

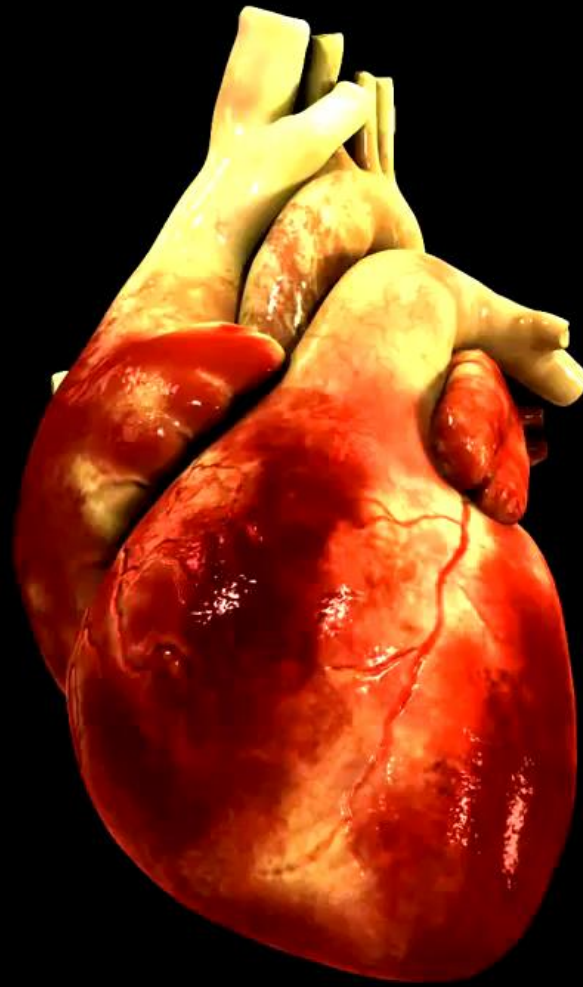
Cardiac Health

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Snoqualmie Valley
— HOSPITAL —

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A cardiologist deals with the heart - including high blood pressure, weight, diet, etc. The goal is to get you as healthy as possible. Your heart is about the size of your hand. It has a two stage pump. Upper part and lower part. It beats about 100,000 times a day. And even more times if you exercise.

Your heart is fed by other parts of your body. A healthy heart is nothing without a healthy mind and body.

Goal

- To improve overall health

Physical Goals

- Proper Weight
- Proper Exercise - at least 30 minutes per day at a moderate pace is recommended: 3-4 miles per hour.

Mental Goals

- Clear thinking
- Control anxiety

The best health advocate is yourself. Know what makes you anxious and what makes you feel better. When do you think the clearest. The best thing to do is make things simple. Try to concentrate on the important things and if you have anxiety issues, instead of taking anti-anxiety medications, try to go out for a walk, meditation, yoga or anything that makes you feel better. Even reading can help reduce anxiety. Taking care of your life will in turn help the overall health of your heart.

Cardiac Risk Factors

- Males - more likely to have artery problems.
- Hypertension - high blood pressure. Normal is 120 over 60 or 70. Higher blood pressure puts more pressure on your heart and increases your chances of heart attack, stroke or kidney problems.
- High Cholesterol - Most of the cholesterol is what we manufacture. Changing your diet will help, but controlling your weight has a greater bearing on your heart health.
- Diabetes - have it well controlled. Sugars have a large bearing on how the heart functions and how your blood pressure is controlled.
- Overweight - the bigger you are the harder your heart has to work.
- Smoker - takes in carbon monoxide and makes arteries narrow 10 times faster. It makes platelets sticky and adhere to your arteries.

Guide For Healthy Heart

- Who is the best guide for advice?
 - Consider a FIT health professional
 - With so many places to get information about your health, it's very important for you to be your own advocate for what works for you.
 - The most important thing is to be active, no matter what you do.
 - The best exercise is swimming, which exercises your upper and lower body. Rowing machines are also good - they work on your arms, back, belly and legs.

