Dear Friends,

THE NEW YEAR IS HERE! For many people, changing the calendar means resolutions for new habits or striving toward a goal. Making changes to established behaviors is challenging, but the rewards make the effort worth it. On page 3, Kevin McHale, DO, noninvasive cardiologist with PinnacleHealth CardioVascular Institute, highlights 12 things you can do for your heart this year. One change many Americans can benefit from is keeping an eye on the salt in their daily diet. You may think of canned vegetables for the winter due to fewer local produce options, but there are options to keep variety in your menu at home. Michael Link, MD, cardiologist with PinnacleHealth CardioVascular Institute gives us tips and tricks that he follows at home on page 4.

If you are a parent, you may know your own cholesterol numbers, but what about your kids’? Sunil Patel, MD, pediatric cardiologist with PinnacleHealth CardioVascular Institute, provides advice for when you should start monitoring cholesterol levels and guidelines for healthy targets on page 7.

Winter is a challenging time for many individuals diagnosed with heart failure and their caregivers. More time inside and less physical activity combined with eating more comfort foods may wreak havoc on the delicate balance of heart failure. On page 5, Aarti Campo, MD, noninvasive cardiologist and medical director of the PinnacleHealth Heart Failure Center gives suggestions about how to make this a healthier winter.

Perhaps you or a loved one is facing looming heart surgery. Be inspired by heart-surgery patient Karl Robinson, who used the time before his procedure to get in the best possible shape to help aid his path to recovery. We invite you to join us in February to celebrate heart month and get expert tips about how to make your daily routine more heart friendly. Check out our listing of heart month events on the back page.

Yours in good health,

MICHAEL HUFF, RN
PRESIDENT, PINNACLEHEALTH CARDIOVASCULAR INSTITUTE

FAST FACTS: EXERCISE AND HEART HEALTH

Exercise **150 minutes** per week to minimize your heart disease risk by up to 30 percent

Practice yoga for as little as **12 weeks** to possibly lower high blood pressure and high cholesterol

Walk **40 minutes** per day at a brisk pace to reduce high blood pressure

A six-year study published in an American Heart Association journal suggests walking can lower your risk for coronary heart disease by **9.3 percent**; running proved half as effective
Don’t wait until there’s a health problem to turn your health around, says Kevin J. McHale, DO, noninvasive cardiologist, PinnacleHealth CardioVascular Institute. Build heart-healthy habits now, keeping these tips in mind.

1. **Consume less red meat and dairy.** These animal protein sources contain high levels of saturated fat. If you consume them regularly, consider cutting back. Saturated fats increase your risk for heart disease.

2. **Eat nutritious foods.** Fill your plate with fruits and vegetables, lean protein, and healthy grains. Limit your intake of processed foods, which are frequently high in sodium.

3. **Adopt a low-stress lifestyle.** Set aside time each day to exercise and/or meditate. Both are better at alleviating stress than sitting in front of the television.

4. **Make sleep a priority.** Sleep seven to eight hours a night to lower your risk for heart disease.

5. **Quit tobacco, and drink in moderation.** Alcohol and tobacco can damage your heart. If you choose to consume alcohol, drink moderately: Women, consume no more than one drink per day; men, no more than two.

6. **Stay active.** Make sure to fit at least 30 minutes of physical activity into every day.

7. **Walk often.** Walking can help lower many cardiac disease risks factors, including high blood pressure, cholesterol and diabetes.

8. **Maintain a healthy weight.** Stay within the normal 18.5–24.9 body mass index (BMI) to lower your risk for coronary heart disease.

9. **Know your numbers.** Visit your doctor annually so you know your body mass index and blood pressure and cholesterol levels.

10. **See the big picture.** “It’s easy to get fixated on one specific aspect of heart health, but if you do that, you could miss seeing your heart health in its entirety,” Dr. McHale says. “For instance, just because you don’t have a family history of heart disease, it’s still important to consider other risk factors, such as dietary habits.”

11. **Pay attention to your body.** If you stay physically active, you are more likely to notice unusual physical symptoms indicating a heart concern, like getting easily winded while taking your daily walk.

12. **Build a relationship with a cardiologist.** “If you have concerns about your blood pressure or cholesterol, see a cardiologist,” Dr. McHale says. “We work with patients to help them manage heart disease risks and minimize their chances of having heart problems.”

Join us during heart month for a variety of free seminars on how to improve your heart health. See calendar on the back page for details.
Halt the Salt

Learn simple ways to cut down on the amount of sodium in your diet.

● Your Body needs sodium to function. Sodium helps nerves and muscles work properly and helps maintain a healthy balance of fluids and electrolytes. However, consuming too much sodium leads to health issues, such as high blood pressure and kidney problems, which is why monitoring salt intake is so important.

