

HEALTHY HEART NEWS

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St. Luke's Cornwall Hospital's Cardiovascular Institute is committed to you and our community. We pride ourselves on being an engaged partner with the many constituencies that we serve. As part of our commitment to meeting your heart health needs, we have developed this quarterly newsletter filled with information that can improve the quality of, and in some cases, help save your life. If there are topics that you would like to see covered in future editions, please e-mail Beverly Keefer, Director of Cardiovascular Services, Cardiac Cath and Interventional Radiology at bkeefer@slchospital.org.

AHA LAUNCHES "HEALTHY FOR GOOD" INITIATIVE

The word "health" refers to a state of complete emotional and physical well-being. Healthcare exists to help people maintain this optimal state of health. Good health is central to living a long and active life.

Healthy For Good is a revolutionary movement by the American Heart Association to inspire people to create lasting changes in health and lifestyles one small step at a time. Healthy for Good is important to keep in mind during the holiday season.

The approach is simple: Eat smart. Add color. Move more. Be well.

Eat Smart: Make healthy, delicious choices wherever and whenever you eat! Eating healthy doesn't mean dieting or giving up all the foods you love. It is about giving your body the nutrients it needs and taking control of your portions. Reading labels when and preparing and eating more meals at home is helpful to control portion size and ingredients. Beware of foods with sodium and added sugars. Choose frozen, canned or dried produce when fresh is not available. Choose whole grain foods as well. Look for the heart check mark to easily identify foods that can be part of overall healthy eating.

Add Color: Make life more colorful with fruits and vegetables. An easy first step is to include fruits and vegetables at every meal and snack. All forms and colors count! Cooking fruits and vegetables in healthy ways brings out the natural flavors. One whole medium-sized fruit is equal to one full serving. One cup of raw leafy vegetables is equal to one full serving as well. Remember to eat a rainbow. If the food on the plate is too beige, remember to add color!

Move More: A good starting goal is at least 150 minutes a week, but if that is not possible, just move more! Find forms of exercise you like and will stick with, and build more opportunities to be active into your routine. If you are looking for an easy way to increase your activity – look to walking! It is easy and effective and you can do it pretty much anywhere. A few minutes each day will add up and start to get you moving. Find ways to make it fun by changing the routine, listening to music or having others join you. Bring your whole family with you on the path to whole body family health! If you are too busy to carve out a long walk, split it up into shorter sessions. That will work just as well. Getting more fit is as easy as adding at least 22 minutes of activity to each day. Remember to hydrate for optimal exercise. Wearing the right clothes for your activity, climate and season makes all the difference. Look for breathable clothing, and go in layers for the winter weather.

Be Well: Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, and connecting socially. Getting enough rest can influence your eating habits, mood and memory. Proper rest allows for recharging your body. It is also important to take time out for you. Add a few minutes of calmness to each day.

By making a few lifestyle changes, you can be on the right road to being Healthy for Good!



WHAT'S THE SCORE?

Buildup of calcium, or calcifications, are a sign of atherosclerosis and coronary heart disease. Coronary calcium scoring is one of the most advanced cardiac diagnostic tests available today. A simple, noninvasive test, the calcium test is one of the best tools used to detect early signs of heart disease, greatly reducing a patient's risk of a sudden heart attack.

Through the use of technology called CT scanning, which allows a patient's heart and coronary arteries to be visualized in just a few breaths, calcium scoring measures the location and extent of calcified plaque. The test can suggest the presence of coronary artery disease even when the arteries are less than 50% blocked. Unlike similar coronary diagnostic tests, calcium scoring requires no injections and no need to drink any special fluids to diagnose coronary artery disease.

Your coronary artery calcium score can help you make lifestyle changes that may be needed depending on the severity of coronary artery disease, thus decreasing your chances of a future heart attack.

Calcium scoring is an easy, noninvasive exam used to detect coronary artery disease in its early stages. The test takes about five minutes. During that time, thousands of images are taken of your heart and arteries.

WHO SHOULD KNOW THEIR CALCIUM SCORE?

If you're diabetic, or have any two of the following additional risk factors, you could be at risk for a sudden heart attack and should know your calcium score:

- Over 40 years of age
- Family history of heart disease
- High cholesterol
- Past or present smoker
- High blood pressure

WHAT ARE THE BENEFITS?

There are many benefits to the coronary calcium scoring procedure including the ability to:

- Detect coronary artery disease at an early stage when there are no symptoms
- Calculate future risk of coronary artery disease
- Determine treatment plans if artery blockages are present

KEEP YOUR HOLIDAY CELEBRATIONS HEALTHY

The winter holiday season is a time of festivities, family reunions, and feasting. For many, the holidays are an excuse to throw diet and exercise plans out the window until the new year. Keeping up your healthy habits will not only help you avoid any holiday weight gain, but may also assist you in overcoming the winter blues and reducing stress.