Maintain a Proper Diet

- Choose foods low in saturated fat
- Choose food low in total fat
- Choose foods high in fiber
- Choose foods low in cholesterol
- Be more physically active
- Maintain a healthy weight and lose weight if you are overweight

Warning Signs For Heart Disease

- Shortness of breath
- Inability to do activities that were easy before
- Chest discomfort with exertion
- Back, arm, and neck discomfort, with exertion
- Excessive Sweating

Proper Approach

- Call 9-1-1

Do not have your family member drive you to the emergency room. When you have a heart attack, the artery closes and has irregular heartbeats. This is called arterial fibrillation. The trained emergency response team has the expertise and equipment to shock your chest to keep your heart beating on the way to the hospital.

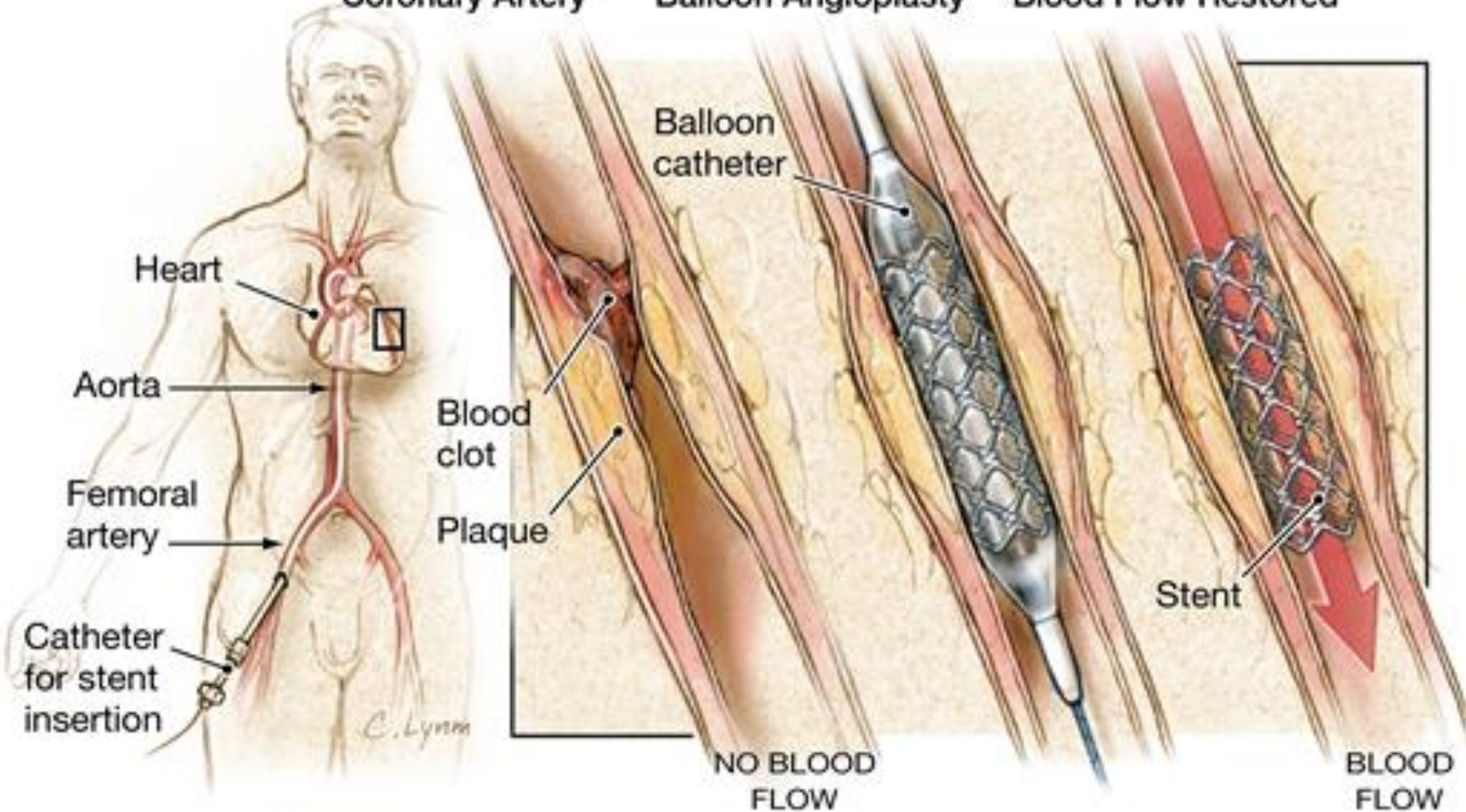
What Not to Do

- Call your doctor and wait for a response
- Argue with a family member about not needing to visit the hospital
- Drive you own car
- Have anyone drive you to the ER besides an ambulance

Blocked
Coronary Artery

Insertion of Stent After
Balloon Angioplasty

Stent in Place and
Blood Flow Restored



When there is a narrowing of an artery, blood will clot, causing blockage. A balloon catheter is used to insert a stent that will open up the artery and improve blood flow.

