

At the heart of the matter

Know your numbers to fight heart disease one change at a time

YOUR annual physical or other health screening may have given you some important information about your overall health. These numbers, called biometrics, usually include heart disease risk factors like:

- ♥ Blood pressure
- ♥ Weight, as related to height, and waist size
- ♥ Cholesterol levels, both good (HDL) and bad (LDL)
- ♥ Blood glucose

These numbers are important, but so are some numbers that can help you make a real improvement in your heart health and lower risk factors for heart attacks, stroke and other diseases.

0 Reduce your tobacco smoke exposure to zero, and you'll greatly reduce your chances of getting heart disease. In fact, even if you have heart disease, stopping smoking can lower your risk of recurring heart attacks and cardiac-related death by as much as 50 percent.

5 An apple a day is a good start, but aim for five or more daily

servings of fresh fruit and vegetables. This reduces your chance of getting conditions that lead to cardiovascular disease, like diabetes, hypertension and obesity.

5-10 Losing weight can seem overwhelming, but even just a 5 to 10 percent loss can make a significant improvement in your heart health.

7 Take a weekend day to plan, shop and prep for seven days of meals. A little advance planning will keep you focused on heart-healthy foods and away from sugary snacks and fast food.

7-9 Most adults should get seven to nine hours of sleep each night. In addition to making you more alert and productive, studies show proper sleep reduces your risk of heart disease and obesity.

8-10 Getting 8 to 10 glasses of water each day helps you stay hydrated. Well-hydrated blood is a lot easier for your heart to pump through your body.

30 Getting at least 30 minutes of moderate exercise most days of the week will put you on the road to heart health. Look for ways to add exercise throughout the day — a 10-minute stretch in the morning, a walk at lunch, and a few trips up and down the stairs instead of the elevator.

1 The most important number is 1 — you only have one heart, so be sure to know all your numbers to keep it as healthy as possible.



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INSIDE

- 2 Steps you can take to have a healthy heart
- 3 Easy swaps for heart-friendly recipes
- 4 Events to help you stay heart-healthy

HOW MUCH SODIUM?

Be sure to read food labels. Here's a closer look at the sodium content of a few common foods.



TABLE SALT
(1 tsp.)

2,325 mg



CHICKEN NOODLE SOUP
(1 cup, canned)

831 mg



COTTAGE CHEESE
(1 cup low-fat, 2%)

696 mg



BAGELS
(1 four-inch, store-bought)

443 mg



CHEESE PIZZA
(1 serving, frozen)

362 mg



CHEDDAR CHEESE
(1 oz.)

183 mg



SALTINES
(4 crackers)

112 mg



CHICKEN BREAST
(½ breast, roasted, no skin)

64 mg



SWISS CHEESE
(1 oz.)

53 mg

Sources: U.S. Department of Agriculture

Help your heart stay healthy

HERE'S a not-so-secret formula for preventing heart disease: Small changes plus time equals a big difference.

Even minor improvements in your eating and exercise habits can help reduce your heart disease risk. Just change what you can, and strive to make more changes over time.

Creating new habits can sometimes take days or weeks, but by taking small steps, you can start finding a healthier way to live your life.

Note your nutrition

Strive to eat a diet that is low in saturated and trans fats, cholesterol, salt, and added sugar but rich in fruits, vegetables and whole grains. This will help you manage your weight, cholesterol and blood pressure.

- ▶ Cut back on sweetened drinks.
- ▶ Add more fruits and vegetables to your meals.
- ▶ Skip the fries.
- ▶ Switch from whole to low-fat milk.
- ▶ Select low-fat cheese and yogurt.
- ▶ Choose whole-grain breads and cereals.
- ▶ Snack on fresh fruit instead of cookies or salty crackers.

- ▶ Don't add extra salt or sugar to foods at the table.
- ▶ Bake, steam, boil or broil foods instead of frying them.
- ▶ Choose lean cuts of meat.

Focus on fitness

Healthy adults should get 30 minutes of moderately intense exercise five days a week. They should also do strength training twice a week.

- ▶ Can't do it all at once? Try exercising in 10-minute chunks.
- ▶ Get a bicycle and use it.
- ▶ Go for a brisk walk during your break or lunch hour.
- ▶ Use the stairs instead of the elevator.
- ▶ Park farther away from the store or your workplace so you have to walk a bit.
- ▶ Take up an active hobby, such as golf or gardening, or return to a sport you used to enjoy.

