

As seen in the February 2009 issue of *Indianapolis Woman* magazine

Your Heart Health

KEEP IT A TOP PRIORITY— *Don't miss a beat*

Presenting Sponsor:



St. Vincent
HEART CENTER
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Take It To Heart

*Lessons on living
with heart disease*

Simple Lifestyle Changes

*Take charge
of your heart health*

Not Just a Man's Disease

*Know the unique signs
& symptoms*



WE ALL CAN TAKE OUR HEART HEALTH FOR GRANTED ... UNTIL WE GET A WAKE-UP CALL.



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Dear Reader,

No one expects heart disease to be an intimate part of their lives. The stories of the three women found here in *Your Heart Health — Keep it a Top Priority — Don't miss a beat* show just how profoundly you or a loved one can be affected — often without warning.

Jan Knotts, a 61-year-old nurse listened to her body's subtle signs. Following her instincts saved her life. In one year's time, 48-year-old Melody Wright became a caregiver for three family members who experienced heart attacks. And Gina Jones, age 46, is a heart attack survivor who learned the

value of changing her lifestyle to improve her heart health.

Be an advocate for your heart health. First, learn from these women's stories. Then make a commitment to improve your heart health. Last, take action.

Here are 8 suggestions to get you started:

1. Update your heart knowledge. Read the information in this heart health guide. Learn how to search for and find additional credible health resources to add to those found on page 16.

2. Know your numbers. Make sure you know your cholesterol profile, blood pressure and blood sugar. Talk to your doctor about your numbers and how they relate to your risk for heart disease.

3. Reduce stress. Stress contributes to heart disease. Exercise, meditate and make positive relationships a part of your life.

4. Create a personal health record. Create a written health record including family health history. This is especially helpful in an emergency situation.

5. Have someone be your health advocate. Making medical decisions can be confusing. Identify someone to act as your advocate. Give him or her your power of attorney for health care.

6. Be good to yourself. Make lifestyle choices that are good for your heart and arteries. Many ideas and suggestions are provided in this health guide.

7. Inspire others. Share this copy of *Your Heart Health* with loved ones, friends and family members so they can be heart healthy too.

8. Learn CPR. Call the American Heart Association toll-free at 1 (877) 242-4277 for classes.

Don't be caught unaware. Symptoms of heart disease can be subtle and sudden. Become informed, be in tune with your body — and be heart healthy.

Judy Monroe, M.D.
State Health Commissioner

Committed to Heart Health Care Excellence

We're here when you need us

St. Vincent Heart Center of Indiana is proud to be a partner in your heart health as we pledge our ongoing commitment to the prevention of heart disease, the country's No. 1 health threat to women.

As the presenting sponsor of American Heart Association's Indianapolis Goes Red for Women annual campaign, St. Vincent Heart Center of Indiana joins the nationwide movement that celebrates the energy, passion and power women have to band together and wipe out this devastating disease.

To further aid in this mission, we established the Women's Cardiac Risk Clinic (WCRC) on the campus of St. Vincent Heart Center of Indiana at 106th and North Meridian. Run by a team of female cardiologists, the clinic has one goal — preventing the development of heart disease in women.

Named by HealthGrades as the No. 1 provider of overall cardiac care, cardiology, cardiac surgery and coronary interventions in Indiana for the fourth consecutive year (2006-2009), St. Vincent Heart Center of Indiana is honored that more than 8,400 women chose us to serve their cardiovascular needs last year.

We are continuing to work to make good heart health an important part of women's lives. That's why we're offering our HeartScan for just \$99. By having a HeartScan at either our 106th and North Meridian or 86th Street locations, you can identify your

risk for heart disease and make lifestyle changes that will greatly reduce your chances of suffering a heart attack, stroke or other forms of cardiovascular disease.

The scan is fast, safe, and painless ... so if you're a woman over the age of 40, HeartScan is a great way to give yourself and your family greater peace of mind.

For more information or to set an appointment, call (317) 583-5151 or visit www.heartcenter.stvincent.org.

Although we hope you won't need us, our physicians and team members stand ready to provide the highest standard of patient care and service. St. Vincent Heart Center of Indiana. The best heart care in Indiana. Period.

Share our vision for heart health excellence,

John Stewart
President and CEO
St. Vincent Heart Center of Indiana



YOU ONLY HAVE ONE HEART

And your life depends on it

(Answers on page 7)

Statistics show that heart disease is the No. 1 killer of both men and women. But that's only part of the story. Heart disease and failure affects the people we know and love.

Test your knowledge about heart health. Then read on so you know what changes to make to be heart healthy.

1. Women may experience unique symptoms of heart attacks. True False
2. Blood pressure is within a normal range when your systolic blood pressure (top number) is less than 140 and your diastolic blood pressure (bottom number) is less than 90. True False
3. More effective treatment for strokes is possible when emergency medical treatment is within five hours of the onset of symptoms. True False
4. Sleep apnea is often undiagnosed and does not really pose any serious health problems. True False
5. Stress that can increase your risk of heart disease should be a concern at any age. True False
6. Exercise can be effective for reducing the risks of heart disease even if it's done for 5 to 10 minutes each time for a total of 30 minutes. True False
7. To open a blocked artery, a stent remains permanently in the artery to ensure adequate blood flow. True False
8. If symptoms for a heart attack go away, it is not necessary to seek medical attention. True False
9. A viral illness may cause heart failure. True False
10. Only adults need to have their cholesterol checked since children can't have high cholesterol. True False

The Best Gift of All:

Years added to your life

by Cheri Daniels, First Lady of Indiana

Like many women, for years, I was under the misconception that heart disease primarily affects men. It took a very personal loss — the death of my mother from cardiovascular disease — to motivate me to learn more about this serious threat to women’s health.

I discovered that more women need to be encouraged to take time to care for their hearts. As a result, I have teamed up with the State Department of Health’s Office of Women’s Health to focus on the critical issue of women’s heart disease through an initiative called Heart to Heart.

Heart disease is the No. 1 killer of women in Indiana. In fact, more women die from cardiovascular diseases than from all forms of cancer combined. It does not discriminate against age or race and can affect you and your family without any warning signs.

It is time for Hoosier women to make a change. Together, we can empower one another to live heart-healthy lifestyles. We must take control of our heart health and learn the risks of developing heart disease. Though some risk factors for heart disease cannot be controlled, other behaviors can be modified in order to reduce one’s risk.

By quitting smoking, exercising for 30 minutes several times a week and making wise food choices, you can dramatically improve your health and decrease your risk for cardiovascular disease. Also, be sure to schedule regular visits to your doctor to monitor your health. These minor changes to your daily routine can help add years to your life.