The B.A.R.E. Minimum

Michael Link, MD, FACC, electrophysiologist with PinnacleHealth CardioVascular Institute, offers four quick tips for reducing your salt intake.

   “You might be amazed at the sodium content in low-fat foods,” Dr. Link says. “Manufacturers tend to make up for fat with high amounts of sodium.”

2. Avoid Processed Foods.
   “A lot of salt is hidden—often in the form of preservatives—in many foods,” Dr. Link says. “Furthermore, foods you don’t necessarily think of as being salty, such as canned soups, are full of sodium.”
   Cook from scratch as much as you can. Opt for fresh or frozen vegetables, which often don’t require salt-based preservatives.

3. Read Food Labels.
   “Reading nutrition labels can help you keep track of how much you’re consuming,” Dr. Link says. “Shoot for no more than 2,000 milligrams a day.”

4. Embrace the Saltshaker.
   “Many people think they’re cutting down their salt intake by not salting at the table,” Dr. Link says. “However, it’s better to salt and season once your food has been prepared instead of when you’re cooking. You eat almost three-quarters less sodium that way. When recipes require seasoning during cooking, use sodium-free bouillon cubes and herbs and spices to enhance flavor.”

Do you know your personal risk factors for high blood pressure? Visit PinnacleHealth’s Wellness Library at pinnaclehealth.org and take our blood pressure quiz.

A Healthy Harvest

Craving a hearty meal this winter but want to steer clear of salt? Try this mouth-watering, low-sodium harvest stew.

Ingredients

- 3/4 tablespoon vegetable oil
- 3/4 cup fresh onions, peeled and diced
- 1/3 cup fresh carrots, peeled and diced
- 1/2 cup fresh celery, diced
- 1 tablespoon all-purpose flour
- 1/3 teaspoon low-sodium chicken base
- 1 1/4 cups water
- 1/8 teaspoon salt-free seasoning
- 1/3 teaspoon garlic powder
- 1 cup canned low-sodium diced tomatoes
- 1 cup fresh sweet potatoes, peeled, cubed 1-inch pieces
- 1/2 cup fresh red potatoes, unpeeled, cubed 1-inch pieces
- 1 cup cooked diced chicken, 1/2-inch pieces
- 2 cups canned low-sodium great northern beans, drained and rinsed
- 1/2 cup fresh baby spinach, chopped

Directions

Heat vegetable oil in a large pot over medium heat. Cook onions, carrots and celery for 5 minutes, allowing them to brown slightly. Sprinkle flour over the vegetables. Stir well. Add chicken base and water. Stir constantly. Bring to a boil. Reduce heat to medium. Stir in salt-free seasoning and garlic powder. Cook uncovered for 2 minutes. Add tomatoes, sweet potatoes and red potatoes. Simmer uncovered for 15 minutes or until potatoes are tender. Stir frequently. Add chicken, beans and spinach. Stir. Continue to simmer uncovered for 10 minutes. Serve hot.

NUTRITIONAL INFORMATION

Makes 6 servings

- Calories: 124
- Total fat: 2g
- Cholesterol: 13mg

Sodium: 57g
- Total carbohydrates: 18g
- Dietary fiber: 5g
- Protein: 8g

Recipe courtesy of What’s Cooking? USDA Mixing Bowl
When the heart muscle is weak and damaged, it cannot pump enough blood to meet the body’s needs. The result is heart failure and its associated fatigue, shortness of breath and risk of hospitalization. The Heart Failure Center at PinnacleHealth can help patients improve their quality of life and better manage heart failure.

“Our nurses educate patients about this disease,” says Aarti Campo, MD, noninvasive cardiologist and medical director of the PinnacleHealth CardioVascular Institute. “They teach patients about a heart-healthy, low-sodium diet, as well as about heart failure medications. They also teach patients how to deal with their heart failure on a day-to-day basis.”

The goal at PinnacleHealth is to help patients at every step of their care. When the time comes, the palliative care team meets with patients and their families on an outpatient basis, as well as at the hospital, to discuss their needs.

**DO YOU HAVE HEART FAILURE?** Now’s the time of year to give your heart some extra TLC.

The winter months can pose certain health challenges for anyone dealing with heart failure.

“Winter is hard in regard to exercise. A lot of people enjoy walking outside, and it’s not always safe to walk outside in the winter. So many people stop exercising altogether, which contributes to winter weight gain. Everyone needs to have a plan for the winter,” says Aarti Campo, MD, noninvasive cardiologist and medical director of the PinnacleHealth CardioVascular Institute. “We all need to decide how we are going to exercise to keep our hearts healthy well before the temperature drops to 20 degrees.”

**PLANNING TO SUCCEED**

Following a healthy routine and diet can help those with heart failure start the year off healthy. Both simply require some planning. For example, indoor exercises, such as using a treadmill, can keep cold weather from interfering with a workout routine. A healthy dinner can keep hunger away—and limit temptations to indulge in salty, rich comfort foods.