Need more tips?

Your doctor can review your risks for heart disease and provide you with more information about reducing them.

To learn more about protecting your heart, visit nwregionalheart.com.



Help for a healing heart

YOU know that falling back into old habits after a heart attack isn't an option. Now more than ever, it's crucial to find the right exercise and diet plan and, if you smoke, to figure out how to finally stop.

But how? Where can you turn for the best advice and training so that you can get healthy and stay that way?

For many, the answer is cardiac rehabilitation.

What is cardiac rehab?

Our cardiac rehab program is designed to help people with heart trouble change their unhealthy habits, speed their recovery and reduce their chances of future heart problems. The program involves help and guidance from our doctors, nurses and other health care professionals.

A key component of our rehab program is a safe and supervised exercise plan. Plans are individually designed to help people slowly build strength and endurance using a variety of exercise equipment.

Our medical professionals carefully monitor your heart rate, blood pressure and other vital signs while you exercise.

A complete plan

There's more to rehab than exercise. Depending on your needs, our rehab program might also help you:

- ▶ Quit smoking
- ▶ Create and adopt a healthy diet
- ▶ Lose weight
- ▶ Learn to better cope with stress

Benefits of rehab

For many people with heart trouble, rehab is a literal lifesaver.

According to the American Heart

Association, research shows that people who take part in rehab programs have fewer second heart attacks and fewer heart surgeries than people who don't take advantage of them.

To decide whether our cardiac rehabilitation program is a good choice for you, talk to your doctor.

We are Walla Walla's only cardiac rehab program certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. **To find out if you're eligible for cardiac rehab or for more information, call 509-527-8070.**



Recipe redo

Heart-friendly swaps to savor

Sometimes one small change can drastically cut cholesterol and fat in a favorite dish. Here are substitutions every cook can make to whip up heart-friendly recipes without sacrificing flavor.

If the recipe calls for:	Replace with:
Heavy cream	Evaporated skim milk or equal parts low-fat yogurt and low-fat, unsalted cottage cheese.
Sour cream	Fat-free, plain Greek yogurt with a squeeze of lemon juice stirred in.
Cream cheese	Half skim ricotta cheese and half fat-free cream cheese, pureed together.
Mayonnaise, whole milk or regular cheese	Low-fat or nonfat versions. For milk in recipes, try almond, rice or soy milks.
Butter (for baking)	Half no-sugar-added applesauce and half canola oil.
1 whole egg	2 egg whites or ¼ cup egg substitute.
Regular salad dressing	Vinaigrette of equal parts olive oil, flavored vinegar and orange juice. Season with salt and pepper.
1 cup chocolate chips	½ cup mini chocolate chips.
1 ounce of unsweetened baking chocolate	3 tablespoons unsweetened cocoa powder and 1 tablespoon vegetable oil.

Sources: American Heart Association; National Institutes of Health; U.S. Department of Health and Human Services

Living Well Opportunities

Classes and Events for Your Healthy Lifestyle



For more information, call 509-522-2424 or visit wwgh.com/classes.

All classes and events are held at WWGH unless otherwise noted.

JOINT REPLACEMENT The Right Choice for You?

Wednesday, March 16, at 6 p.m.

If you have degenerative joint pain and are considering joint replacement, you'll want to attend this important class. Scott Hutson, MD, orthopedic surgeon, will share the latest information about knee-replacement surgery. There will also be a Q&A with the surgeon.

AARP Driver Safety Program

Two-day class: Tuesday, Feb. 23, and Wednesday, Feb. 24, or Monday, March 21, and Tuesday, March 22, from 1 to 5 p.m. both days

Learn new traffic laws, rules of the road and how to compensate for age-related changes. Completion of course may reduce insurance costs.

Fee: \$15 for AARP members and \$20 for nonmembers

Alzheimer's Support Group

Second and fourth Tuesdays of each month at 1:30 p.m.

For family and caregivers of people with dementia.

Gluten Intolerance

Third Monday of each month

For anyone struggling with the major life changes needed to cope with this disorder.

Overeaters Anonymous

Thursdays at 7 p.m.

A program of recovery from compulsive eating using the 12-step program and other tools.