We have made significant advancements in raising awareness about this deadly disease, but there is still plenty of work to do. Evaluate what adjustments you might need to make in your own life, then take some time this month to have a heart-to-heart conversation with your mother, daughter, sister or best friend about the importance of living a heart-healthy life.

It is time for women to no longer be victims to heart disease. Each year on Valentine’s Day, give the best gift of all to your loved ones: Recommit to keeping a healthy heart. ♡



AM I HAVING A HEART ATTACK?

Women may experience unique symptoms

More women die each year of cardiovascular disease than the next five causes of death combined. In fact, one in every three women will die of heart disease this year. Picture the three most important women in your life. Is it your sister? Your mom? Your best friend?

Timely treatment is crucial to saving the lives of the women we love, yet many avoid or delay seeking medical care, perhaps out of denial or not being aware of both typical and atypical heart attack symptoms.

Some heart attacks are sudden and intense — the “movie heart attack” — where no one doubts what’s happening. But most heart attacks start slowly with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Know the signs and symptoms of a heart attack:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This feeling may occur with or without chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone you know shows signs of a heart attack, don’t wait. Call 911 immediately. Never try to drive yourself to the hospital during a heart event.

Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out by a doctor. Be proactive about your heart health. Doctors often hear that a woman is stressed, tired and experiencing shortness of breath or chest pains. They might misdiagnose “panic attacks” instead of performing the appropriate diagnostic tests to investigate whether she has heart disease. Listen to your heart. If something doesn’t feel right, don’t be afraid to get a second opinion. ♡

Source: American Heart Association, www.americanheart.org.



Know Yourself, Know Your Heart

Jan Knotts strives to increase awareness after being diagnosed with heart disease

by Ladan Nekoomaram

One woman dies every minute from heart disease, according to the American Heart Association — a fact that became very real for Jan Knotts.

Heart disease, sometimes a silent killer, can produce subtle signs that can arise from genetics and lifestyle choices, experts say.

For Knotts, 61, planning ahead and listening to her body saved her from being another woman lost in a minute to heart disease.

A nurse at The Heart Center, Knotts says, “We think it will never happen to us.” So, one of her greatest concerns is getting women to understand they can’t put off taking care of themselves.

“I am educated in cardiac issues, and I still waited to take action,” she admits. She first noticed a frequent pain in her elbow and shortness of breath during daily activities, including shopping with her daughter.

“My daughter and I shop till we drop, but I was dropping a lot quicker than I used to. It’s really important to know yourself and get checked out,” she says.

For Knotts, heart disease was something all too familiar. Her sister had suffered a heart attack, and her father and grandfather died from heart disease. Due to her family history, her doctor recommended a heart catheterization as the most definitive test.

The test allowed her to see blockages in her arteries that could cause heart attacks. Hers indicated a need for more than a lifestyle change.

“My block was in an area where it could not be stented,” Knotts says. She was admitted for a double bypass surgery in March 2007, just a week after the test. Although the mention of surgery can deter women from getting checked, Knotts was ready to improve her heart health.

“Bypass isn’t nearly as horrific as people think in their minds,” she says. She was in and out of the hospital in less than a week and even admits she continued to go to work until the day before surgery.

“I didn’t have much anxiety. I was at the point where I just wanted to get it done,” she says. The support of her family and her faith kept her positive through the process.

“For me, it was a win-win situation, although my family was scared to death,” Knotts says.

After her surgery, she immediately started walking every day and attending The Heart Center’s cardiac rehabilitation program. She committed to a balanced diet with a reduced amount of fat, red meat and fried foods. Most importantly, she paid better attention to herself.

“I think I would have gotten a heart attack within months of my test if I didn’t take action,” she says. “I want women to know that even if they don’t have to have major symptoms, don’t disregard them. We as women see ourselves as caregivers, but we often don’t care for ourselves.”




OUR HEARTS. OUR CHOICE.

*5 ways to reduce your risk
of heart disease*

Heat disease is the No. 1 killer of American women. That’s a scary statistic, until you factor in the good news: Heart disease is largely preventable. It’s not hard to reduce your risk for heart disease.

Start today with small, simple choices:

- 1. Know your numbers.** Every woman should know her current readings on total cholesterol, LDL and HDL cholesterol, triglycerides, blood pressure, fasting glucose, height, weight and waist circumference. Be proactive, and ask if it’s not a part of your yearly screening protocol. Discuss the results with your doctor, and take the Go Red Heart checkup at www.goredforwomen.org.
- 2. Celebrate with a checkup.** You’re never too young to have heart disease. Let each birthday remind you it’s time for your yearly checkup.
- 3. Get off the couch.** You don’t have to be an athlete to lower your risk! Moderate activities, such as walking, gardening or housework for at least 30 minutes on most days, can help your heart.
- 4. Avoid smoking.** Can’t go cold turkey? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!
- 5. Make healthy food choices.** Eat vegetables and fruits, whole grains, high-fiber foods, lean meats and poultry, and fat-free or 1 percent dairy products. For average Americans, limit your salt intake to 2,300 mg of sodium a day. 

Source: American Heart Association, www.americanheart.org.



IN THE BEAT OF THE MOMENT

Improve your chances of surviving a heart attack

by Ladan Nekoomaram

Every second counts after you feel the symptoms that accompany a heart attack. The National Heart, Lung and Blood Institute says half of heart attack deaths occur within one hour of the onset of symptoms and before the patient reaches the hospital. The most effective way to survive during a heart attack is to respond as quickly and calmly as possible to the warning signs.

Don't delay; get prompt medical attention. Call 911, even if the symptoms appear to go away momentarily. "That's the first thing you should do," says Dr. Tom Schleeter, cardiologist for the St. Vincent Heart Center of Indiana. "People are leery, but one of the main purposes of emergency rooms is for heart attacks."



Tom Schleeter, M.D.

Calling 911 is recommended over trying to drive your loved one to the hospital. Emergency Medical Services can begin treatment on the way to the hospital. Avoid the high risk of an accident occurring on the way to the hospital.

While waiting for an ambulance, take aspirin or nitroglycerin — if you have a prescription — limiting movement and getting as comfortable as possible. Most importantly, remain calm. "The calmer you are, the better the situation usually goes," Schleeter says.

Getting prompt care during a heart attack also can reduce the amount of scarring or damage to the heart that can take place once the patient has recovered.

"If you sit at home and ignore the signs, you can bring significant damage to your heart, and it will be hard to get better," Schleeter says. "Get to the hospital once you show symptoms, reduce heart damage and get taken care of." ❤️

Talk to Your Doctor

Q-and-A with Cardiologist
James Hermiller, M.D., FAcc, FScAI

The Care Group, LLC, St.Vincent Heart Center of Indiana, Director of Interventional Fellowship Program, and Director of Cardiac Catheterization Laboratories, St.Vincent Hospital

by Deb Wezensky



Q: Why are regular visits important for your health?

