

Quality Report Card

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HEART CARE

Heart-healthy Diet: 8 Steps to Prevent Heart Disease

Although it is a known and proven fact that eating certain foods can increase the risk of heart disease, it often is difficult to change eating habits. Learning which foods to eat more of and which foods to limit will pave the way toward a heart-healthy diet. Individuals looking to make a lifestyle change as well as those simply fine-tuning a diet, will find these eight heart-healthy diet tips beneficial.

1. Control portion size

Food quantity is just as important as food quality. Use a small plate or bowl to help control portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This strategy can shape up a diet as well as the heart and waistline.

2. Eat more vegetables and fruits

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits also are low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease. Eating more fruits and vegetables can help limit consumption of high-fat foods, such as meat, cheese and snack foods. Featuring vegetables and fruits in a diet can be easy. Keep vegetables washed and cut in the refrigerator for quick snacks. Keep fruit visible and accessible in a bowl in the kitchen. Choose recipes that have vegetables or fruits as the main ingredients, such as vegetable stir-fry or fresh fruit mixed into salads.

3. Select whole grains

Whole grains are good sources of fiber and other nutrients that play a significant role in regulating blood pressure and heart health. The amount of whole grains in a heart-healthy diet can be increased by making simple substitutions for refined grain products.

4. Limit unhealthy fats

Limiting how much saturated and trans fats in a diet is an important step to reduce blood cholesterol and lower the risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in the arteries, called atherosclerosis, which can increase the risk of heart attack and stroke.

The best way to reduce saturated and trans fats in a diet is to limit the amount of solid fats – butter, margarine and shortening – added to food when cooking and serving. Trimming fat off meat or choosing lean meats with less than 10 percent fat also can also reduce the amount of saturated fat in a diet.



Using low-fat substitutions also is key to a heart-healthy diet. For example, use low-sodium salsa or low-fat yogurt rather than butter to top a baked potato. Use sliced whole fruit or low-sugar fruit spread on toast instead of margarine.

When using fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in certain fish, avocados, nuts and seeds, also are good choices for a heart-healthy diet. However, moderation is essential. All types of fat are high in calories.

An easy way to add healthy fat (and fiber) to a diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids. Studies have found that flaxseeds may help lower cholesterol in some people. Grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

Heart-healthy Diet: 8 Steps to Prevent Heart Disease (continued on back)



Patient Story – Mark Stewart, D.D.S.

Mark Stewart, D.D.S., definitely feels as though he has been given a second chance at life. On the morning of April 1, 2016, he and his wife, Lori, were taking their regular walk with their dogs as they had dozens of times before. They were only a couple hundred yards down the street when he felt a heartburn sensation in his chest. Thinking to himself that it was probably the spicy soup he had just eaten or the result of a few too many chest repetitions during his morning workout, he rested a few moments, and they continued. "So often it seems we are apt to place blame on everything else, anything but what we fear the most," Mark explained. "I did not even consider myself anywhere near the risk group for heart problems."

The following day on their walk, Mark experienced the same symptoms and did not continue. Despite his wife's encouragement to see his family physician, he delayed again. On Monday, at his morning workout, he mentioned the episodes to a physician friend, Mike Campolo, D.O., though he still was not convinced it was an issue. Dr. Campolo recommended that he come to the office for an electrocardiogram (EKG) after work. Tom Petryk, M.D., performed Mark's testing that evening. His blood pressure and EKG tested normal, but Dr. Petryk urgently recommended a follow-up stress test at the Hospital be scheduled as soon as possible. A nuclear stress test was scheduled for the next day at Licking Memorial Hospital (LMH), but Mark's blood pressure was measuring too high (180/120) for the treadmill procedure. At this point, Mark was introduced to Hassan Rajjoub, M.D., who inquired

as to why he had delayed in seeking a diagnosis for his symptoms. A chemical stress test was completed instead. Initial results appeared to be normal, so Mark and Lori left and went home where he began preparing for work. Not much later, he received a phone call from Dr. Rajjoub asking how far away he lived and how soon he would be able to return to the Hospital. It was finally a reality to Mark that there was in fact something very seriously wrong. Dr. Rajjoub explained that he was suffering from severe ischemia, inadequate blood supply, on the right side of his heart. While there was no damage yet, there would be soon if not corrected. "Dr. Rajjoub personally explained everything to us and put us at ease as best he could. The entire staff was so pleasant and helpful," Mark added.

