



PRINCE WILLIAM CARDIOLOGY ASSOCIATES

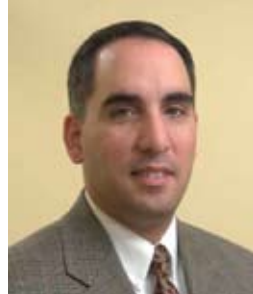
# HEARTBEATS

1st Quarter 2010

*Resolutions for a Healthy Heart*



Christopher J. Leet, M.D., FACC  
Michael G. Escaño, M.D., FACC  
Ara M. Maranian, M.D., FACC  
Inga Lafata, ACNP



## Endocarditis Prophylaxis & Antibiotics

**RE-EVALUATED RECOMMENDATIONS**

By Dr. Ara M. Maranian

One of the more common questions we are asked as cardiologists is “Do I need to take antibiotics before my dental work or colonoscopy?” Many patients had been taking antibiotics for years and now their dentists or physicians are no longer recommending they take them. Prior to 2007, the list of cardiovascular diagnoses that required antibiotics was significantly longer than it is today. In 2007, the American Heart Association re-evaluated the need for infective endocarditis prophylaxis in certain patient populations and revised their recommendations.

Infective endocarditis is an infection, usually bacterial, that involves the endocardium, or inner-lining tissues of the heart and its valves. With certain medical procedures, a small amount of bacteria that is normally found in or on your body can be introduced into the blood stream. These bacteria are usually taken care of by your immune system and will not normally attach to normal endocardium. If the endocardium is abnormal in some way, or if there is prosthetic material, the bacteria can attach and set up an infection. A globular mass of bacteria and tissue can form called a “vegetation”. This vegetation can lead to

obstruction of flow through the chambers or valve, leaking of the valve (“regurgitation”) or pieces can break off (“embolize”) and travel to other parts of the body causing stroke or other serious conditions.

The latest committee recommendations took into account the actual risk of infection in certain conditions and found that it was exceedingly low. The risk was so low that it was felt that the risk of side effects with a one-time dose of antibiotics was actually higher than the risk of endocarditis.

There are still certain conditions that require prophylaxis. If you have ever had endocarditis before, you will need prophylaxis. If you have a prosthetic heart valve, have had a cardiac transplant, or certain forms of complex congenital heart disease, you will need prophylaxis. If you have had a cardiac or peripheral stent, there is no need for antibiotics. If you have recently had an implantable cardiac device like a pacemaker or defibrillator, some physicians will use prophylaxis in the first six months until the healing process is completed. If you have any questions about whether or not you should take antibiotics prior to dental work or other procedures, don’t hesitate to call your cardiologist or primary care physician and they can determine your requirements.

### *Chocolate and Almond Tuile Cups* Try this heart-healthy easy Valentine’s treat! ~ from [www.shape.com/healthy\\_eating](http://www.shape.com/healthy_eating)

2 large eggs

1/3 cup sugar

1 teaspoon vanilla extract

2 tablespoons all-purpose flour

2 tablespoons unsweetened cocoa powder

1 1/2 cups sliced almonds (blanched or natural)

Butter (for the baking sheet)

Your choice of fresh fruit and/or yogurt

Serves: 10 • Prep Time: 15 mins. • Cook Time: 10 mins.

Preheat oven to 350 degrees F. Place the oven rack in the center slot. Generously butter a nonstick baking sheet and set aside. In a small bowl, whisk eggs, sugar and vanilla just until blended. In a separate bowl, combine flour and cocoa. Add almonds and stir to coat. Combine the egg mixture with the almond mixture until blended. Place 2 or 3 rounded tablespoons of the batter on a prepared sheet, spacing evenly; spread each with a small spatula into 4- to 5-inch flat rounds, making sure almonds are in a single layer. Bake until batter is set, about 10 minutes. Remove bak-

*Continued on back*

*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.*

#### MANASSAS

703-369-5959  
8569-B Sudley Rd.  
Manassas, VA 20110

#### WARRENTON

540-347-9898  
380 Hospital Dr.  
Warrenton, VA 20186

#### GAINESVILLE

703-369-5959  
7130 Heritage Village Plaza  
Suite 102  
Gainesville, VA 20155



## Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- A brisk walk after lunch - no matter where you are - can re-energize your afternoon.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.

## Sit back - relax - and try to find all 25 words! Good luck!

Take a few minutes to do our word find and test your skills. Try to find all 25 words.

AGE	E	S	E	L	B	A	T	E	G	E	V	T	I	X	S
BLOOD PRESSURE	C	G	O	S	R	O	T	C	A	F	K	I	S	R	C
BMI	E	L	A	C	I	S	Y	H	P	T	E	G	E	K	H
CHECKUP	L	E	A	N	M	E	A	T	S	I	M	B	S	P	O
CHOLESTEROL	H	E	A	L	T	H	C	A	R	E	M	I	T	R	L
EXERCISE	G	N	I	K	O	M	S	T	I	U	Q	B	I	E	E
FAMILY HISTORY	N	O	I	T	I	R	T	U	N	J	D	S	U	V	S
FISH	S	B	L	O	O	D	P	R	E	S	S	U	R	E	T
FITNESS	S	C	H	E	C	K	U	P	N	H	S	I	F	N	E
FRUITS	E	L	K	E	M	O	T	I	V	A	T	E	D	T	R
GET PHYSICAL	N	R	Y	D	Y	E	X	E	R	C	I	S	E	I	O
HEALTH	T	B	I	W	H	O	L	E	G	R	A	I	N	O	L
HEALTHCARE	I	G	O	R	E	D	F	O	R	W	O	M	E	N	H
HEART	F	N	Y	R	O	T	S	I	H	Y	L	I	M	A	F
HEART DISEASE	K	H	E	A	R	T	D	I	S	E	A	S	E	V	Q
KNOW YOUR NUMBERS															
LEAN MEATS															
MOTIVATE															
NUTRITION															
PREVENTION															
QUITSMOKING															
RISK FACTORS															
VEGETABLES															
WHOLE GRAIN															
WOMEN															

From LifeLineScreening.com

[Chocolate and Almond Tuile Cups continued from the front](#)

ing sheet from oven; immediately lift 1 cookie from the hot baking sheet with a wide slant-edged metal spatula. Drape cookie over an inverted teacup and press to create a cup shape. Repeat step with remaining cookies. Let stand 5-10 minutes, or until cooled and crisp. Gently lift cookies from the cups and cool upright on a wire rack. Scrape baking sheet clean and wipe with a paper towel; coat with more butter. Repeat baking steps with remaining batter. Store cookies lightly covered until ready to serve. Fill with fresh fruit or frozen yogurt.

Nutritional facts: (1 cup): 142 calories, 56% fat (9 g; 1 g saturated), 30% carbs (11 g), 14% protein (5 g), 2 g fiber, 45 mg calcium, 1 mg iron, 15 mg sodium