A: Preventative care reduces your chance of disease. Early detection increases the effectiveness of your treatment. Often symptoms of diseases appear more slowly, and patients often minimize their symptoms. The details you share with your doctor can be key to your diagnosis. Routine lab work can help identify illness in earlier stages.

ized testing may be performed based on your doctor's initial findings. Invasive testing, such as a heart catheterization, may be performed when more in-depth information about your heart is needed to determine appropriate treatment.

Q: How does a cardiologist diagnose heart disease or failure?

A: Your medical history exam, lab work and physical exam will help detect any heart disease. Few patients with heart, cardiovascular disease, have the "Hollywood heart attack." Symptoms can be vague like fatigue, shortness of breath, headache or toothache. Stroke symptoms can be uniquely experienced too. Heart failure is when the heart is not able to meet the demands of the body so that the ability to do routine things declines. This can be due to an unsuspected heart attack, high blood pressure, a viral illness or a congenital condition. Symptoms may include swelling around the ankles or shortness of breath. Women, around the time of pregnancy, may develop heart failure, called postpartum cardiomyopathy. Fortunately, a significant number of these women will be normalized. However, they are at high risk for developing heart failure during pregnancy.

Q: How does a treatment plan improve my heart health?

A: It's definitely a team effort. Patients need to be committed to making the necessary changes, as well as comply with the doctor's treatment plan. Go to routine checkups and take medications as prescribed. To decrease the effects of heart disease, make healthier lifestyle choices such as eating heart-healthy food, quitting smoking and exercising regularly. If the heart disease is due to a coronary blockage, routine stress tests will determine if the heart continues to receive adequate blood flow.

Q: What can you expect from initial visits with a cardiologist?

A: Your first visit will include a relatively lengthy medical history interview. Your physician will pick up on the more subtle symptoms based on the details you provide. A physical examination is performed. Testing often includes an EKG that provides an 'electrical signature' of your heart. This simple test can determine the health of heart rhythm, evidence of heart damage or if there are congenital abnormalities. More special-

Q: What are 10 steps to getting effective health care?

1. Make preventive health care a priority: Exercise and visit your doctor regularly.
2. Keep a written family medical history; include personal medical records.
3. List the prescriptions you are taking, including over-the-counter medications.
4. Write down your specific symptoms and when you experience them.
5. Use the time with your doctor wisely.
6. Write down specific questions you have. Talk about them with your doctor.
7. Ask your doctor about new medical procedures and tests.
8. Keep written records that show the results of your tests.
9. If necessary, get a second opinion, if you are uncertain about your care.
10. Ask what additional resources your health care provider can recommend. ❤️

QUIZ ANSWERS

(from page 3)

1. **True.** Often women do experience some of the same symptoms as men such as chest discomfort, discomfort in other areas of the upper body and shortness of breath. However, women may also experience other common symptoms like nausea/vomiting, back or jaw pain and particularly shortness of breath.

2. **True.** A systolic blood pressure less than 140 and a diastolic blood pressure less than 90 is not considered high blood pressure, or hypertensive. However, optimal blood pressure is systolic (mmHg) below 120 and diastolic (mmHg) below 80.

3. **False.** You must respond to the signs of stroke to keep the critical supply of blood flowing to your brain. Seek treatment within three hours of the onset of symptoms to avoid the risks of permanent disability or death.

4. **False.** Ten percent of Americans who suffer from sleep apnea are undiagnosed. Sleep apnea may be an underlying cause of heart disease, according to the Women's Heart Foundation.

5. **True.** Patients in their 20s can suffer with heart issues due to unalleviated stress.

6. **True.** Exercise done for 30 minutes a day, most days of the week (four to six days) is effective even if you when you exercise moderately for five minutes here, 10 minutes there — as long as it adds up to 30 minutes each day.

7. **True.** A stent is a wire mesh tube that remains in the artery to make room for blood to flow more freely. However, during a balloon angioplasty, the balloon is removed from the body after it is used to unblock the clogged artery.

8. **False.** Even if heart attack symptoms go away momentarily, immediately call 911 and get emergency medical attention.

9. **True.** Heart failure is when the heart is not able to meet the demands of the body and can be due to a congenital condition or viral illness.

10. **False.** There is evidence that the buildup of fatty plaque in arteries starts in childhood. Children from high-risk families should have their cholesterol levels checked, according to the American Heart Association.

Is Your Heart Healthy?

Tests your doctor can perform

by Ladan Nekoomaram

Hospitals offer many types of tests to detect heart disease and blood clots. Most are fast, painless and noninvasive. Women with diabetes, high blood pressure and a family history of heart disease especially should be tested. Those who are overweight, smoke and post-menopausal should schedule heart tests as well.

The first step to saving your life is having heart screening tests performed to know your heart's condition.

Echocardiogram or Echocardiographic Stress Test: Uses sound waves to create a moving picture of the heart. The echo technologist takes images from different parts of the chest to get several views of the heart. During exercise, our coronary arteries should dilate if there aren't any blockages. The echocardiographic stress test is the same as the echocardiogram except it involves an exercise component: rest, stress and repeat to examine the heart while it's still beating fast.

The HeartScan: Measures the amount of calcified plaque buildup in the heart's arteries. It's a simple, noninvasive test lasting no more than 30 minutes. The benefit to these types of tests is not only that they're painless but use very minimal radiation. You will not have to go through any preparation and will be able to view your results following the test.

T.E.E. (transesophageal echocardiogram): Images are taken of the aorta and heart itself to look at holes in heart chambers and plaque in the aorta. The throat is numbed and an echo transducer is positioned at the end of a flexible tube to take images of the

heart. The procedure can be used to detect strokes and gives more detailed pictures of the heart. The procedure is painless and lasts about 30 minutes.

Adenosine Stress Cardiac MRI scan: Determines if the heart is getting adequate blood flow. Patients are injected with a small amount of contrast material that illuminates blood vessels and organs supplied with blood. The physician can see whether or not the vessels expand when experiencing a stressor or slow blood flow to vital organs.

Cardiac Catheterization: Is used to detect artery blockage, blood pressure and evaluate heart muscle function. Dye is injected into the blood vessels through a catheter and examined with the aid of X-rays. The most common type is a coronary angiogram and is the best test to detect coronary heart disease.

CTA (CAT Scan Angiogram): Allows doctors to see detailed images of coronary arteries. It is less invasive than a traditional angiogram.

Isotope Stress Test (Nuclear or Thallium): Is used to determine how effectively blood flows to the heart muscle tissue. A nuclear isotope is injected into the patient and travels to heart muscles with the blood flow.