Following radial angioplasty, a method that inserts the catheter through the patient's wrist, Mark underwent an arterial stent procedure in the LMH Cardiac Catheterization Lab. It was discovered that he had a 99 percent blockage in his right coronary artery. "The radial procedure was so much more comfortable than the traditional angioplasty, which inserts the catheter through the patient's groin," Mark commented. Radial angioplasty is available at only 20 percent of the nation's hospitals, carries less risk of bleeding or complications and allows patients to get out of bed much more quickly. Dr. Rajjoub met with Lori immediately upon completion, explaining that her husband was a very fortunate man and that the procedure undoubtedly prevented a heart attack. "I clearly dodged a bullet and I want to do anything I can to help or save someone else," he explained.

Mark was prescribed blood thinners for approximately a year and cholesterol medication and baby aspirin indefinitely. "In all reality, this is a small price to pay. Had I gone another week without attention, it would not have been a good outcome," he said. Mark has

high praises for the skilled and talented Cardiac Catheterization Lab team as well as the Hospital staff who were attentive and kind to both him and his family. "I experienced a euphoria when walking out of the Hospital. The leaves looked greener, the sky bluer. That is what you appreciate after an experience such as this, all the things you take for granted on a daily basis," Mark explained.

Lori has taken it upon herself to help Mark make better meal choices, researching and cooking heart-healthy recipes. "Positive lifestyle changes involving my diet and fitness were essential. Life is good. I am very blessed," he declared. "I really do feel like this all happened to prepare me to de-stress and handle the approaching busy transition years with my family," he continued. Mark and Lori are the parents of Lilly, a Granville High School freshman, Luke, a Granville High School senior, Sam, a Miami University freshman and Drew, an Ohio University senior. "I've learned not to sweat the small stuff, it is not worth the damage it does to your body."

Under Dr. Rajjoub's leadership, the Cardiac Catheterization Lab team was recognized with the prestigious Licking Memorial Health Systems President's Award. The Cardiology Department received the National Cardiovascular Data Registry Platinum Performance Achievement Award and the American Heart Association Mission: Lifeline Gold Level Recognition – all in 2015.

Heart Care - How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

- 1.** The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram (EKG) measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2013	LMH 2014	LMH 2015	National Average ⁽¹⁾
Median time from arrival to completion of EKG	2.0 minutes	1.0 minute	3.0 minutes	7.0 minutes

- 2.** In patients having a heart attack, emergency angioplasty restores blood flow to the heart muscle by re-opening blocked or clogged arteries. This is done by inserting a catheter into the artery that feeds the heart, inflating a balloon and placing a stent inside the artery to keep it open. This procedure can help reduce damage to the heart muscle, and has the best results when performed within 90 minutes after arriving in the Emergency Department. Licking Memorial Hospital (LMH) began performing this procedure in 2008.

	LMH 2014	LMH 2015	LMH 2016 (YTD)	National ⁽²⁾
Mean time from arrival until balloon angioplasty performed	54 minutes	59 minutes	52 minutes	60 minutes
Time to balloon within 90 minutes	LMH 2014	LMH 2015	LMH 2016 (YTD)	LMH Goal
	100%	100%	100%	95% ⁽¹⁾

- 3.** Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH's program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants' progress in improving certain indicators of heart health. The following results were reported by cardiac rehabilitation patients.