Stop Smoking

Series begins on Wednesday, Feb. 3, at 6:30 p.m.

Smoking is a major risk factor for heart disease. Join our seven-part Stop Smoking series, and we will help you adopt a smoke-free lifestyle.

Diabetes Support Group

First Thursday of each month at 1:30 p.m.

If you have diabetes, you are two to four times more likely to develop cardiovascular disease than people without diabetes. Cardiovascular disease is the leading cause of mortality for people with diabetes. Come learn how to manage your diabetes and reduce your risk of heart disease. For more information, call 509-527-8045.



Living Well Opportunities

Classes and Events for Your Healthy Lifestyle



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Heart Month

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♥ National Go Red Day

Friday, Feb. 5

Join Adventist Health employees in wearing red and supporting the effort to educate women about heart disease.

♥ Dine Out Heart Smart

Walla Walla General Hospital is partnering with local restaurants to highlight heart-healthy meal options for the month of February. These meals meet the American Heart Association guidelines for a heart-healthy meal. Visit wwgh.com/heart to see the full list of participating restaurants. Look for this logo at participating restaurants to see which meals meet these guidelines.



♥ Join Us Online



Visit wwgh.com and our Facebook page for heart-healthy tips and videos, and visit our Heart Health board on Pinterest.

♥ Heart Health Screening

Thursdays

The WWGH Lab is offering a cholesterol and glucose screening for only \$25. You do not need a physician order. You will need to fast for 12 hours prior to this test. (You may drink water and take medication as usual.) Once you receive your results, take our heart risk assessment at nwregionalheart.com to find out your risk of heart disease.

♥ CPR Classes

Several times each month at 6 p.m.

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival. Since 4 out of 5 cardiac arrests happen at home, the life you save will most likely be that of someone you love. Visit wwgh.com/classes or call 509-522-2424 for dates.

Thursday,
Feb. 25,
at 6:30 p.m.

The Power of Food

You know that you need to eat lower-fat, more nutritious meals for your heart and overall health. However, finding the time to prepare healthy foods can be difficult. Discover the secrets to meal planning to help you prepare healthy meals for your family while freeing up time for other activities.



YOUR HEART TEAM

'I aim to maximize a person's well-being'

ADVENTIST Health is pleased to welcome interventional cardiologist Douglas Wysham, MD, FACC, to our expert cardiology team at Northwest Regional Heart & Vascular. Dr. Wysham is certified by the American Board of Internal Medicine in the specialty of general cardiology as well as in the subspecialty of interventional cardiology.

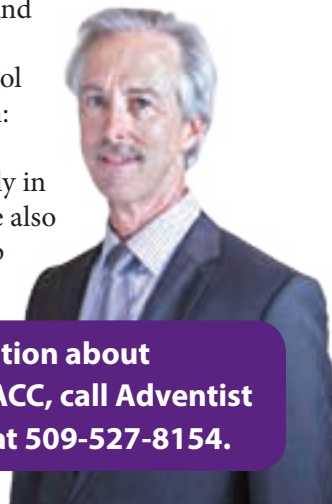
Treating a heart attack is a special privilege to Dr. Wysham. "It is a challenge which calls on the rapid mobilization and coordination of a hospital's facilities and personnel," says Dr. Wysham. "Fortunately, Adventist Health/Walla Walla General Hospital stands at the forefront of the cardiology field, second to none in the state of Washington."

Dr. Wysham received his medical degree from the University of North Carolina at Chapel Hill – School of Medicine. Then he completed an internal medicine internship and residency at Oregon Health & Science University,

before finishing fellowship training in cardiovascular disease at the University of Iowa Hospitals and Clinics.

"I make a special effort to treat my patients as I would like to be treated myself," Dr. Wysham says. "I aim to maximize a person's well-being and quality of life."

Dr. Wysham and his wife, Carol Wysham, MD, have two children: a son, Nicholas, and a daughter, Katherine, who are both currently in medical fellowship programs. He also enjoys the loving companionship of his two labradoodles.



For more information about Douglas Wysham, MD, FACC, call Adventist Health Medical Group at 509-527-8154.

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Adventist Health Medical Group

CARDIOLOGY

19 Southpoint Lane
509-527-8154

COMMUNITY PHARMACY

1111 S. Second Ave.
509-527-8100

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1111 S. Second Ave.
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509-527-8055

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