Other indicators include taking an at-home blood pressure test, EKG to measure the electrical activity of your heart over time and cholesterol screenings. Often, local pharmacies offer cholesterol tests to promote heart health. ❤️

Keeping It Real

Melody Wright learns how to balance caring for others and herself

by Ladan Nekoomaram

MMelody Wright has experienced what we hope never to face with any family member: Her father, sister and mother-in-law each were treated for heart complications in 2008. “We have a strong family history of heart disease,” Wright says.

Her father’s first heart attack occurred 10 years ago; he experienced blockage in his “widow’s arteries” and partial atrophy in the lower region of his heart. His treatment included placement of multiple heart stents, the implant of a pacemaker and regular follow-up visits to the St. Vincent Heart Center to monitor his progress.

“I can’t drink caffeine because my heart races, so my father always told me out of my three sisters and me, I would be the one to have his kind of heart,” Wright says. However, her sister was the one who experienced a heart attack last year. A few months later, in November, her mother-in-law had a heart attack.

Since they each needed support and care, Wright learned how to help her family members live with heart disease.

When more than one family member is faced with heart problems, Wright says, it’s important to stay organized and keep in constant communication with them and the rest of their support community.

“Family meetings are a must,” says Wright, who encourages her loved ones to continue exercising during those gatherings.

When everyone is on the same page, the support group can come up with what’s best for the loved one, she says. By continuing to discuss progress made with the rest of her family, together they can motivate her father, sister and mother-in-law to stick with their plans for recovery.

“It’s sometimes a generational thing. You have to remind them, especially if they’re older, that they need activity that increases their heart rate and just moving their arm isn’t going to cut it,” she says.

Education for caregivers is just as important as for the patients. Wright knows what medicines her family members have to take

and what exactly they’re used for in the event they need help staying with their treatment plans. Support from organizations like the American Heart Association provides helpful suggestions, like coordinating medical appointments, if possible, to help manage multiple recovery plans.

As a caregiver, you can get discouraged, she admits.

“There will be times where they will just tell you what you want to hear and are losing their commitment to change,” Wright says of those living with heart disease.

It’s important to keep your own schedule or system to check on the patient’s progress. She also recommends being realistic in your expectations as a caregiver. You can get help doing that by speaking with their doctor, therapist and other supporting resources.

Wright keeps a written log of her family members’ health activities and shares the information with the rest of the support community.

While being there for your loved ones is vital for their recovery, it’s important to also maintain your own personal well-being — even if that means spending some time away from family.

“Make time for yourself, even if it’s just 30 minutes,” Wright says. “You’re not doing anybody any good if you’re not taking care of yourself, too.” She spends time with friends unassociated with the family, as well as her church, to help alleviate stress. She found the help of her pastor the most significant when caring for her family.

Being a caregiver also can be a wake-up call for your own personal health changes.

“Caring for my family really made me see the importance of checking up on your health instead of waiting for something to happen,” she says. ☺



Melody Wright



TREATING HEART DISEASE

Understand your options to make informed medical decisions

by Ladan Nekoomaram

After learning you have heart disease or suffered a heart attack, the question becomes, what’s next? There are many alternatives that can be discussed with your doctor. From surgery to medication to new developments in science, medical advances and research have enlightened us on the many ways to save our hearts.

The most common procedures for treating heart disease include:

> Stent procedure, which consists of a wire mesh tube that probes open an artery during an angioplasty, permanently making room for blood to flow in a clogged artery, according to the American Heart Association.

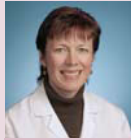
> Balloon angioplasty is a procedure that involves inserting a balloon that expands and opens the artery to make room for blood flow. Unlike a stent, the balloon is removed from the body.

> Bypass surgery is the most effective way to manage blockage of blood to the heart muscle, according to the AHA. The surgery can involve more than one bypass at one time. Arteries or veins from other places in the body are grafted to the coronary arteries in order to create a new passage for blood flow to the heart.

Other surgeries and procedures include

transmyocardial revascularization (TMR), artificial heart valve surgery and laser angioplasty, which uses a laser tip to vaporize plaque buildup.

Your cardiologist will recommend the most appropriate treatment plan based on the severity of symptoms and the extent of the heart damage.



Elaine Moen, M.D.

Together, you can discuss all resources rather than limiting yourself to only surgery or only medication. Stick to the medicine, lifestyle changes and cardiac rehabilitation program for positive results.

“If the clog is in an area too dangerous to put a stent, the patient will need to undergo bypass surgery,” says Dr. Elaine Moen, an interventional cardiologist for St. Vincent Heart Center of Indiana.

“It’s important to have surgery and medication rather than just one or the other,” Moen says. “We usually recommend taking aspirin and beta blockers along with cholesterol medicine after surgery.”

Other cholesterol reducers and blood thinners could be prescribed, and all prescriptions should be strictly followed.

St. Vincent Heart Center of Indiana continues to explore newer developments in heart surgery, Moen says.

“We’re trying more trials to grow arteries with multi-donor stem cell therapy,” Moen says. This study is still investigational and not yet approved by the Federal Drug Administration.

Patients who suffer from damaged arteries from blockage or heart attacks have the chance to create new healthy arteries in place and repair damage to the heart muscle.

An angiogenesis trial, in which procedures are undertaken to help heart muscle grow back in heart attack patients, also shows promise, Moen says.

“Another study involves using a staple-like device as a way of fixing microvalves that leak,” Moen says.

While the FDA is reviewing the initial results of the few enrolled patients, it may allow more patients to enroll at a later date, Moen says.

Working with caregivers and trustworthy hospitals can increase your chance for survival, recovery and hope for new advances in heart health. ♥



Partner With Your Pharmacist

Getting the most from your medical treatment

by Erin Albert, MBA, PharmD, JD Candidate, Assistant Professor, Director Ribordy Center for Community Practice, Butler University College of Pharmacy & Health Sciences

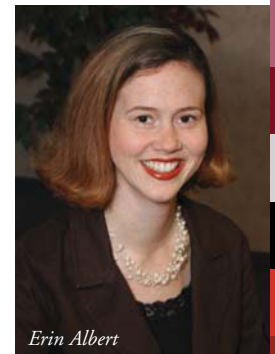
When working with your health care providers to prevent or treat heart disease, just remember the acronym HEART:

Have a heart-to-heart talk with your pharmacist. Do you have one pharmacist or many? If you frequent different pharmacies, you could be robbing yourself of the best care available. Your pharmacist must know everything you take in order for you to minimize drug-drug interactions and partner with you to optimize your therapies and help you with strategies on diet and lifestyle modifications. Many pharmacists will sit down with you one on one for a total medication evaluation — just ask.

