



PRINCE WILLIAM CARDIOLOGY ASSOCIATES

# HEARTBEATS

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*Resolutions for a Healthy Heart*



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## Don't delay . . . "60" can be the new "40"

900,000 people will die this year of cardiovascular disease (heart attack, stroke). This is far greater than any other illness, and is basically the result of self-destructive lifestyle habits. Our life expectancy is one of the lowest of the Western countries, in spite of our health care expenditures. It is certainly possible for most of us to avoid these disastrous events through a thoughtful approach to health, emphasizing inexpensive measures to improve our physical and mental well-being. If you have reached 60 but don't feel 40 here are some key factors that will help you feel young again.

Nutrition is a key factor. A diet low in saturated fat and high in complex carbohydrates will go a long way toward reducing the build-up of arterial plaque. Overall calorie reduction will help with the obesity epidemic. Good nutrition means the right foods and the right amounts.

Exercise keeps the arterial system flexible. Aerobic exercise on most days of the week is essential. The "weekend warrior" is not the way to stay in shape. Strength training and Yoga stretches are also help-

ful. Chose an activity that you like that keeps you moving and motivated.

Stress reduction is a common problem. Meditation is a useful technique to learn. Learning to breathe deeply is one way to reduce stress. But laughing, dancing, and family time all help reduce the tensions we all feel.

Medically, we need to be cognizant of our blood pressure, cholesterol, and blood sugar. Early detection of problems in these areas is much easier to deal with. Take control of your health and make sure you have regular check ups.

~ Christopher J. Leet, MD



*We all have to grow old, but we don't have to feel old.*



### ♥ Health tidbits....

#### *Six simple tips for a healthier heart.*

- ♥ Stop smoking
- ♥ Walk 30 minutes a day
- ♥ Eat less red meat; more vegetables
- ♥ Take a yoga class
- ♥ Take 5 minutes twice-a-day to do quiet breathing
- ♥ Laugh at least twice a day

## Heart facts

- The adult heart pumps about 5 quarts of blood each minute - about 2,000 gallons of blood each day - throughout the body.
- The heart beats about 100,000 times each day.
- In a 70-year lifetime, the average human heart beats more than 2.5 billion times.
- The electrocardiograph (ECG) was invented in 1902 by Dutch physiologist Willem Einthoven. This test is still used to evaluate the heart's rate and rhythm.

*Our mission at PWCA is putting our hearts into treating yours, with the highest-quality cardiology care available. Our friendly, professional, and qualified staff are personally committed to meeting your cardiology needs. We offer the state-of-the-art cardiac and peripheral diagnostic testing, consultations, cardiac and peripheral catheterization, as well as mind body therapies.*

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## Meet the staff

### DR. CHRISTOPHER J. LEET, M.D., FACC



Raised in Northern Virginia, Dr. Leet attended medical school at the Medical College of Georgia. His internship and residency programs were completed at the Medical College of Virginia with completion of his cardiology fellowship at George Washington University. He began private practice in 1977 serving the Manassas and Warrenton communities. Dr. Leet is the senior cardiologist in the area and started the cardiovascular programs at both Prince William Hospital and Fauquier Hospital. Lately, he has developed programs in mind-body therapy for dealing with post-traumatic stress, obesity, and chronic anxiety syndromes. Dr. Leet is married and enjoys astronomy, gardening, music and traveling.

### DR. MORTON E. KALUS, JR., M.D., FACC



Raised in Baltimore, MD, Dr. Kalus graduated from Princeton University and received his medical degree from The Johns Hopkins University School of Medicine. His medical internship and residency, as well as cardiology and nuclear medicine fellowships, were completed at the University of Michigan Center. In practice since 1989, he is a noninvasive cardiologist with a particular interest in nuclear cardiology. He has held positions on the teaching faculties of both The Johns Hopkins University School of Medicine and The Georgetown University School of Medicine. Dr. Kalus joined Prince William Cardiology Associates in 2004. He is married and enjoys tennis, art, music and raising Chesapeake Bay Retrievers.

*Age is a question of mind over matter.  
If you don't mind, it doesn't matter.*

-Satchel Paige

### DR. MICHAEL G. ESCAÑO, M.D., FACC



Raised in Cincinnati, Ohio, Dr. Escano received his undergraduate degree from Washington University in St. Louis and received his medical degree from the University of Tennessee in Memphis. His medical internship and residency, in addition to his cardiology fellowship were completed at the Medical University of South Carolina in Charleston, South Carolina. He joined Prince William Cardiology Associates in 2005 and enjoys playing golf, the piano and the guitar.

### DR. ARA M. MARANIAN, M.D., FACC



Dr. Maranian grew up in Natick, Massachusetts and attended Georgetown Medical School. He did his residency at Travis AFB in California, and his fellowship in cardiology at Wilford Hall USAF Medical Center in San Antonio. After training, he served at Wilford Hall directing the pacemaker and lipid clinics as well as training fellows in cardiac catheterization and pacemaker implantation. He deployed twice to Iraq, in 2003, and in 2006 as a critical care air transport team physician. He joined Prince William Cardiology in 2007 after fourteen years of service. Dr. Maranian and his wife Robin have two children. His interests include music, history and Boston sports teams.

### M. INGA LAFATA, ACNP



Born in Boston and raised in Northern Virginia, our nurse practitioner attended Virginia Commonwealth University and achieved a Masters of Science & Nursing (MSN) in 2005. Her interests are in pacemakers, hypertension, lipid disorders, and patient education.

## Looking for a healthy heart recipe?

Keep this in mind when you are searching for the perfect recipe: Make sure the foods are low in saturated fats and cholesterol, and high in fiber. Choose foods that are rich in vitamins and minerals (found in vegetables, grains and fruit), and avoid food that is high in fat content.

### SOUTHWEST CHICKEN

(from [www.Allrecipes.com](http://www.Allrecipes.com), submitted by: Tamcattt)

*Chicken breasts with black beans, corn, chile peppers, tomatoes. Low-fat, easy and quick. Serve over hot cooked rice if desired.*

#### INGREDIENTS

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10 oz.) can diced tomatoes with green chile peppers

- 1 (15 oz.) can black beans, rinsed and drained
- 1 (8.75 oz.) can whole kernel corn, drained
- 1 pinch ground cumin

#### DIRECTIONS

1. In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides. Add tomatoes with green chile peppers, beans and corn. Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear. Add a dash of cumin and serve.