

Health, Ink.

A community newsletter from Southern Hills Medical Center, part of the TriStar Family of Hospitals

www.southernhills.com JANUARY 2003

Keep it Simple

Reasonable Tips for a Healthier Heart > As people are looking to make good on their New Year's resolutions to get healthier, they are receptive to a constant media barrage about the latest medical studies, miracle diets and the newest exercise fads.

Trying to process all the information may be overwhelming, says Jerry Franklin, M.D., a cardiologist at Southern Hills Medical Center.

Dr. Franklin urges patients to focus on a few manageable healthy habits that are most important for reducing the risks of heart disease and heart attack. Developing healthy habits may not be easy, but the approach can be simple.

Dr. Franklin says the three most important things to build and maintain a healthy heart are:

- > **Regular, moderate exercise**
- > **A low-fat, low-cholesterol diet**
- > **A cholesterol screening**



"It's more important to exercise regularly than vigorously, and moderate activity like walking is valuable to a healthy heart."

DR. JERRY FRANKLIN

"It's more important to exercise regularly than vigorously, and moderate activity like walking is valuable to a healthy heart," says Dr. Franklin.

A diet low in saturated fats, like animal or dairy fats, is the recommended diet for a healthy heart, according to the American Heart Association (AHA). Well-publicized diets that are high in protein and fat, but contain fewer carbohydrates, may be helpful for a person's heart if they can help a person lose weight, but those diets have not been endorsed by the AHA.

The last few decades of research have proven that low blood cholesterol levels are most critical for a healthy heart. Cholesterol screenings, especially for persons with a history of high cholesterol and/or heart disease, are important, says Dr. Franklin.

➤ Go to page 2 for useful facts, prevention tips and simple hints focused on making it easier for you to help keep your heart and the hearts of your loved ones, healthy.



Family Focus

"We typically treat all the members of the family, so we have an understanding of a family's dynamics and the environment in which they are living to help us make diagnosis and treatment easier."

DR. MICHAEL TAYLOR



Many of today's troubling health epidemics in the United States — obesity, type 2 diabetes and heart disease among others — have one thing in common, says Michael Taylor, M.D., a family practitioner with Family Practice Associates of Southern Hills. Medicine alone hasn't been very successful at solving the problem.

"It's not adequate to just look at the biological factors that are part of each patient's individual health profile," says Dr. Taylor. We must consider factors such as the family and community environment in which they live."

Family medicine, which was created in the late 1960s, has doctors consider the biological, psychological and social aspects when treating patients. Family practitioners are trained to offer a full breadth of medical services for patients of any age, and treat children, adults and the elderly.

"Family medicine recognizes that problems that affect individuals will affect more than one member of the family," says Dr. Taylor. "We typically treat all the members of the family, so we have an understanding of a family's dynamics and the environment in which they are living to help us make diagnosis and treatment easier."

"Family practitioners focus on prevention by delivering immunizations to children and screenings to adults," says Dr. Taylor. The opportunity to work with patients starting when they are children can help in the early diagnosis and prevention of some common illnesses.

"Family practitioners have an opportunity to diagnose diseases that affect younger Americans as early as their adolescence," says Dr. Taylor. "We are used to diagnosing adult diseases, and if we catch them early enough we can make a difference."

For more information about family medicine or to find a physician, call

TriStar MedLine
615-342-1919
800-242-5662

> Hints for a Healthy Heart

There are some truths about the health of your heart, as well as some myths. Whether it's the way you live at home, or the way you push it at work, heart health depends on learning good habits, and practicing some simple improvements in your life.

6 KEY RISK FACTORS FOR HEART DISEASE

Obesity and Heart Disease

Obesity has become a national epidemic in our country. With obesity comes a greater risk for heart failure. Demonstrated, prolonged changes in behavior have been most effective in combating obesity.

Body mass index (BMI) is used to measure obesity and is calculated based on height and weight. A body mass index of 25 or less is considered normal, while a BMI of 30 or greater denotes obesity.

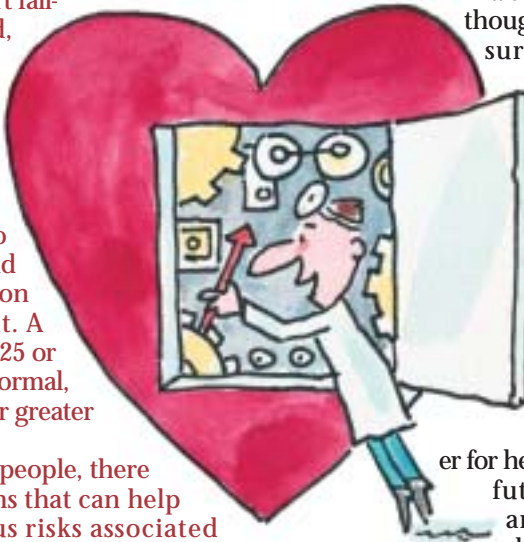
For some obese people, there are surgical options that can help reduce the serious risks associated with their weight. Persons who are at least 100 pounds overweight might be candidates for laparoscopic gastric banding surgery.