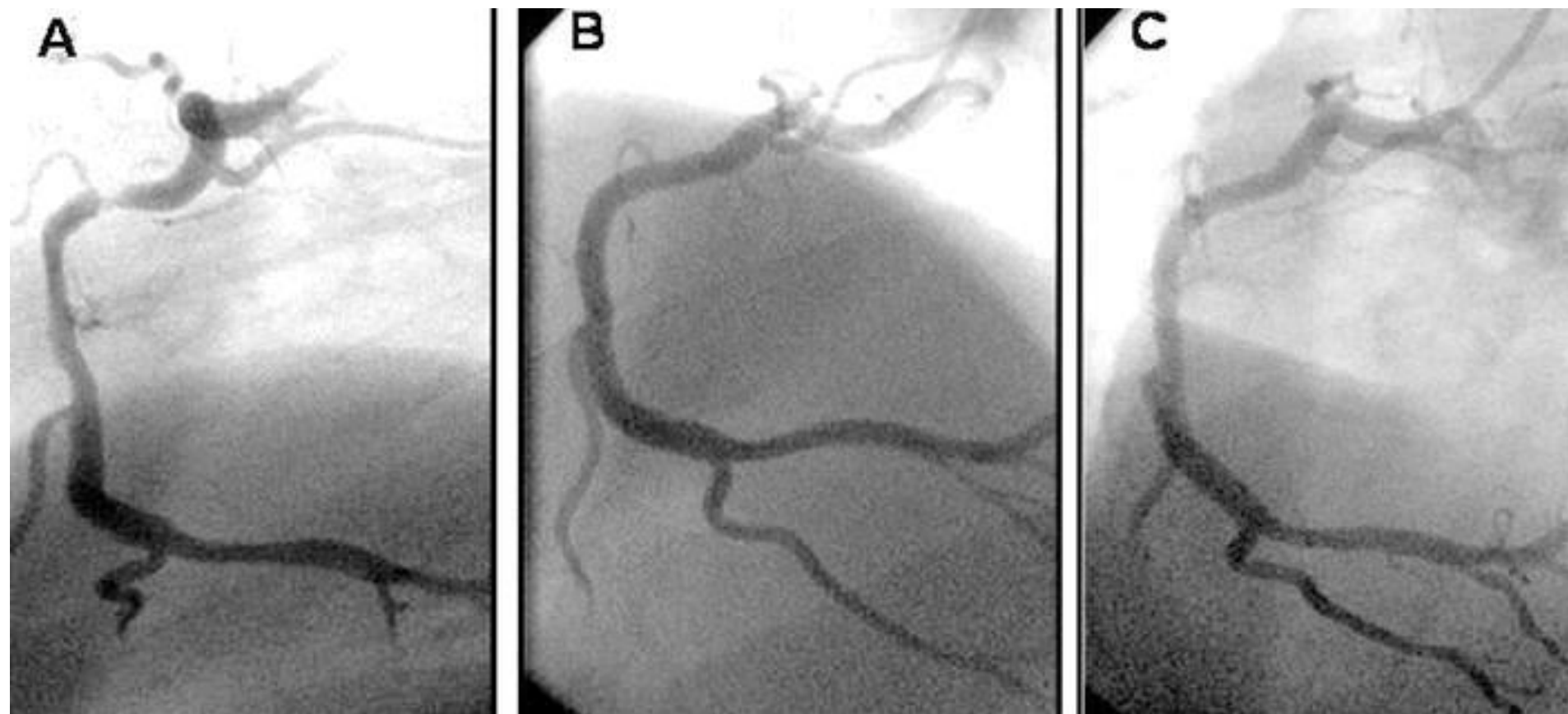


Photo A shows a narrowed artery. Photo B shows the artery after a stent has been inserted, opening the artery. Photo C shows the artery post surgery, with blood flowing freely. The success rate of this procedure is 99%.

More Information

- Visit the American Heart Association website at Heart.org.