



PRINCE WILLIAM CARDIOLOGY ASSOCIATES

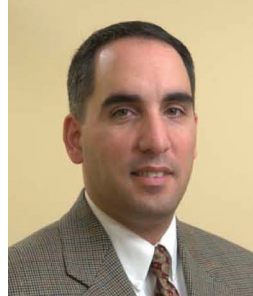
# HEARTBEATS

1st Quarter 2011

*Resolutions for a Healthy Heart*



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## Women and Heart Disease

By Dr. Ara M. Maranian, FACC

Heart disease is the number one killer of women in the United States. About 460,000 women die in this country every year from cardiovascular diseases: heart attack, heart failure, stroke and arterial disease which is about one half of all deaths in women. One third of all deaths in women are due to coronary artery disease. There has been a long misconception that heart and vascular disease are “male diseases” but the statistics do not support this. This concept is slowly being overcome in the medical community but it still exists. While we have seen a dramatic reduction in cardiovascular mortality in the male population, we have not seen as much of an effect with females.

More women die from cardiovascular disease than men every year.

Women typically develop heart and vascular disease later in life than men. The same risk factors that lead to developing cardiovascular disease in men apply to women. High blood pressure, abnormal cholesterol profiles, tobacco abuse, sedentary lifestyles, obesity, diabetes and family history all place patients at higher risk for vascular disease. If you are female and have some of these risk factors, it is important to see your primary care physician or cardiologist to assess your risk for developing cardiovascular disease.

Women tend to have less typical symptoms when they develop cardiovascular disease. While men are more likely to present with chest pressure while

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## Heart-healthy recipe

From [my.hearthealthyonline.com](http://my.hearthealthyonline.com)

### Slow-Cooker Wild Rice Soup

Makes: 6 (1 1/2-cup) servings  
Prep: 30 minutes  
Cook: 6 hours on low or 3 hours on high



#### Directions

1. In a 4- to 4 1/2-quart slow cooker, combine carrots, celery, wild rice, onion, rosemary, bay leaves, lemon peel, and the 1/4 teaspoon pepper. Top with chicken breast halves. Pour chicken broth over all.
2. Cover; cook on low heat setting for 6 to 6 1/2 hours or on high-heat setting for 3 hours. Remove chicken and cool slightly. Discard rosemary sprig and bay leaves.
3. Cut chicken from bone; discard bones. Chop chicken and return to soup along with parsley. Season to taste with additional pepper.

Nutrition facts per 1 1/2-cup serving: Calories 220, Total Fat (g) 3, Saturated Fat (g) .7, Monounsaturated Fat (g) .8, Polyunsaturated Fat (g) .7, Cholesterol (mg) 58, Sodium (mg) 536, Carbohydrate (g) 20, Total Sugar (g) 2.5, Fiber (g) 3, Protein (g) 28, Vitamin C (DV%) 18, Calcium (DV%) 6, Iron (DV%) 12

#### Ingredients

- 2 medium carrots, peeled and chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 3/4 cup uncooked wild rice, rinsed and drained
- 1 medium onion, chopped (1/2 cup)
- 1 small sprig fresh rosemary
- 2 bay leaves
- 1 teaspoon finely shredded lemon peel
- 1/4 teaspoon ground black pepper
- 3 chicken breast halves with bone (about 2 1/4 pounds total)
- 3 14-ounce cans reduced-sodium chicken broth
- 1/2 cups nipped fresh parsley
- Ground black pepper

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*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.*



# Healthy Heart Word Search

## WORD LIST

- AGE
- BLOODPRESSURE
- BMI
- CHECKUP
- CHOLESTEROL
- DIET
- EXERCISE
- FAMILYHISTORY
- FISH
- FITNESS
- FRUITS
- GETPHYSICAL
- GOEDFORWOMEN
- HEALTH
- HEALTHCARE
- HEART
- HEARTDISEASE
- KNOWYOURNUMBERS
- LEANMEATS
- NUTRITION
- PREVENTION
- QUITSMOKING
- RISKFACORS
- VEGETABLES
- WATER
- WEIGHT
- WHOLEGRAIN
- WOMEN

V	Q	N	O	I	T	I	R	T	U	N	O	L	E	S
E	R	U	S	S	E	R	P	D	O	O	L	B	R	I
G	L	S	I	S	T	W	E	I	G	H	T	E	I	C
E	A	E	A	T	A	I	T	O	E	D	B	S	S	H
T	C	W	A	T	S	N	U	A	T	M	V	A	K	O
A	I	H	E	N	E	M	L	R	U	F	E	E	F	L
B	S	R	E	V	M	T	O	N	F	S	L	S	A	E
L	Y	X	E	C	H	E	R	K	I	M	S	I	C	S
E	H	R	F	C	K	U	A	C	I	E	C	D	T	T
S	P	T	A	I	O	U	R	T	N	N	R	T	O	E
N	T	R	E	Y	S	E	P	T	S	C	G	R	R	R
I	E	F	W	I	X	H	I	E	P	E	G	A	S	O
M	G	O	R	E	D	F	O	R	W	O	M	E	N	L
B	N	I	A	R	G	E	L	O	H	W	Y	H	C	W
K	T	F	A	M	I	L	Y	H	I	S	T	O	R	Y

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having their heart attacks, women may not feel the same. They may just feel short of breath. Groups that typically present with “atypical” symptoms include women, patients older than 75, diabetics and patients with previous heart surgery. One reason that women have not benefitted from the treatments we have developed is that fact that their less typical symptoms leads to a delay in diagnosis. As the medical community has become more aware of this fact, we have made great strides in treating cardiac disease in female but still have a way to go.

Awareness is the best way to improve cardiovascular health in our female population. The American Heart Association has developed its “Go Red for Women” movement including “National Wear Red Day” the first Friday of February (which is Heart Health month). This movement has lead to countless women seeking advice from their physicians and screening that has lead to diagnosis/treatment of cardiovascular disease. With vigilance and close contact with your physicians, the mortality of cardiac disease will likely continue to decrease in women in the future. Our physicians will be participating in a Red Dress Day event at Prince William hospital.

If you have any concerns about your possible risk or symptoms that you believe are due to your heart or blood vessels, contact your physician for an evaluation.

## SAVE THE DATE



**Red Dress Event**  
Saturday, Feb. 12, 2011

Plan to attend and learn about women and heart disease at Prince William Hospital.