>> Tired of Obesity?

You may have heard about celebrities who have had adjustable and reversible laparoscopic gastric banding surgery. It may be the answer for you, but it's important to learn all of the facts first. If you are at least 100 pounds overweight and tired of obesity-related health problems, you may be a candidate for this procedure. **Southern Hills Medical Center is the only hospital in Nashville performing this procedure.**

For more information click to www.southernhills.com or to find a physician, call TriStar MedLine 615-342-1919, 800-242-5662

The Present and Future of Heart Disease Detection



"Twenty years ago, we thought high blood pressure was the number one marker for heart disease," says Cardiologist Jerry Franklin, M.D. "Now we consider high cholesterol to be the marker. Current research is looking to an inflammation of the coronary arteries to be another important marker for heart disease. In the future, inflamed arteries may be what we screen for."

A measure of 200 or greater on a blood test for cholesterol is considered to be dangerous. Dr. Franklin says everybody should get one cholesterol check, before the age of 30. "High cholesterol is a function of biology, not age," he says.

200

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Caffeine and Your Heart

Stress and work often go hand in hand. But the effect on your heart's health is hard to measure, says Cardiologist Jerry Franklin, M.D.



Work and caffeine often go hand in hand for people who can't get going without a cup of Joe or the first diet soda in the morning. Even if you think of it as getting your heart pumping blood to the brain, it doesn't mean it's unhealthy for your heart.

"Reasonable caffeine intake isn't going to hurt you," says Dr. Franklin. "I've not seen a real well-done study that shows that caffeine is bad for you."

If you can change the following habits, through medicine or change in lifestyle, you are more likely to reduce the chance of heart disease:

>Smoking Cigarette smoking is the biggest factor in sudden cardiac death. Smokers are twice as likely to suffer a heart attack as non-smokers.

>High Cholesterol Anyone with a total blood cholesterol level of more than 240 mg/dL is considered to be at high-risk of heart disease.

>High Blood Pressure High blood pressure causes the heart to enlarge and weaken and increases the chance of a heart attack.



>Inactivity A lifestyle without regular, moderate-to-vigorous

exercise puts you at risk for coronary artery disease.

>Obesity Being overweight, especially carrying excess body fat around your middle, makes you more likely to suffer heart disease.

>Diabetes mellitus About two-thirds of people with diabetes die from heart or blood vessel disease.

Source: American Heart Association

CLOUDING THE ISSUE

>Smoking increases your risk of a heart attack by two to four times, according to

the American Heart Association. In combination with other risk factors, smoking creates an excessively high risk of heart disease. The fastest way to get on track to a healthier heart is to stop smoking. But we know that's easier said than done. Southern Hills Medical Center offers a eight-week smoking program to help you quit. Call **TriStar MedLine at (615) 342-1919 or (800) 242-5662**. Check out the calendar for more information about the program.

Community Events

Club Cardio

Southern Hills Medical Center is pleased to announce "Club Cardio," a **FREE series of six classes** designed to help YOU reduce your chance of developing heart disease and other illnesses. Each class will focus on a wide range of heart-related issues and ways to incorporate healthy living into daily activities. **Join today and receive great gifts you can use as you get healthy!**



Class Schedule

January 16, from 12 noon to 1 p.m.

Studying Yourself:

Am I at risk for heart disease?

Presented by Lacy Wilkins, R.N. and Keelan Jackson, R.N.

> 2003 HeartCare Fair **Part 2 of the Club Cardio Series**

February 22, from 8 a.m. to 12 noon

Start preventing heart disease today. Enjoy **FREE** health screenings including, cholesterol, blood pressure, EKG and stroke. Local organizations will be available to hand out health literature and other information. Refreshments and entertainment provided. **Call 342-1919 to register or get more information.** Event held in main entrance classroom.

> Diabetes and Your Heart **Part 3 of the Club Cardio Series**

March 27, from 12 noon to 1 p.m.

Free Diabetes Education Classes

Did you know diabetes could have a significant impact on heart disease? Presented by Debbie Lawrence, Certified Diabetes Educator.

> Diabetes Education

Free Diabetes Education Classes

Dr. Alan Wallstedt of Family Practice Associates will present a seminar on how to make the most of your visit to the doctor for optimal diabetes care. **Class will be held at 7 p.m. in the main entrance classroom on Tuesday, January 21.**

> Health Education

Want to Quit Smoking?

Southern Hills is hosting the American Lung Association eight-week Smoking Cessation program. Classes, presented by Jan Galyon and Tami Proctor, will be held from **11:30 a.m. to 12:30 p.m. in the Cardiopulmonary Rehab area.** Register by calling 342-1919.

