

Heart TALK

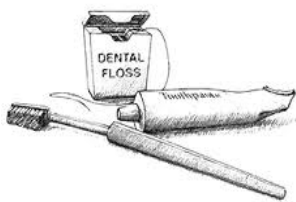
Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP

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The Vital Link Between Periodontal & Cardiovascular Diseases

Unbeknownst to many people, healthy gums are important for a healthy heart.

Periodontal disease is a bacterial infection of the gum line that can quickly enter the systemic vasculature system. This creates an opportunity for endothelial and intima



inflammation, subsequent plaque rupture, and thrombus formation.

Atherosclerotic plaque rupture and subsequent thrombus formation is the perfect set up for a heart attack or ischemic stroke.

Periodontal bacteria has been associated with blood sugar changes, blood pressure changes, cholesterol changes, and arterial wall inflammation. Inflammation is the cornerstone of atherothrombotic formation. Additionally, heart attacks and ischemic strokes are opportunistic problems — they occur in the presence of an inflammatory event. Please talk to Amy about how to network with your dentist to make sure you can avoid this risk.



An Important Update from Amy Doneen MSN, ARNP

The Latest News About Actos and Bladder Cancer

Please see our complete formal statement on The Heart Attack & Stroke Prevention Center website at www.TheHASPC.com.

The French government recently identified a signal between the drug, Actos, and Bladder Cancer. This provoked the FDA to formally evaluate this in the United States. Out of 37,841 patients taking Actos there were 4 cases of bladder cancer identified in patients taking Actos for more than 2 years. Bladder cancer is a slow growing cancer and the top cause continues to be smoking.

The most recent statement from the FDA (8/4/2011) is the following: Refrain from using Actos in patients with active bladder cancer, use cautiously in patients with a history of bladder cancer, and watch for blood or red color in the urine. (continued next column)

Based on this potential signal, I have taken it to be part of routine practice to periodically monitor the urine in all patients taking Actos to look for any hidden blood (hematuria).

If someone is a smoker or has bladder cancer, we need to discuss other treatment options. Please read my formal complete statement on the website and please schedule an appointment to discuss further if you have questions or concerns.

Yours for a healthy life,
Amy Doneen

Women and Smoking

In a study of more than 2 million people, a smoking woman's risk of developing

coronary artery disease is 25% higher than their male smoking counterparts.



Furthermore, women who

smoke present with a heart attack on average 7-10 years earlier than their non-smoking female counterparts.

Be heart smart — just don't smoke.



Fiber Facts

Fiber is excellent for health. It helps lower cholesterol levels and naturally helps regulate blood sugar. It fills you up, too. A great way to aid weight loss is to add fiber to your diet.

A Focus on Fabulous Fiber — Tips for Adding More to Your Diet

Tip #1: Eat Every Bite

Select breads, crackers and cereals made from whole grains. Refined grains are stripped of their healthy outer coat (bran), which lowers the fiber content. Brown rice is a whole grain; white rice is not. Similarly, removing the skin from fruits and vegetables decreases their fiber content. It's better to eat an apple than to drink apple juice.

Tips Provided Courtesy of the American Heart Association

Tip #2: Try New Foods

Whole-grain pasta may sound unusual, but it's delicious and doesn't take any longer to cook. Bulgur, quinoa and barley are good side dishes or chilled in salads. Add fresh or frozen vegetables to soups and sauces. For example, mix chopped frozen broccoli into prepared spaghetti sauce or toss fresh baby carrots into stews. Add chopped fresh or frozen spinach to soups. Add crushed bran cereal to bran muffins and cookie recipes.

Tip #3: Add Some Beans

Tuck beans into whole-grain tortillas or pita bread. Add them to soups, salads, and pasta dishes. Toss beans into sautéed veggies or mix them with cooked greens and garlic.

Tip #4: Rise and Shine!

Start your day with a high-fiber cereal or oatmeal. Add some bananas, berries or other fruit. Or, crush up some high-fiber cereal and mix it with yogurt. Whip up a breakfast smoothie in your blender with frozen fruit and nonfat milk — delicious!

Each year up to 91,000 patients die from heart attacks and strokes that are triggered by influenza.

Upper respiratory infections increase your risk of having a heart attack or stroke by 3-4 fold in the first 3 days of the infection.

Protect yourself. Get vaccinated!

Time for Influenza and Pneumonia Vaccines

It's that time of year again. Soon we'll be in flu season and with that comes the risk of influenza and upper respiratory infections. For those with cardiovascular disease, this can be dangerous and vaccines are especially important.

Each year up to 91,000 patients die from heart attacks and strokes triggered by influenza. Upper respiratory infections increase your risk of having a heart attack or stroke by 3-4 fold in the first 3 days of the infection. Here's what Amy recommends to protect you:

Pneumococcal vaccine – For adults \geq 65 years and for those with increased risk for pneumonia, such as those with congestive heart failure, COPD, chronic liver disease, and diabetes.

Flu vaccine – Everyone should get the flu vaccine, especially those with arterial plaque. The vaccine reduces cardiovascular deaths by 50%. Flu shots are associated with a 26% reduction in risk of venous thromboembolism for all patients, and a 48% reduction in patients younger than 52 year old. Amy recommends getting the inactivated flu vaccine (injection rather than the nasal spray). *Note: These vaccines contain egg — if you have egg allergies, please consult your physician.*

Remember – in addition to receiving the flu vaccine, hand washing and avoidance are your best defenses for preventing the flu, colds, and other airborne illnesses.

Amy Doneen: Speaking from Her Heart

Visit <http://bit.ly/ogv2eg> to see where Amy has been invited to speak and share the mission of the Bale/Doneen Method: to proactively prevent heart attacks and strokes.

Diet Tips for Lowering Cholesterol

Diets rich in plant sterols, soy protein, high fiber, and nuts were found to lower cholesterol much more over 24 weeks than a standard low fat diet.

Big Results in Just 22 Minutes a Day

Just 22 minutes per day of good cardiovascular exercise lowered heart attack and stroke rates by almost 15%. Take a brisk walk and improve your health!

Being Optimistic is Good for Health!

In over 6,000 people prospectively studied for 2 years, optimism (thinking positively) reduced stroke risk by 10%. It pays to keep that positive attitude!

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