Health Indicator	LMH 2013	LMH 2014	LMH 2015	National ⁽³⁾
Stopped smoking	75%*	74%*	80%*	greater than 75%
Improved weight	57%*	68%*	55%*	greater than 75%
Increased exercise time	99%*	100%*	100%*	100%

*The cardiac rehabilitation goals are customized for each individual patient. LMH offers nutritional counseling, supervised wellness sessions and an incentive program to reinforce the importance of making healthy lifestyle choices, but it is the individual patient's effort to attain these goals that determines the rates of success.

- 4.** Licking Memorial Health Professionals (LMHP) physicians also monitor the usage of antiplatelet drugs, such as aspirin or an antithrombotic drug, in patients with coronary artery disease (CAD). The usage of these medications lowers the risk of myocardial infarction (MI) or death in patients with CAD.

	LMHP 2013	LMHP 2014	LMHP 2015	LMHP Goal ⁽³⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	92%	92%	greater than 80%

- 5.** LMHP physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of CAD. Elevated LDL cholesterol level is a risk factor for MI, but is reversible through medication, diet and exercise.

	LMHP 2013	LMHP 2014	LMHP 2015	LMHP Goal ⁽⁴⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	67%	68%	65%	greater than 53%

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) American College of Cardiology National Cardiovascular Data Registry – Cath PCI Registry. (3) Benchmark indicates LMHP Goal. (4) National Committee for Quality Assurance, "State of Health Care Quality 2012."



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5. Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and eggs are some of the best sources of protein. Be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties. Fish is another good alternative to high-fat meats. Certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides. The highest amounts of omega-3 fatty acids can be found in cold-water fish, such as salmon, mackerel and herring. Legumes – beans, peas and lentils – contain less fat and no cholesterol, making them good substitutes for meat.

6. Reduce sodium

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Although reducing the amount of salt added to food at the table or while cooking is a good first step,

much of the salt consumed comes from canned or processed foods, such as soups and frozen dinners. Eating fresh foods and making soups and stews can reduce the amount of salt consumed.

If the convenience of canned soups and prepared meals is more suitable, look for varieties with reduced sodium. Beware of foods that claim to be lower in sodium because they are seasoned with sea salt instead of regular table salt – sea salt has the same nutritional value as regular salt. Another way to reduce the amount of salt consumed is to choose condiments carefully. Many condiments are available in reduced-sodium versions, and salt substitutes can add flavor to food with less sodium.

7. Plan ahead: Create daily menus

Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize

vegetables, fruits and whole grains. Choose lean protein sources and healthy fats, and limit salty foods. Pay close attention to portion sizes and add variety to menu choices. Variety also makes meals and snacks more interesting.

8. Allow an occasional treat

Allow an indulgence every now and then. A candy bar or handful of potato chips will not derail a heart-healthy diet. But do not let it turn into an excuse for giving up on a healthy-eating plan. If indulgence is the exception, rather than the rule, things will balance out over the long term. The important concept is that healthy foods are eaten the majority of the time. Incorporating these eight tips will make heart-healthy eating both doable and enjoyable. With planning and a few simple substitutions, eating with heart health in mind can be a reality.

Health Tips – Call 911 if Heart Attack Symptoms Occur

Common symptoms of a heart attack are:

- Chest pain or pressure that lasts for more than a few minutes
- Pain in other areas of the upper body including the arms, back, neck, jaw, or stomach
- Shortness of breath

- Sweating
- Nausea
- Light-headedness

Women and patients with diabetes are more likely to experience atypical symptoms of a heart attack, such as:

- Heart palpitations
- Weakness or fatigue
- Loss of appetite
- Indigestion

- Vomiting
- Cough
- Fainting

It is very important to call 911 for Emergency Medical Squad (EMS) assistance if someone is having symptoms of a heart attack. EMS technicians can begin evaluating, monitoring and treating the patient immediately upon arrival. En route to the hospital, EMS technicians can transmit the patient's heart rhythms to the emergency room, allowing the staff to begin preparations. In addition, the EMS has with life-saving equipment in case the patient's heart stops beating during transport to the hospital.



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, Ohio 43055

Visit us at www.LMHealth.org.

Please take a few minutes to read this month's report on **Heart Care**. You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

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