Freedom from Smoking Clinic Schedule

Tuesday, January 7

Session 0: On the Road to Freedom
The Decision Process

Tuesday, January 14

Session 1: On the Road to Freedom
Studying Your Habit
Building Motivation

Tuesday, January 21

Session 2: Wanting to Quit

Tuesday, January 28

Session 3: Quit Day

Thursday, January 30

Session 4: Winning Strategies

Tuesday, February 4

Session 5: The New You

Tuesday, February 11

Session 6: Staying Off

Tuesday, February 25

Session 7: Celebration

Suffering from Joint Pain?

Free educational class covers joint pain topics such as medication use, alternative therapies, surgical interventions and total joint replacement and provides one on one consultation. Presented by a certified orthopedic nurse and an orthopedic physician. **Classes held in the main entrance classroom from 8 a.m. to 9:30 a.m. on Saturday, March 1 and Saturday, April 12.**

Gastric Banding Seminar

Get answers to all your questions about this obesity surgery and learn how it could change your life. **Southern Hills Medical Center is the only hospital in Nashville performing this procedure.** Classes held in the main entrance classroom on Tuesdays from 6 p.m. to 8 p.m. on January 14, February 11 and March 11.



> Safety/Prevention

Infant CPR & Safety

These demonstration and hands-on classes provide an introduction to accident prevention and safety including clearing an airway obstruction and cardiopulmonary resuscitation (CPR). **Classes held on Thursdays from 6:30 p.m. to 9 p.m. on January 16, February 20 and March 20.**

> Childbirth Education

You want the best for your baby and your whole family. To help you achieve your goal, Southern Hills Medical Center offers many classes that focus on preparing you and your family mentally, physically and emotionally for the arrival of your new baby.

Labor of Love

Educational series discussing anatomy and physiology of pregnancy, nutrition, conditioning exercises, labor & delivery process, breathing and relaxation techniques along with medical interventions.

Labor of Love Class Schedule

Mondays from 6:30 p.m. to 8:30 p.m.
January 6 to February 3 (or)
February 24 to March 24

Saturdays from 9 a.m. to 2 p.m.
January 18 to January 25 (or)
March 8 to March 15

Early Pregnancy

Learn about fetal growth and development, nutrition, exercise, comfort measures and more. **Classes held from 6:30 p.m. to 9 p.m. on Thursday, January 9 and Thursday, March 6.**

SHMC at Smyrna

Tuesdays from 6:30 p.m. to 8:30 p.m.
January 7 to February 4 (or)
February 25 to March 25

Breastfeeding Basics

Study the advantages of breastfeeding, latch-on, correct positioning, problem prevention and tips on storing human milk. Free nursing mother's companion book included. **Classes held from 6:30 p.m. to 9 p.m. on Monday, February 10 and Monday, March 31.**

Just for Me Sibling Class

Prepares children ages 3-10 for their newborn sibling's arrival. Children will learn newborn characteristics and behavior, family changes to be expected and tips on how to help with the newborn once they arrive at home. **Classes held from 6:30 p.m. to 9 p.m. on Tuesday, February 11 and Tuesday, April 1.**

>Diabetes and your Heart



Signs and Symptoms of Diabetes

- > A family history
- > Increased thirst
- > Frequent urination
- > Blurred vision
- > Nausea
- > Drowsiness
- > Hunger
- > Dry Skin

Janet Buck,
chief clinical dietitian at
Southern Hills Medical Center

An Unhealthy Combination

Diabetes and heart disease are an unhealthy combination. More than 17 million Americans have type 1 diabetes (the inability to produce insulin, which requires daily injections) or type 2 diabetes (the inability to produce enough insulin or process it in the body). "Diabetics are two to four times more likely than non-diabetics to develop heart disease or die of some form of heart or blood vessel disease," says Janet Buck, chief clinical dietitian at Southern Hills Medical Center.

Southern Hills Medical Center is certified by the American Diabetes Association as a diabetes center. With two certified diabetic educators on staff, Southern Hills offers a range of services dedicated to early detection and early prevention of diabetes, along with programs to help diabetic patients manage their lifestyles and disease. Classes are open to the public. For more information about the classes, call **TriStar MedLine at (615) 342-1919 or (800) 242-5662**. Check out the calendar for more information.

CREAM OF BROCCOLI SOUP



Ingredients:

- 2 Tbsp diet margarine
- 1 cup chopped onion
- 2 1/2 Tbsp flour
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cup non-fat chicken broth
- 10 oz frozen chopped broccoli, thawed & drained
- 2 cup skim milk

Preparation:

Saute onion in margarine, medium heat, until tender. Add flour, salt and pepper and stir constantly for 2 minutes. Add broth slowly, add broccoli. Bring to boil, stirring frequently. Cover and simmer until broccoli is tender. Puree in blender. Return to pan, add milk, and bring to simmer.

Serves four

Each serving contains:

- 4 gm fat
- 2 mg cholesterol
- 17 gm carbohydrate
- 7 gm protein
- 4 gm fiber
- 211 mg sodium
- 119 calories

For more information, contact TriStar MedLine at (615) 342-1919 or (800) 242-5662.

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