



PRINCE WILLIAM CARDIOLOGY ASSOCIATES

HEARTBEATS

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Resolutions for a Healthy Heart



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Peripheral Arterial Disease (PAD)

IT CAN BE PREVENTED!

By Dr. Christopher J. Leet

Most people are aware that plaque build-up in the coronary arteries around the heart is the major cause of angina and heart attack. A similar

situation may happen in other arteries, and is referred to as Peripheral Arterial Disease, or PAD.

Most commonly in the legs, the build-up of plaque in these arteries causes a similar exercise-induced discomfort that is referred to as claudication. This is a common disorder which affects men more often than women. Many people have aches and pains in their legs as they walk, but the characteristic of this is reproducible, forcing a person to stop walking or exercising, but resolves immediately upon rest. This occurs because the muscles in your extremities are not receiving enough oxygen – a direct result of the blockage of the arteries in the legs.

Screening for this condition is simple and painless; an ankle-brachial index, or ABI, is frequently performed in the vascular laboratory of Prince William Cardiology. If evidence of restricted blood flow is detected, then it is appropriate to initiate therapy to prevent the progression of the disease. Other symptoms that may occur include

weak or absent pulses in the extremities, coldness in lower legs and feet, paleness and/or blue or red discoloration of the feet or toes, loss of hair on the legs, dry or shiny skin or ulcers or sores that don't heal.

PAD can be prevented! This starts with lifestyle changes of weight loss, careful exercise training, and occasionally medications to assist in improving blood flow to the legs. If you smoke – stop immediately! Watch your cholesterol and blood pressure, as well as your blood sugar. If this is inadequate, the same interventional procedures of stenting and bypass that are available to treat heart disease, are also effective to relieve plaque obstruction in the legs.

The study of Peripheral Arterial Disease also includes the evaluation of other non-cardiac systems, such as the carotid arteries to the brain, the renal arteries to the kidneys, and aortic aneurysms. Symptoms to be aware of include sudden, temporary weakness or numbness of the face, arm or leg, temporary loss of speech or trouble speaking, temporary dimness or loss of vision, unexplained dizziness or sudden falls. The vascular laboratory commonly evaluates all these conditions.

♥ *Baha Butternut Squash Soup* Adapt your favorite recipe for a heart healthy version ~ Recipe from Eating Well

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|---|---|
| 1 1/2 pounds (1 small to medium) butternut or other winter squash | 1/4-1/2 teaspoon ground chipotle chile (see note) |
| 1 teaspoon canola oil | 1/8 teaspoon ground cloves |
| 2 stalks celery, chopped | 6 cups vegetable broth |
| 1 small onion, diced | 1 teaspoon sea salt |
| 1 carrot, chopped | 1/4 teaspoon freshly ground pepper |
| 1 teaspoon ground cumin | 1/2 cup nonfat plain yogurt |
| | 2 tablespoons snipped fresh chives or chopped parsley |

1. Preheat oven to 350 degrees F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. Scoop out flesh when cool enough to handle.