Economics and cost of medication are really important. However, if you go to many different pharmacies for the best price, again, you might be doing yourself a disservice. Try shopping for the best price in town, then asking your (hopefully one and only) pharmacy for their best price. This avoids running to several different pharmacies, and gives your pharmacy complete information on you and your medications so your pharmacist can watch for medication interactions while giving you the best prices available.

Adhere to your doctor’s treatment plan. Medication adherence is critical to optimizing your health. Adherence

rates fall as the number of medications per day you take increases. If you have to take a lot of medication, partner with your pharmacist to strategize ways to help you remember to take your medication.



Erin Albert

Reduce side effects of medication. Ask your doctor and pharmacist what side effects to monitor when starting any new medication. Should you take the medication at a certain time of day? Take with meals or without? Is there anything you should avoid while taking the medication? Ask questions. If you do experience side effects, talk to your doctor or pharmacist about how to minimize them; be sure to include what over-the-counter medications and herbal supplements you take.

Take your blood pressure on a regular basis. Consider buying a home blood pressure monitor, which many pharmacies stock and sell, or, take your blood pressure at the pharmacy each time you pick up your medications. Keep a log your BP results (ask your pharmacist for a blood pressure card) and take it every time you see your doctor. ♥



*Two heart-healthy recipes from Executive Chef
Marc Tromble, McCormick & Schmick's
Seafood Restaurant*

Cooking Light, Eating Well

It's as easy as 1, 2, 3

by Deb Wezensky

Mark Tromble, McCormick & Schmick's executive chef, regularly practices the philosophy that when you cook with fresh, healthy ingredients, less can be more — delicious and nutritious.

Here are a few of his tips for cooking lighter and healthier:

1. Keep it simple. Use four to five fresh, healthy ingredients. Balance meal plans with a variety of fresh vegetables, fruit, poultry, higher grades of tuna, salmon and other heart-healthy fish, as well as leaner cuts of red meat.

2. Replace traditional creamy, heavier sauces with vinaigrettes and seasonings, such as herbs, fresh lemon and lime juice. Add a dash of spice with condiments, such as wasabi, a type of Japanese horseradish, or chili paste.

3. Substitute butter with a variety of savory oils. Cook with vegetable oil, which tolerates higher heat levels. Olive oil, which has a lower tolerance to high heat, can be used to add a finishing touch to your dishes. Add vegetable oil to stronger flavored oil, such as sesame, to add just the right essence to your dish.

Enjoy healthy eating:

1. Start meals with lighter flavored foods and move to richer tasting dishes.

2. Add interesting contrasts to your meals. Complement heated entrees with cooler dishes, such as vegetable salads and fruit medleys.

3. Be willing to experiment. Cooking well is a process of trial and error. As a beginner, learn about the “science” or process of cooking. Then try new recipes.

Start by preparing Tromble's Sesame Crusted Ahi Tuna and Grouper with Tomato and Artichoke Bruschetta for your family and friends. The results of your culinary efforts will be evident in their smiling faces.

Bon apétit! 🍷

GRILLED GROUPEL WITH TOMATO, OLIVE AND ARTICHOKE BRUSCHETTA

- 4 7-ounce grouper fillets or any other meaty flesh fish
- 1 pound fingerling potatoes
- 4 ounces spinach
- 2 roma tomatoes
- 1 cup canned artichokes, quartered
- ¼ cup niçoise olives, sliced
- 5 basil leaves, chopped
- 1 ounce white balsamic
- 1 ounce olive oil
- Juice from half a lemon
- ¼ teaspoon orange zest
- ½ cup red onion, sliced
- 1 garlic clove, chopped
- Salt and pepper to taste

Tomato, olive and artichoke bruschetta: Take roma tomatoes and cut into eighths and seed. Mix the quartered artichokes, red onions, niçoise olives and the chopped garlic. In a separate bowl, mix the balsamic vinegar, lemon juice and orange zest. When mixed well, slowly drizzle the olive oil until combined. Pour dressing over tomato mixture and finish with fresh chopped basil, salt and pepper.

Potatoes: Cut fingerling potatoes in half then season with olive oil and chopped herbs. You don't have to peel fingerlings unless you wish. Bake the potatoes in oven at 350 degrees until tender. Make sure to cook fingerling potatoes skin side down.

Spinach: Steam spinach and season with salt and pepper

Fish: Rub grouper with olive oil, salt and pepper. Grill grouper until inside of fish reads 130 degrees with a thermometer.

To finish plate: Place some of the spinach on the bottom of the center of the plate. Then place fingerling potatoes on top of the spinach. Rest grouper on top of potatoes with some of the bruschetta on top of the fish and around the plate. 🍷



SESAME CRUSTED AHI TUNA

- 4 8-ounce ahi tuna fillets
- 1 cup mixed black and white sesame seeds
- 4 teaspoon wasabi powder or pre-packaged wasabi
- 4 ounces pickled ginger
- 4 ounces low-sodium soy sauce
- 2 ounces sesame oil
- 2 cups wakame cucumber salad

Tuna: Season tuna with salt and pepper then dredge tuna fillets in sesame seeds to cover all flesh. In a very hot sauté pan, drizzle 1 ounce of sesame oil, then sear tuna at very high heat on each side for 30 to 45 seconds, depending on the thickness of fillet, for rare temperature. Cook longer, if desired.

WAKAME CUCUMBER SALAD

- 1 cup pre-made wakame seaweed salad
- 1 cucumber sliced at angle
- 1 cup shredded carrot
- ¼ thinly sliced red onion
- 3 ounces rice wine vinegar
- 3 ounces sesame oil
- 1 teaspoon sambal chili paste
- 1 tablespoon sugar

Salt and pepper to taste

Take the wakame seaweed salad and mix with 1 sliced cucumber, shredded carrot and red onion. In separate container, mix chili paste, sugar and rice wine vinegar. Slowly drizzle sesame oil into mixture until everything is combined well. Finish vinaigrette with salt and pepper to taste. Pour vinaigrette over salad mixture and mix well.

To finish plate: Tuna can be served hot or chilled. It's best either way to let tuna rest for a couple of minutes before cutting. With a very sharp knife cut very thin slices of the tuna. Take a mound of the wakame salad mixture and place in center of plate. Place slices of seared tuna around the salad mixture. Take wasabi and place around tuna, as well as pickled ginger and soy sauce for dipping. ♡

Women, Heart Health and Diet

Tips to reduce your risk
for heart disease

by Carolyn Burdsall, RD, Hendricks Regional Health

Heart attack, stroke and other cardiovascular diseases can be devastating to women. Coronary artery disease, which causes heart attack, is actually the leading cause of death for women in America.

