be a proud member of an elite cardiac group. If you have any further questions please do not hesitate to contact Ms. Pat Foley at 928-302-5408.



February 28, 2015

To register, follow link at:

www.havasucommunityhealth.com



**Participate in
silent auction &
raffle
opportunities**

***Please join members of
our board and many of
our volunteers for a an
enjoyable evening!***

Doors open 7:00PM / Show time 7:30pm
50's attire is encouraged but
not required!

90-minute show benefiting
**HAVASU COMMUNITY
HEALTH FOUNDATION**



Refuge Pavilion
3103 London Bridge Rd.
Lake Havasu City, AZ 86404
Advance Purchase Tickets \$25.00 / At the door \$30
Call (928) 764-1404 or
www.refugecountryclub.com/entertainment.html

Low-Cost Screenings

For those who are under-insured, or have prohibitively high deductibles:

Lab Work

Complete Blood Count	\$15.00	Comprehensive Metabolic Panel	\$20.00
Free T4	\$15.00	Hgb A1c	\$20.00
Lipid Panel	\$25.00	T3 Uptake	\$10.00
TSDH-Thyroid	\$35.00	Urinalysis	\$15.00
Vitamin D	\$40.00		

Other

Bone Densitometry—commonly ordered procedures with order from physician

MRI - commonly ordered procedures with order from physician

X-rays and report with order from physician

Prices for these tests will vary per procedure. Call 453-8190 for more information



The following screenings are subsidized by
CANCER ASSOCIATION OF HAVASU

Lab Work

CA-125	\$50.00
PSA	\$20.00

Other

Mammograms	\$40.00
Skin Cancer Screening	\$25.00

To take advantage of these screenings and diagnostic procedures, go to HCHF Office in The Shambles
2126 McCulloch Blvd, Unit 7
Lake Havasu City, AZ 86403

453-8190

Support

Cancer Association of Havasu

Bosom Buddies	1st Wed.	4:00
General Cancer	3rd Tues.	4:00
Men's Cancer	2nd Mon.	5:00

Diabetes Support in Havasu

Lunch & Learn	2nd Wed.	Noon
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Fibromyalgia & Chronic Fatigue Syndrome

Education & Support	Noon
1st & 3rd Wed. of each month	

Havasu Epilepsy Advocacy Team (HEAT)

Education & Support	Last Monday	1:00
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Support Groups meet in HCHF Meeting Room, 2126 McCulloch Blvd., Suite 5, unless otherwise noted.

See the HCHF website or call (928) 453-8190 for details about special events and other activities that are posted from time to time.

Educational Forums

1st Tuesday of every month

4:00 PM	Health & Wellness 101
6:00 PM	Havasu Heart Society

Featuring discussions led by local health professionals.

The above sessions are held at the Hampton Inn, 245 London Bridge Rd. The April sessions will be held at the Havasu Regional Medical Center Learning Center. All sessions are free and open to the public.



Coming Events

February 28

Color Dash Benefiting Havasu Health Walk Challenge Programs

March 1

Line Dance on the London Bridge

March 13 and 27

Forever Doo Wop Concerts at The Refuge Benefiting HCHF

March 26

Purple Day –Epilepsy Awareness

June 6

Cancer Survivors Day Breakfast

Visit www.havasucommunityhealth.org for details on the above events or to subscribe to our weekly electronic newsletter so you can learn about other events as they are scheduled.

OUR CORE VALUES

We support and encourage healthy living

Educating with current information about good health choices is our job

Living longer by living smarter is our mantra

Life quality in Lake Havasu is improved because of our programs

News about health options in our community is conveyed through HCHF

Everyone in our community can access common wellness screenings

Support of HCHF comes from the private sector rather than taxpayer dollars

Success of HCHF is a result of the efforts of dedicated volunteers and staff.

Come see us in
The Shambles



2126 McCulloch Blvd.
Suite 7
Lake Havasu City



Coconut Shrimp with Mango Sauce— www.myrecipes.com

20 large shrimp (about 1 1/4 pounds)
1/2 cup gluten-free panko-style breadcrumbs
3/4 cup flaked sweetened coconut

1 teaspoon garlic powder
1/4 teaspoon salt
2 large egg whites
Mango Sauce



1. Preheat oven to 425°
2. Peel shrimp, leaving tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through, backside of shrimp
3. Combine breadcrumbs and next 3 ingredients in a shallow bowl. Beat egg whites with a whisk until foamy in a separate bowl. Add half of shrimp to egg whites, tossing to coat. Dredge shrimp in coconut mixture, pressing gently to adhere.
4. Place shrimp on a parchment paper-lined baking sheet. Repeat procedure with remaining shrimp, egg white, and coconut mixture. Bake at 425° for 6 minutes. Using tongs, grasp shrimp by tails and turn over. Bake an additional 6 minutes until golden brown.

MANGO SAUCE: Place 1 1/4 cups chopped peeled ripe mango (about 1 large), 1 tablespoon fish sauce, 1 1/2 teaspoons light brown sugar, 1/2 teaspoon garlic powder, 1 1/2 teaspoons chili garlic sauce, and 1 1/2 teaspoons fresh lime juice in a blender, process 30 seconds or until smooth. Spoon into small serving bowl.

Thoughts from our President, Jeanie Morgan



I guess I am reaching the age where this is to be expected, but this past year, I have lost too many friends who have enriched my life and seen others affected by health challenges that are irreversible.

I know that each of our life journeys on this beautiful planet will come to an end. But, I cannot help but think that we need to do what we can to optimize the quality of life we enjoy while we are here.

Taking care of our health is an important responsibility—not only to ourselves, but to those who care about us.

At Havasu Community Health Foundation, we are committed to creating local opportunities to learn how to do a better job of personal health management, as well as be aware of local resources to enhance that effort.

A Fair of the Heart featured an outstanding panel discussion which provided great information for those who attended. My only regret is that we didn't "pack the house."

Heart disease is a problem that will touch far too many lives and end many lives prematurely. It is a disease that can be managed. Personal risk factors need to be understood and considered in each of our daily choices.

I hope you will take the time to read the articles in this Healthbeat, which were written by the physicians who participated in the panel.

I also hope to see you at an upcoming Havasu Community Health Foundation or HCHF partner event! Live longer by living smarter!

You can become a PARTNER IN WELLNESS

Your tax-deductible donation will allow us to continue to grow and expand our local health-related programs.

Please fill out the information below and mail to:

Havasus Community Health Foundation
P O Box 1410
Lake Havasu City, AZ 86405-1410

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Amount of Gift: \$ _____
Please make your check payable to:

HCHF

(Havasus Community Health Foundation)
A 501(C) (3) Non-Profit Charitable Organization
TIN# 20-1839858

I would like to be a guest speaker at one of your support groups or educational forums. My expertise is: _____

I would like to volunteer in the following area:

- ☐ Fund Development
☐ Program Development
☐ Other _____