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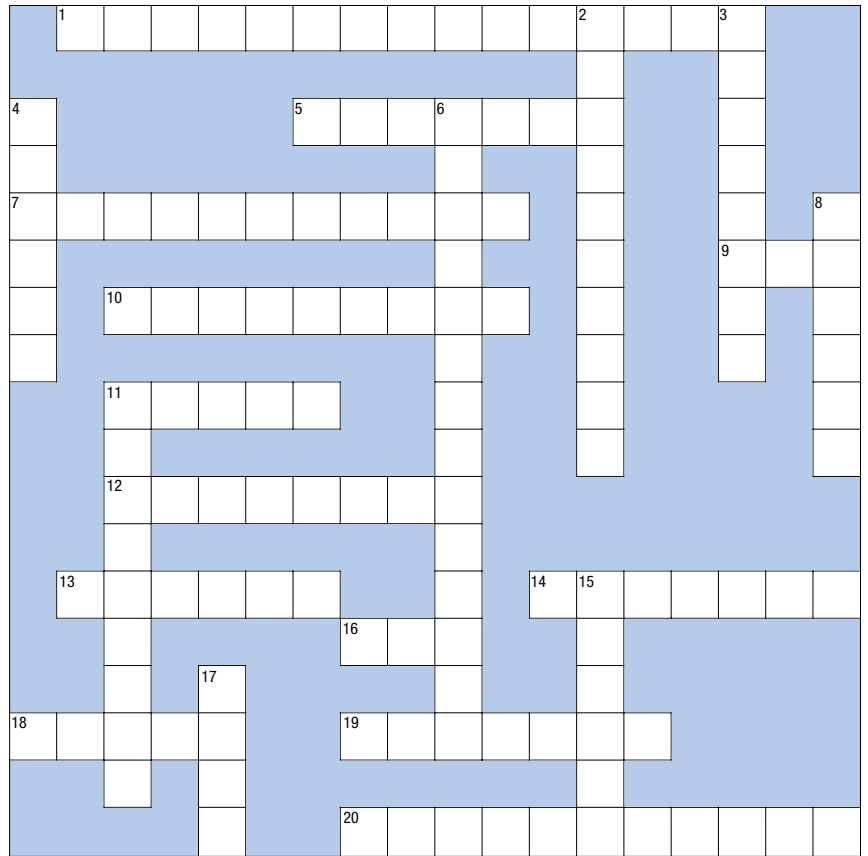
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Test your Heart Knowledge!

ACROSS

1. Accumulation of material in the walls of arteries.
5. Another word for blood sugar.
7. Issues that make you more likely to develop a disease; some you can change, some you can't (two words).
9. Also called the "bad" kind of cholesterol.
10. Your blood pressure when the heart is filling between beats - also the second number you hear when your blood pressure is checked.
11. A metal mesh tube sometimes surgically inserted into narrowed arteries to improve blood flow through them.
12. Another word for a blood clot.
13. A blood vessel that carries blood away from the heart.
14. Major arteries leading up your neck to your brain.
16. Also called the "good" kind of cholesterol.
18. A score of 30 or more on the body mass index indicates that a person is this.
19. Walking, swimming, and dancing are this kind of exercise.
20. A myocardial infarction is better known as this (two words).



DOWN

2. A score of 25 to 29.9 on the body mass index indicates that a person is this.
3. The blood pressure when your heart is contracting - also the first number you hear when you have your blood pressure checked.
4. Sometimes called a "brain attack."
6. word describing your heart and the "pipes" connected to it.
8. A "clump" of substance that has built

up in an artery through the process of atherosclerosis.

11. One of the kinds of fat you should limit in your diet, since it's the main dietary cause of high cholesterol; found in red meat and full-fat dairy foods.
15. Discomfort or pain in the chest caused by insufficient blood flow; the "stable" form of this happens during exertion or stress.
17. Blood vessel that carries blood back toward the heart.

From LifeLineScreening.com

Word answers: Atherosclerosis • Glucose • Risk factors • LDL • Diastolic • Stent • Thrombus • Artery • Carotid • HDL • Obese • Aerobic • Heart attack • Overweight • Systolic • Stroke • Cardiovascular • Plaque • Saturated • Angina • Vein

Butternut Squash Soup continued from the front

3. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes.
4. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with salt and pepper. Garnish with a drizzle of yogurt and sprinkle of chives (or parsley).

Tips: Note: Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty-spice section of most supermarkets or online at penzeys.com.

MAKE AHEAD TIP: Cover and refrigerate the soup for up to 3 days.

Nutritional facts: Calories 60, Total Fat 1 g, Sodium 532 mg, Carbohydrate 12 g, Fiber 3 g, Protein 2 g, Potassium 249 mg. Daily Values: Vitamin A 160%. Exchanges: Vegetable 1. Percent Daily Values are based on a 2,000 calorie diet