The American Heart Association has identified several risk factors for heart disease. Some of these — such as increasing age, family health history and race — are beyond a woman's control. But adopting a healthy lifestyle by modifying diet and adding activity can go a long way toward decreasing other risk factors, such as high cholesterol, high blood pressure and carrying extra weight.

The following steps can get you moving in the right direction:

- **Maintain a healthy weight.** To lose weight, focus on small but high-impact changes that can be maintained, rather than following the latest fad diet. Start by decreasing your intake of “empty calorie” items like desserts, snack foods and soda, which give us calories without much nutritional value in return. Pay attention to portion sizes; even healthy choices can provide more calories than we need if we eat too much.

- **Stay away from the unhealthy stuff.** Decrease your intake of saturated fats, trans fats and cholesterol by eating less fatty meat, high-fat dairy products, fried foods and packaged foods. Also, try to cut back on salty convenience foods and cured meats, and consider getting rid of the salt shaker on your table.

- **Eat more of the good stuff.** Eat more fish and poultry without the skin and lean red meat (round, sirloin or tenderloin). Bake, broil or grill most often. Include skim or 1-percent milk and cheeses, and low-fat or nonfat yogurt in your diet. The calcium and vitamin D found in dairy products is especially beneficial for a woman's bones. Try to eat at least five servings of fruits and vegetables each day. Choose cereals, breads, rice and pasta made from whole grains, like 100 percent whole-wheat varieties.

- **Get moving!** Exercise at a moderate intensity for at least 30 minutes most days of the week. If you can't find 30 continuous minutes, work to add five to 10 minutes here and there throughout the day. Think of ways to burn more calories, such as parking farther away or taking the stairs instead of the elevator.

Consult with a registered dietitian that can show you how to incorporate heart-healthy practices into your daily routine. See page 16 of this women's health guide for resources that can help you be heart healthy. ♡



Carolyn Burdsall



As Simple as ABC

Adopt changes that can save your life

by Ladan Nekoomaram

Nearly 39 percent of all U.S. female deaths occur from cardiovascular disease. Among men and women, the Centers for Disease Control and Prevention say, heart disease is the No. 1 killer in America. When faced with heart disease, changing your lifestyle can be as simple as ABC — and it also can save your life.

The American Heart Association suggests these lifestyle changes to decrease your risk for future heart problems:

- A**void tobacco use,
- B**ecome more active and
- C**hoose good nutrition

Although the steps toward a healthier heart seem like points you've all heard before, there are pieces of advice we often overlook.

Be physically active

"It's almost become automatic not to do physical activity," says Dr. Michael Barbara, medical director of Westview Healthplex Sports Club and director of the Indiana Diet and Nutrition Center. Work schedules, weather and time are used to excuse inactivity. However, the growing number of health clubs in the Indianapolis area eliminates those excuses. Home cardio equipment and

daily walks can replace a trip to the gym.

The best exercise strategy: cardio and consistency. Physicians recommend 30 minutes of cardiovascular activity from two to five times a week, burning about 2,000 calories per week. "The best activities involve moving the body through space," Barbara says. "It's been shown that cardiovascular mortality goes down in diabetic women the more miles a week they walk."

Maintain a healthy weight

According to the American Heart Association, among the U.S. population ages 20 and older, 142 million — or nearly half — are overweight or obese. Through a weight management program and by following your doctor's advice, you can change harmful habits, lose excess weight and improve your heart health. A personal trainer or wellness coach can help motivate you to exercise so you can maintain a healthy weight.

"With a written and spoken plan that we help clients follow, they will have more success," says Loren Stivers, health educator and wellness coach at Westview Healthplex. "Chances are if they get right on it without a plan, they will be less successful."

Eat heart-healthy foods and limit alcohol

Your diet should include five servings of fruit and vegetables a day, along with fish, white meat, whole grains and plant-based foods. Anything containing high fiber, high antioxidants, omega 3 fatty acids and low saturated/trans fats is helpful as well. The American Heart Association says drinking too much alcohol can increase your blood pressure and lead to heart failure. Limiting alcohol to one drink per day can lower your risk for heart disease.

Manage stress

Stress is a major contributor to heart issues, as well as other health risks.

"You must manage your stress. I've seen patients in their 20s with heart issues due to stress," Barbara says. Common practices like meditation, talk therapy and exercise can reduce stress. Focus on reducing stress in the two largest causes of stress: finances and relationships.

The power to change is in your hands. Take time to improve your heart health. Start by making one positive lifestyle change today. ♥

HEALTHY SLEEP

Are you getting enough rest?

by Deb Wezensky

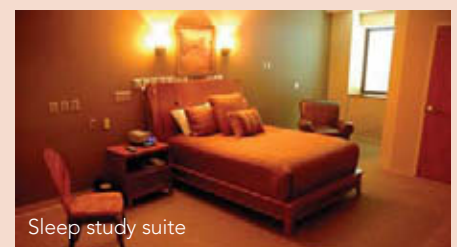
Sleepiness due to chronic lack of adequate sleep is a big problem in the United States affecting children as well as adults.

Children and adolescents need at least nine hours of sleep each night. Most

adults need approximately eight hours of sleep each night, according to the National Heart, Lung and Blood Institute.



It is estimated that about 10 percent of the population have undiagnosed sleep apnea, which may be an underlying cause of



Sleep study suite

Listen to Your Heart

Gina Jones learns this lesson the hard way

by Ladan Nekoomarma



Gina Jones

Gina Jones survived the effects of a heart attack for nine hours before she even knew what was happening.

Today, she understands the importance of awareness and commitment to keeping her heart healthy.

The first sign of her heart attack started with a whizzing sound coming through her chest. She later learned she was hearing her blood trying to force its way through a clogged artery. “It came as a huge surprise,” says Jones, 46. “I had been having flu-like symptoms for quite some time, but no one had suggested anything was wrong with my heart.”

In 2004, Jones was admitted for open-heart surgery, just three years after her heart attack. She later learned she had a family history of heart disease and decided to take steps to change her life.

As part of her recovery, Jones discovered new ways to enjoy old foods with her strict low-sodium, low-fat and low-cholesterol diet. “I tried new spices and started replacing salt with pepper. I learned I really like sweet basil,” she says. “I realized, *OK, this does have enough flavor without me sprinkling salt.*”

Another facet of her diet change is portion size.

Jones says she isn't doomed to bland-tasting foods. She just has to enjoy what she loves in moderation. “It's made the diet a lot easier because I can enjoy one bite of

something here and there and really savor it,” she says.