“Weigh yourself daily, eat a low-sodium diet, minimize alcohol intake and exercise regularly,” Dr. Campo says. “If you are experiencing heart failure symptoms, call your physician right away.”

For information about the Heart Failure Center at PinnacleHealth, call (717) 231-8445.

Happy New Year,
Happy Heart

Aarti Campo, MD
Well-rounded Preparation

To complement presurgical exercise, you need to have a mindset focused on healing, get chronic health conditions under control and kick the habit if you smoke, according to David Loran, MD, cardiovascular surgeon at the PinnacleHealth CardioVascular Institute.

“Lung issues delay recovery,” he says. “Entering surgery with clean lungs is a huge help. Uncontrolled diabetes can hinder wound healing, so patients need to control their blood sugar levels. Having the right outlook is important, too. If patients come in for surgery determined to do well in recovery, they’re ahead of the game psychologically.”

STILL IN THE RACE

Staying active before open-heart surgery helped retired Army colonel Karl Robinson meet his postoperative goal: competing in the Harrisburg Marathon just four months later.

● KARL, A 74-YEAR-OLD Carlisle resident, got into running in the early 1970s. Since then, he’s completed 73 marathons and about 30 ultra-marathons. In recent years, a mild heart murmur he’d had for decades turned into aortic stenosis—narrowing of the heart’s aortic valve. In the spring of 2015, Karl had an echocardiogram that showed the narrowing had become more extreme and that two of his arteries were significantly blocked. He needed surgery.

GETTING READY ON THE GO

In nonemergency cases, heart surgery patients often have several days, if not a few weeks or months, to prepare for the operation. During that time, it’s important to find a balance between remaining physically active and not pushing the body too far. Exercising preoperatively can aid recovery.

“If there’s an activity patients can do without getting chest pain or shortness of breath, we encourage them to do it,” says David Loran, MD, cardiovascular surgeon at the PinnacleHealth CardioVascular Institute. “Walking is easiest. It works the lungs and muscles and can prevent pneumonia, blood clots and other potential problems after surgery.”

Karl took Dr. Loran’s advice to heart. He walked nearly 200 miles in the two-and-a-half months before undergoing double coronary bypass and aortic valve replacement on July 1, 2015.

CROSSING THE FINISH LINE

After surgery, Karl returned to his active life as soon as possible, logging hundreds of miles walking and running before the Harrisburg Marathon in November. He finished the race in about six-and-a-half hours. His medal now hangs in Dr. Loran’s office as a token of gratitude and a testament to what’s possible after major heart surgery.

“The things I did before surgery made a big difference afterward,” Karl says. “I hope my experience is an inspiration to others facing heart surgery.”

Learn why you can trust the PinnacleHealth CardioVascular Institute with your heart, and watch patients tell their stories of healing at pinnaclehealth.org/heart.
Managing Cholesterol in Elementary School?

Yes, kids can have high cholesterol, too. But detecting it early can help ensure they become healthy adults.

- **High Cholesterol During Childhood** tracks into adult life and leads to increased risk of heart problems, such as heart attack and stroke.

  “More primary care physicians are thinking about cholesterol screening during childhood than in the past due to awareness that abnormal cholesterol accumulation starts early in life, as well as rising obesity rates during the past 20 years,” says Sunil Patel, MD, pediatric cardiologist, PinnacleHealth CardioVascular Institute. “Obesity contributes to high levels of unhealthy cholesterol in the blood, which compounds over the course of a lifetime.”

  For parents, it is important to know that significant family history of high cholesterol can also lead to high cholesterol levels in children. High cholesterol can be managed effectively through preventive screenings and lifestyle modifications.

**Cholesterol 101**

A fatty substance produced by the liver, cholesterol helps the body digest food and produce hormones, but cholesterol can deposit in the blood vessels and damage the heart. With a blood test, doctors measure total cholesterol and two types of cholesterol:

- High-density lipoprotein (HDL), or “good” cholesterol, searches for excess cholesterol and delivers it back to the liver
- Low-density lipoprotein (LDL), or “bad” cholesterol, collects along artery walls and can eventually lead to plaque buildup, blocked arteries and, potentially, heart attacks and stroke

“The difficulty of high cholesterol in children is that there are no immediate effects—it takes decades for plaque buildup to narrow blood vessels,” Dr. Patel says. “Though this process happens to almost everyone, the rate at which it happens is very important. By changing lifestyle habits as a family, you can slow down the damage and better manage cholesterol levels.”

**When to Start Screening**

According to the National Institutes of Health, all kids should have a cholesterol screening between ages 9 and 11 and again between ages 17 and 21. Earlier screenings may be recommended based on family history of high cholesterol as well as heart conditions and whether a child has diabetes or other risk factors for high cholesterol.

