



PRINCE WILLIAM CARDIOLOGY ASSOCIATES

HEARTBEATS

May 2009

Resolutions for a Healthy Heart

FUN IN THE SUN – SAFELY



Christopher J. Leet, M.D., FACC
Michael G. Escaño, M.D., FACC
Morton E. Kalus, Jr., M.D., FACC
Ara M. Maranian, M.D., FACC
Inga Lafata, ACNP
and staff

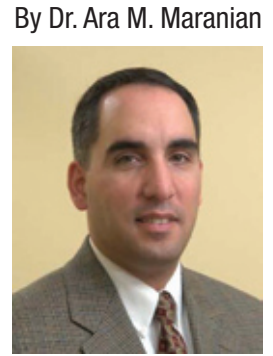
Summer is coming and it is a great time to get outside and enjoy better weather. Exercise programs tend to get overlooked during the winter months and it is more difficult to get that daily walk in. Regular aerobic exercise is essential to maintaining your cardiovascular fitness. Now is the time to get back into your fitness routine!

With the sun comes the heat and humidity which can make exercise harder for cardiac patients due to number of medications that they may be taking. Cardiac patients are more susceptible to dehydration due to the medications, especially diuretics. Other blood pressure meds - in combination with dehydration - can lead to dangerously low blood pressure. Signs of dehydration include lightheadedness with change in position, decreasing urine production and decrease in weight. Any loss of consciousness should be immediately evaluated. It is important on hot, humid days to always keep yourself hydrated – especially if you are taking diuretics or other blood pressure medications.

Try to do your walking during the early morning hours or early evening to avoid the times of day when the heat and humidity are the worst. Regular physical activity – just 30 minutes a day – reduces the risk of many adverse health outcomes.

The worst outcome from being out in the sun too long is heat stroke. On average, there are 300-40 deaths from heat stroke per year with about 50% occurring in those age 65 and older. Heat stroke is defined as having a temperature of 106F or greater with neurologic impairment. Risk factors include age and chronic medical illnesses, especially those with poor cardiac reserve and those on cardiac medications.

One helpful aspect of extra sun is that sunlight helps your body produce Vitamin D. There are studies showing a link between low Vitamin D levels and heart disease. Ten minutes of sunlight each day will help your body make more than enough Vitamin D to maintain cardiac health as well as help with bone production. Sunblock is absolutely needed to prevent skin cancers due to sun exposure. Consider putting your sunblock on about ten minutes after you get outside to allow your body to make enough Vitamin D to keep your heart and bones healthy.



By Dr. Ara M. Maranian

♥ Health tidbits....

Jump into spring with these active tips...

- ♥ Exercise can help lower LDL, “bad” cholesterol, and can help increase HDL, “good” cholesterol.
- ♥ Exercise can help increase insulin sensitivity which can lead to lesser dose of oral diabetic medications or insulin requirements.
- ♥ Golfing w/ a cart for 4 hours = approximately 700 calories. Walk the course and burn about 1360 calories!
- ♥ Average calories burned per hour while gardening = approximately 310.
- ♥ Walking or bike riding can help with increasing bone density and help prevent osteoporosis.
- ♥ Physically active women experience less intense and fewer symptoms of menopause.
- ♥ If you walk - swing your arms - and burn an additional 5-10% more!

MANASSAS
703-369-5959
8569-B Sudley Rd.

WARRENTON
540-347-9898
380 Hospital Dr.

GAINESVILLE
703-369-5959
7130 Heritage Village Plaza,
Suite 102

Prince William Cardiology Associates is committed to delivering high quality care while recognizing the importance of maintaining cost-effectiveness in an evolving healthcare environment. Our professional and qualified team strives to create a personal and respectful atmosphere while putting our hearts into treating yours.

Eat Less, Move More President's Challenge Program

Here at PWCA, we value participating in regular exercise; no matter your size, shape, ability or disability! If you have the desire, we are here to support you. I'd like to challenge you to come talk with me about your goals. We will look at your personal health and medical history to target a goal towards health. We will be following a well-founded health program—the President's Challenge.

FACTS:

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with disabilities.
- The benefits of physical activity far outweigh the possibility of adverse outcomes.

THE PRESIDENT'S CHALLENGE

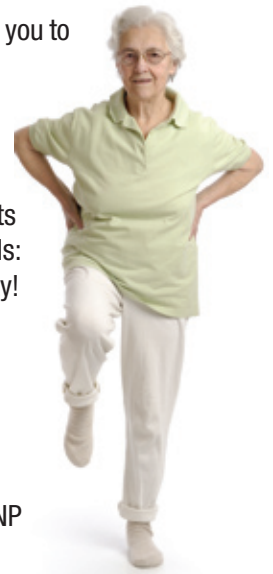
1. Choose an activity. Just about any physical activity where you're using large muscle groups and burning energy counts. Taking a long walk. Playing basketball or tennis. Taking an aerobics class. Even doing chores around the house if you do these activities in addition to what you normally do.
2. Get active. Your goal is to meet your daily activity goal (30 minutes a day for adults/60 minutes a day for children under 18) at least 5 days a week, for a total of 6 weeks. You can take up to 8 weeks to complete the program.
3. Track your activity. On-line or not, you can win awards for activity.

Using a personal activity log makes it easy for you to track the time you spend on activities.

Can you use a pedometer? Absolutely. If you like to walk, run, or play games like basketball or tennis, you can use a pedometer - a small device that automatically counts the number of steps you take. Daily step goals: Adults 18 or older - At least 8,500 steps a day! It's easier than you think. Give it a try. I challenge you.

Call me at 703-369-5959 to set up your Challenge Program today! Check it out at www.presidentschallenge.org.

~ Inga Lafata ACNP



May's Featured Healthy Heart Recipe: BLACKENED FISH TACOS (The Pampered Chef)

Prep time: 20 min
Cook time: 12 min

SLAW

- ¼ cup sliced green onions w/tops
- 2 tbs fresh cilantro
- 1 tbs fresh lime juice
- 1 tbs vegetable oil
- 1 garlic clove, pressed
- ½ tsp Cajun or blackened fish seasoning
- 2 cups broccoli slaw mix

For slaw – combine first six ingredients and whisk until blended. Add slaw mix and toss to coat. Cover and refrigerate until ready to serve.

FISH

- 1 pound tilapia fish fillets
- 1 tbs Cajun or blackened fish seasoning
- 1 avocado, seeded and sliced
- 8 corn tortillas, warmed
- 3 medium radishes
- add'l snipped fresh cilantro

Heat grill pan over medium heat 5 min. Moisten fish fillets with water and sprinkle w/Cajun seasoning. Spray pan lightly w/ cooking spray. Place fillets in pan and cook over medium heat for 10-12 minutes or until fish flakes easily, carefully turning once. Remove from heat. Flake fish into bite-size pieces.

Peel and seed avocado. Use ½ of the avocado and slice thinly. Grate or chop radishes.

Top tortillas evenly w/slaw mixture and fish. Sprinkle w/ radish. Top w/avocado slices and add'l snipped cilantro.

Yield: 4 servings.

Nutrients per serving: calories 300 (26% from fat), Total fat 9 g, Saturated Fat 1.5 mg, Cholesterol 55 mg, Carbohydrate 32 g, Protein 26 g, Sodium 320 mg, Fiber 6 g.

Diabetic exchanges per serving: 2 starch, 3 low-fat meat (2 carb)