Her personal battle with heart disease and diet change has also inspired her family to change its habits. “My sister used to eat a big three-egg omelet every day. But now she limits it to one egg yolk and two egg beaters with the omelets she loves,” Jones says. She also notes that her mother has replaced bacon drippings with different types of broths.

Jones' exercise routine changed to one with more cardiovascular activity. She follows her doctor's advice to exercise for 30 minutes, three to five times per week.

“I got myself a mini trampoline after my surgery. When it's bad outside, I bounce or walk on it, and it helps with my stamina,” she says. She also positioned her stationary bike near the TV, so instead of sitting, she remains in motion while still watching TV.

“My exercises have really helped with my breathing and ability to walk further distances,” Jones says.

Over time, Jones also learned to manage her stress.

After 14 years, she quit working a stressful job, just prior to her first heart attack. She had often felt sick on the job and now realizes that it was evidence of her heart disease. Her current work schedule allows her time to alleviate stress.

“I work evenings as a legal secretary and it keeps me away from the hustle and bustle of

the workday,” she says. She also noted that her firm has always been supportive and open to her needs if she has to shift her hours.

Jones is one of the lucky survivors of a heart attack, but along the way she learned some lessons the hard way.

Despite her physician's advice, she had stopped taking her medication regularly when she tried to have a baby, which caused additional health issues. “I know now that whatever she says, goes!” she says. She advises those with heart disease to make sure they heed their doctor's advice, including taking the proper medication.

Making positive changes in Jones' lifestyle has paid off.

“It really makes all the difference in the world in making your heart stronger,” she admits. ❤️

heart disease reports the Women's Heart Foundation.

Sleep-disordered breathing also increases the risk of high blood pressure, heart failure, coronary artery disease, stroke and diabetes.

“Research has shown a link between sleep-disordered breathing, or obstructive sleep apnea, and cardiovascular disease,” says Joe Howe, Process Leader of The Sleep Center of Indiana at St. Vincent Heart Center of Indiana.

“We have seen this correlation with our guests at The Sleep Center,” he adds. “Seventy-five percent of our guests, with some form of cardiovascular disease, have tested positive for sleep-disordered breathing.”

Most common sleep disorders

- > Obstructive sleep apnea
- > Restless leg syndrome
- > Periodic limb movement disorder
- > Narcolepsy

SLEEP HEALTHIER

Study provides answers

A sleep study or polysomnogram is a recording that includes various measurements used to help identify and diagnose sleep disorders. To fully understand your sleep patterns, various brain activities and body systems and their relationships will be observed throughout the night.

Signs you may need a sleep study include:

- > Excessive daytime sleepiness
- > Snoring
- > Morning headaches
- > Restless sleep
- > Witnessed apnea
- > Nocturnal choking
- > Mood disorders
- > Impaired cognition



Know Your

CHOLESTEROL

Control the bad, increase the good, and reduce your risks of heart disease

by Deb Wezensky

Cholesterol isn't always a "villain." It does play a role in creating new cells in your body. However, excess cholesterol can clog arteries and may significantly increase the risk of heart attack and stroke.

Cholesterol levels vary based on diet, age, gender, heredity, and other factors, such as physical activity level. Some of these factors can be changed to lower your cholesterol level. Get screened and know your levels. Then make changes to maintain or improve your heart health.

Children from high-risk families (parents with high cholesterol or parents or grandparents with heart disease at 55 years or younger) should have their cholesterol levels tested, according to the American Heart Association. Evidence shows the buildup of fatty plaque in arteries, the atherosclerotic process, starts in childhood and progresses slowly into adulthood.

Keep your cholesterol levels under control:

- > Eat foods low in cholesterol and saturated fat and free of trans fat.
- > Schedule a screening to monitor

High Blood Pressure

Talk to your doctor about this "silent killer"

by Deb Wezensky

High blood pressure often has no noticeable warning signs or symptoms until other serious health issues arise, which is why it's often referred to as the "silent killer."

Statistics show fewer than one in three women who know they have high blood

pressure control it, according to the National Heart, Lung and Blood Institute. Also, African-American women of all ages are more susceptible to high blood pressure.

However, all women should take steps to control their blood pressure. ❤️

Source: Centers for Disease Control and Prevention

KNOW YOUR BLOOD PRESSURE

Category*	Systolic (mmHg)	Diastolic (mmHg)
Optimal	Below 120	Below 80
Pre-hypertensive	Below 120-139	80-89
Hypertension		
Stage 1	140-159	90-99
Stage 2	160-179	100-109
Stage 3	180 and above	110 and above

*When systolic and diastolic blood pressure fall into different categories, the higher category should be used to classify blood pressure status.

Source: National Heart, Lung and Blood Institute

PREVENT HIGH BLOOD PRESSURE

- > Consult your doctor to monitor and control your blood pressure. Discuss possible increased risks due to family health history; taking birth control pills; excessive weight; experiencing menopause, hormone replacement therapy and pregnancy.
- > Eat a healthy, low-fat diet.
- > Exercise regularly — a minimum of 30 minutes a day, 5 to 7 days a week.
- > Maintain a healthy weight — even a five-pound reduction can make a difference.
- > Manage your stress.
- > Comply to your doctor's medical treatment to control your blood pressure.

Blood sugar levels and heart disease

Increased blood sugar (glucose) levels signal a heightened risk of heart disease, especially among women, according to a recent report in the *Journal of the American College of Cardiology*.

Moreover, for any level of blood sugar, women have a higher risk of developing diabetes and heart disease compared with men, reports Dr. Caroline Fox, medical officer with the Framingham Heart Study.

Numbers

your cholesterol levels.

- > Maintain a healthy weight.
- > Be physically active, moderate activity 30 minutes a day.
- > Follow your healthcare professional's advice.
- > Be an active partner in improving your heart health. ❤️

CHOLESTEROL GUIDELINES

LDL (<i>Low Density Lipoprotein</i>) Cholesterol	
Less than 100 mg/ dL	Optimal
101-129 mg/ dL	Near optimal/ above optimal
130-159 mg/ dL	Borderline High
160-189 mg/dL	High
190 mg/dL and above	Very High
HDL (<i>High Density Lipoprotein</i>) Cholesterol	
>60 mg/ dL (<i>for women</i>)	Optimal
50-60 mg/dL (<i>for women</i>)	Average
Total Blood Cholesterol	
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL or more	High
< 49 mg/dL (<i>for women</i>)	Low (<i>at risk</i>)

Source: American Heart Association

As a part of your routine health visits, have your blood sugar level tested. For most people, good blood sugar levels are:

On waking up (before breakfast)	80 to 120 mg/dl
Before meals	80 to 120 mg/dl
2 hours after meals	160 or less mg/dl
At bedtime	100 to 140 mg/dl

Your blood sugar goals may be different from these ideal goals. Ask your health care provider what goals are best for you.