**Slow Down, High Cholesterol!**

If your child’s total cholesterol is over 200 or the low-density lipoprotein (“bad” cholesterol) is over 130, your child’s pediatrician will advise nutritional counseling and suggest other healthy habits, such as:

1. Add exercise time to your family’s schedule: bike, swim, walk or find activities everyone can enjoy every day for one hour
2. Cook healthy meals with fresh ingredients at home and reduce portion sizes
3. Reduce intake of sugary beverages, since many times we drink excess calories and do not realize it

Need some ideas for family-friendly, heart-healthy cooking? Join us for Family-Friendly Cooking With a Cardiologist on Monday, Feb. 6. See the calendar on the back page for details.
Mark Your Calendar

7 WAYS TO LOVE YOUR HEART

Join Mehreen Qureshi, MD, noninvasive cardiologist, and Santina Sperling, CRNP, nurse practitioner with PinnacleHealth CardioVascular Institute, for tips and tricks you can incorporate to make a new heart-healthy beginning.

• Linglestown: GIANT Super Food Store
  Thursday, February 2, 7 p.m.

ZUMBA/YOGA PROGRAM

The nurse practitioners and physician assistants with PinnacleHealth CardioVascular Institute invite women of all ages to participate in a morning of heart health education and fitness (Yoga or low-impact Zumba) as we draw awareness to women and heart disease. Staff will be available during the event for blood pressure, blood sugar, weight, pulse and cholesterol checks as well as CPR instruction. Registration runs from 8:30–9 a.m., and planned activities include an “ask the expert” heart-health panel featuring Aarti Campo, MD, PinnacleHealth noninvasive cardiologist, and a PinnacleHealth nutritionist.

• Linglestown Life United Methodist Church, 1430 N. Mountain Road, Harrisburg, Saturday, Feb. 4, 8:30 a.m.–12:30 p.m. (Yoga/Zumba from 10:30–11:30 a.m.)
  Cost: $20 per person with a T-shirt at registration; $25 at the door
  All proceeds benefit the American Heart Association Go Red for Women program. Advance registration is requested. On-site registration is available, with T-shirts as supplies last.

AN ASPIRIN A DAY TO KEEP THE CARDIOLOGIST AWAY?

What is the value (or danger) in taking a daily aspirin? Join Atizaz Mansoor, MD, noninvasive cardiologist, and Nicole Abel, PA-C with PinnacleHealth CardioVascular Institute for a discussion about aspirin.

• Wednesday, Feb. 8, 7 p.m.
  Camp Hill: GIANT Super Food Store
Registration is required for all events. Light refreshments will be served. Please visit us online or call (717) 231-8900 or toll-free 1-877-499-3299 to register.

FAMILY-FRIENDLY COOKING WITH A CARDIOLOGIST

Join Michael Bosak, MD, cardiologist, and Sunil Patel, MD, pediatric cardiologist with PinnacleHealth CardioVascular Institute, for a fun, interactive event. The physicians will share heart-healthy, family-friendly dishes. Space is limited. Fee: $20 per pair of attendees (recommended for children ages 5 and up)

• Camp Hill: GIANT Super Food Store Cooking School
  Monday, Feb. 6, 5:30 p.m.

HEART FAILURE MANAGEMENT: HOW TO CONNECT THE DOTS

Heart failure not only affects the heart. Other health concerns affect your heart failure—high blood pressure, diabetes, kidney disease, cancer, alcohol use, medications, common illnesses and emotional stress. Please plan to attend this program with your family to learn how to holistically care for your heart failure. Presented by Aarti Campo, MD, noninvasive cardiologist, and Kathaleen King-Dailey, DNP, CRNP, with PinnacleHealth CardioVascular Institute.

• Camp Hill: GIANT Super Food Store Cooking School
  Monday, Feb. 6, 5:30 p.m.

BREAKTHROUGH HEART TREATMENTS

Learn more about the latest treatments for valve diseases such as transcatheter aortic valve replacement and MitraClip from Mubashir Mumtaz, MD, FACS, FACC, chief of cardiothoracic surgery, and Hemal Gada, MD, MBA, medical director of the structural heart program at PinnacleHealth.

• York: Heritage Hills Golf Resort
  Thursday, Feb. 23, 6:30 p.m.
• Camp Hill: GIANT Super Food Store
  Tuesday, Feb. 28, 6:30 p.m.
• Hagerstown: Nick’s Airport Inn
  Monday, Mar. 13, 6:30 p.m.
• Hershey: Hershey Lodge
  Thursday, Apr. 27, 6:30 p.m.
• Chambersburg: The Orchards Restaurant
  Tuesday, May 16, 6:30 p.m.