

Heart TALK

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

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Important Update About Anti-inflammatory Meds

Many people take anti-inflammatory medications for the treatment of muscle skeletal pain. These medications are called NSAIDS (non-steroidal anti-inflammatory drugs) and many can be obtained without a prescription.

In a recent analysis published in the British Medical Journal, many NSAIDS were analyzed for their safety in regards to heart attack and stroke.



Please be aware that: Ibuprofen was associated with a 3.36 fold increased risk of stroke while Celebrex and Naproxen showed no statistical increase in heart attack or stroke.

With this information, please try and avoid Ibuprofen and utilize non pharmaceutical options for pain, such as massage, exercise, and physical therapy.

If you do need an NSAID, it appears that Naproxen (Aleve) and the prescription Celebrex are relatively safer options than Ibuprofen. Depending on liver health, Tylenol is also a safe alternative.

To read the full Bale Doneen Method perspective on the NAIDS study, go to: <http://bit.ly/nsaids>



Amy Doneen, MSN, ARNP

Introducing the New HASPC Newsletter & Website

I'm so pleased to announce the new HASPC electronic newsletter. We'll be providing updates at least bi-monthly. Each issue will share important and relevant health updates for HASPC patients, as well as tips for heart-healthy living.

We are also pleased to announce that our new website is live and we'll be adding lots of new content in coming days.

If you have a hard copy of this newsletter, be sure to sign up for electronic delivery on the website. Currently the sign-up form is on the home page of the site. Go to <http://TheHASPC.com>

Thanks for your continued efforts to live a heart-healthy life! ~ Amy Doneen

From the Front Desk

It's the time of year when we are out enjoying our "Vitamin D" and the busyness of the season can melt our schedules and our minds. It is important that everybody is aware of ALL of their appointment times. Please call or e-mail the front desk at any time if you need this information. (denise@baldoneen.com).

Just a few reminders. . .

Usually, when you have a "Lab Appointment," you will have an "Office, Phone or Skype Appointment" about 3-4 weeks later. Reminder calls are made the week before your labs and the day before your follow-up appointment.

If your schedule changes, always keep in mind that you always have the option to change an office visit to a phone consult or vice versa. We make it easy to work around busy schedules.

Important: If you are skyping or having a phone consultation, please make sure we are given the best contact information for your visit so that we can easily reach you at our scheduled time.



Enjoy the rest of your summer — and take time to smell the roses. Summer will be behind us before you know it!

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Nutrition

Calories	146
Protein	2 g
Carbohydrate	26 g
Total fat	4 g
Saturated fat	1 g
Monunsat. fat	1 g
Cholesterol	0 mg
Sodium	1 mg

Sumptuous Summer Ambrosia Salad (Also a Refreshing Dessert)

Ingredients

- 1/2 cup slivered almonds
- 1/2 cup unsweetened flaked coconut
- 1 small pineapple
- 5 oranges
- 2 red apples, cored and diced
- 1 banana, halved lengthwise, peeled & sliced crosswise
- 2 tablespoons cream sherry
- Fresh mint leaves for garnish

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A heart-healthy alternative to a fat and calorie laden classic!
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Directions

Preheat the oven to 325 F. Spread the almonds on a baking sheet and bake, stirring occasionally, until golden and fragrant, about 10 minutes. Transfer immediately to a plate to cool. Add the coconut to the sheet and bake, stirring often, until lightly browned, about 10 minutes. Transfer immediately to a plate to cool. Core and trim a fresh pineapple and cut into cubes.

Peel 5 oranges, pull apart sections, carefully remove membrane, and remove any seeds. Set aside. Then core and dice the two red apples and single banana.

In large bowl, combine all fruit and sherry. Toss gently to mix well. Divide the fruit mixture evenly among individual bowls. Sprinkle evenly with the toasted almonds and coconut and garnish with the mint. Serve immediately.

Enjoy!

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If you are taking medications or supplements discussed in this issue, be sure to discuss your use with Amy Doneen.
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Calcium Supplements Shown to Increase Risk of Heart Attack

Calcium supplementation is a very common treatment for bone health.

Recently, 30,000 women from placebo controlled trials were randomized to new supplement use (Calcium with Vitamin D).

Surprisingly, calcium with or without Vitamin D, was associated with a 22% increase

risk of heart attack.

1,000 people taking calcium with or without vitamin D would cause six additional heart attacks or strokes (a number needed to harm of 178), yet prevent only three fractures (a number needed to treat of 302).

See other important medication updates in this issue.

- Simvastatin (see article below)
- Anti-inflammatory medications (see first article in this newsletter).

I look forward to seeing you at your next appointment to discuss this and other data associated with heart attack and stroke prevention.



If you take Simvastatin (Zocor), be sure to discuss this with Amy Doneen during your next appointment.

Simvastatin (Zocor) – New FDA Restrictions

FDA statement — June 2011 Based on the SEARCH 7 year trial. 6,033 post MI patients treated with 20mg vs 80mg of Simvastatin

1. 80 mg dose not recommended due to risk of muscle damage. Patients currently taking 80-mg should talk to their healthcare professional and immediately report any muscle pain, tenderness or weakness, dark or red colored urine, or any unex-

plained tiredness.

2. Medications now contraindicated with Simvastatin:

- a. Erythromycin
- b. Clarithromycin
- c. Cyclosporine
- d. Gemfibrozil
- e. Itraconazole
- f. Ketoconazole
- g. Pasaconazole (new)
- h. Telithromycin
- i. HIV protease inhibitors
- j. Nefazodone
- k. Danazol

- 3. Do not exceed 10 mg simvastatin daily with: Amiodarone, Verapamil & Diltiazem
- 4. Do not exceed 20 mg simvastatin daily with: Amlodipine & Ranolazine

Take home message – If you are taking Simvastatin (Zocor) or a product that contains simvastatin (Simcor), be sure to discuss this with Amy Doneen at your next appointment or call the office to discuss.