Strokes: Know the Warning Signs

Maintain vital heart to brain connection

by Deb Wezensky

You may experience a stroke with no prior warning and believe you are in seemingly good health. A stroke, or brain attack, occurs when blood flow to your brain is interrupted by a blocked or burst blood vessel. You must respond to the signs of stroke. Seek treatment within three hours of the onset of symptoms to avoid risks of permanent disability or death.

Know the symptoms of stroke. They are distinct because they happen quickly:

- > Sudden numbness or weakness of the face, arm, or leg — especially on one side of the body.
- > Sudden confusion, trouble speaking or understanding speech
- > Sudden trouble seeing in one or both eyes
- > Sudden trouble walking, dizziness, loss of balance or coordination
- > Sudden severe unexplained headache

Get prompt treatment

Call 911 immediately.

Treatment can be more effective if given quickly. Don't delay. Get prompt medical attention. Every minute counts.

Prevention is the best way to reduce your risk of stroke:

- > Monitor and treat high blood pressure.
- > Stop smoking. Seek medical help to quit.
- > Manage your heart disease. Discuss aspirin therapy with your doctor.
- > Control your diabetes. Effective treatment delays complications that increase the risk of stroke.
- > Know about TIAs. Heed the symptoms of TIAs, which are the same as for stroke. Seek immediate medical treatment even if the symptoms disappear. ❤️

EACH YEAR about 60,000 more women than men have strokes, and about 60 percent of total stroke deaths occur in women. Nearly twice as many women in the United States die of heart disease, stroke and other cardiovascular diseases as from all forms of cancer, including breast cancer, according to the American Heart Association.

MAINTAIN A HEALTHY WEIGHT

Excessive pounds increase health risks

If you are carrying excess weight you are at greater risk for many diseases and health conditions, including: coronary heart disease; stroke; hypertension (high blood pressure); type 2 diabetes; sleep apnea; and some cancers (breast and colon).

One tool, Body Mass Index, BMI, can help you evaluate your health risks related to excess body weight. Talk to your health care provider about determining your body mass index. Together, create a plan to maintain a healthy weight.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

AIM FOR A HEALTHIER HEART WITH THESE CREDIBLE HEART HEALTH RESOURCES

American Heart Association provides educational resources on heart health and diseases for patients and health care providers. Log on www.americanheart.org or call 1 (800) 242-8721.

American Stroke Association provides resources on stroke to increase awareness and encourage earlier diagnosis of strokes. Log on www.strokeassociation.org or call 1 (800) 242-8721.

Dash: A Diet for All Diseases Centers for Science in the Public's Interest provides practical ideas for healthy eating guidelines for better heart health. Log on www.cspinet.org/nah/dash.htm.

Division of Nutrition, Physical Activity and Obesity provides information on topics to improve health through improving lifestyle choices. Log on www.cdc.gov/nccdphp/dnpa or call 1 (800) 232-4636.

Division of Heart Disease and Stroke Prevention, Centers for Disease Control and Prevention provides public health leadership to improve cardiovascular health for all, reduce the burden, and eliminate disparities associated with heart disease and stroke. Log on www.cdc.gov/dhdsp or call 1 (800) 232-4636.

Heart Failure Online creates and communicates information to improve cardiovascular health. Log on www.heartfailure.org.

The Heart of Diabetes is a program that helps people with type 2 diabetes take action to lower their risk for cardiovascular disease. Log on www.americanheart.org/diabetes or call 1 (800) 242-8721.

Heart to Heart is a partnership between the First Lady of Indiana and the State Department of Health Office of Women's Health. Heart to Heart's mission is to increase awareness about women's heart disease. Log on www.hearttoheart.in.gov or call 1 (800) 457-8283.

The Healthy Heart Handbook for Women provides information to help women take charge of their heart health. The book, which recently marked its 20th year of publication, can be downloaded at www.nhlbi.nih.gov/health/public/heart/other/hhw/hdbk_wmn.pdf.

Hendricks Regional Health helps you learn how to incorporate heart-healthy practices into your daily routine with a registered dietitian. A physician referral is required. To schedule an appointment, call (317) 745-3769.

The Indiana Heart Attack Network (IHAN) is a cooperative effort between St. Vincent Heart Center of Indiana, The Care Group and hospitals from around the state to provide the highest quality heart care to patients. Every hospital emergency department has immediate access to a board-certified interventional cardiologist with The Care Group located in Indianapolis. For more information call (317) 583-5356 or visit www.inheartattack.com.

Indiana Tobacco Quitline is a free phone-based counseling service that helps Indiana smokers quit. Log on www.indianatobaccoquitline.net or call 1 (800) 784-8669.

Indiana Tobacco Prevention & Cessation aims to improve significantly the health of Hoosiers and to reduce the disease and economic burden that tobacco use places on Hoosiers of all ages. Log on www.in.gov/itpc or call (317) 234-1787.

INfluence provides an avenue by which Hoosier women — leaders in government, business, health care, education, media, and faith-based and community organizations — are educated about critical women's health issues to act as advocates for women's health in their own spheres of influence. Log on www.influence.in.gov.

INShape Indiana provides resources, including wellness and fitness tips, success stories and a listing of events and programs, for the improvement of all Hoosiers' health. Log on www.inshape.in.gov.

National Heart, Lung and Blood Institute offers a variety of educational resources including Your Guide to Lowering High Blood Pressure. Log on www.nhlbi.nih.gov/hbp/index.html.

National Women's Health Information Center provides credible health information for women through the Office on Women's Health, U.S. Department of Health and Human Services. Log on www.4woman.gov.

St. Vincent Heart Center of Indiana (SVHCI) is ranked as the No. 1 Indiana provider of overall cardiac care for the fourth consecutive year by HealthGrades. SVHCI is the only provider within the 10-state region to be ranked number one for overall cardiac care for four years in a row. SVHCI is home to the \$99 HeartScan and a 24-hour Heart Emergency Unit, five-star rated for the treatment of heart attacks by HealthGrades. Call (317) 583-5151 to schedule a HeartScan or visit www.heartcenter.stvincent.org for more information.

The Sleep Center of Indiana is located at St. Vincent Heart Center of Indiana and provides diagnosis, advanced treatment, and expert follow-up care by cardiologists from The Care Group. The Sleep Center team is committed to working together to prevent further damage to the heart as a result of sleep disorders. For more information, call 1 (866) 363-7535 or visit www.heartcenter.stvincent.org.

Women Heart is a National Coalition for Women with Heart Diseases that educates, informs and offers support opportunities for women who are dealing with cardiovascular diseases. Log on www.womenheart.org or call 1 (877) 771-0030.

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