

HEARTwise

NEWS TO HELP YOU LIVE A HEART-HEALTHY LIFESTYLE

Region's First Heart Hospital Is Open



- ▶ Epic electronic medical record system, which minimizes the need for patients to give the same information more than once
- ▶ State-of-the-art digital image management system and computed tomography (CT) scanners, which enable physicians and others to view cardiac and other medical images on computers, both inside and outside the hospital
- ▶ A hands-free wireless communication system that allows nurses to be notified immediately about their patients' needs in a quiet environment that essentially eliminates overhead paging 📞

Visit www.meriterhearthospital.com for a virtual tour of the new hospital.

The Meriter Heart Hospital—the first facility of its kind in the region—is open.

"The Heart Hospital is a new concept in care, locally, that showcases the latest technology and care teams that are among the best in the country," says Meriter President and CEO Jim Woodward. "It's yet another way that Meriter, as a not-for-profit hospital, continues to focus on our mission to heal, to teach and to serve."

The 33,000-square-foot, state-of-the-art, "hospital within a hospital" is located on the upper two floors of Meriter Hospital.

"The facility has been thoughtfully designed around the needs of patients with cardiovascular diseases, those conditions that affect the heart and the network of blood vessels that carry

blood to and from the heart," explains Assistant Vice President of Cardiovascular Services Una Alderman.

Some of the Heart Hospital's notable features include:

- ▶ 45 private family-friendly patient rooms, designed and equipped to handle all phases of recovery for cardiac patients
- ▶ 16 short-stay beds, in private rooms, adjacent to the procedure area to allow for efficient admission and discharge for patients who do not require an overnight stay
- ▶ Five state-of-the-art digital cardiac, vascular and electrophysiology procedure labs, with room to grow
- ▶ Direct elevator access to the emergency room, operating rooms, medical imaging and the helicopter landing pad

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Crunchy Pumpkin Pie



Women's Heart Health



Meriter Earns Top 100 Hospital Rating



healthy heart update:

What New Research Means for Women

If you knew today what could happen to your heart in 10 years, what might you do differently?

Women who want to take charge of their heart health have two valuable new resources: the updated American Heart Association (AHA) prevention guidelines and the Reynolds Risk Score.

Taking the Long View

In the United States, more women than men die of heart disease every year. The AHA's newly revised prevention guidelines are aimed at changing those statistics. The recommendations are designed to help you protect your heart not just today, but for life.

Revisions to the guidelines, previously released in 2004, include:

► **Updated exercise goals.** The standard is still 30 minutes of moderate exercise on at least five days a week. But women who need to lose weight or maintain a weight loss need 60 to 90 minutes.

- **New dietary advice.** Eat fish at least twice a week, limit alcohol to one drink a day and keep salt down to a teaspoon a day. And, watch your intake of saturated fat. It should be less than 10 percent—preferably less than 7 percent—of all the calories you consume in a day.
- **An answer on aspirin.** Daily aspirin is not recommended to prevent heart attack in low-risk women younger than age 65.
- **A stronger message to quit smoking.** If you smoke, talk to your doctor about counseling, nicotine replacement or medications that can help you quit.



Risk Score. The improved tool takes two additional risk factors into consideration: family history and high-sensitivity C-reactive protein—a substance that appears to play a role in heart disease.

Building a Better Risk Calculator

To help you figure out your risk for heart disease, researchers have developed the Reynolds Risk Score. Estimates of women's risk previously relied on decades-old, men-focused studies. Researchers looked at these studies as well as newer, women-focused ones and developed the Reynolds

A user-friendly version is available at www.reynoldsriskscore.org. Once you plug in the numbers, the calculator estimates your 10-year risk of heart attack or stroke. Talk with your doctor about your score and how you can manage your heart risks.

WOMENS HEART-HEALTH | tip

Exercising more often, rather than eating less, may be the best way to lower your risk of dying from heart disease. That's according to a 17-year study published in the *American Journal of Preventive Medicine*.

Yield: 9 servings
Serving size: 1/9 of pie
Each serving provides:
Calories 177
Total fat 8 g
Saturated fat 1 g
Cholesterol 24 mg
Sodium 153 mg

Diabetic Exchange Servings from Carbohydrate group 2
Serving from Fat 1 1/2
Source: National Heart, Lung and Blood Institute, National Institutes of Health

heart-healthy recipe:

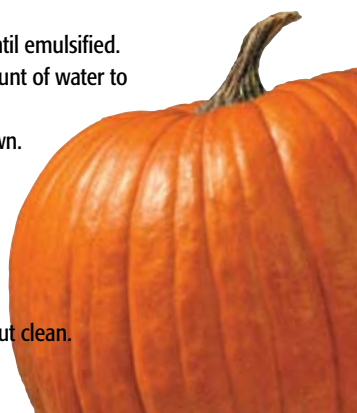
Crunchy Pumpkin Pie

This pie uses only a small amount of oil in the crust and skim milk in the filling to make it heart-healthy.

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|---------------------------------------|-----------------------------|-----------------------------|
| Ingredients for the Pie Crust: | 3 tbsp. canola oil | 1/4 tsp. ground nutmeg |
| 1 c. quick-cooking oats | 1 tbsp. water | 1/4 tsp. salt |
| 1/4 c. whole wheat flour | | 1 egg, beaten |
| 1/4 c. ground almonds | For the Pie Filling: | 4 tsp. vanilla |
| 2 tbsp. brown sugar | 1/4 c. packed brown sugar | 1 c. canned pumpkin |
| 1/4 tsp. salt | 1/2 tsp. ground cinnamon | 2/3 c. evaporated skim milk |

Directions

1. Preheat oven to 425° F.
2. Mix oats, flour, almonds, sugar and salt together in small mixing bowl.
3. Blend oil and water together in measuring cup with fork or small whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into a 9-inch pie pan and bake for 8 to 10 minutes or until light brown.
6. Turn down oven to 350° F.
7. Mix sugar, cinnamon, nutmeg and salt together in a bowl.
8. Add egg and vanilla. Mix to blend ingredients.
9. Add pumpkin and milk. Stir to combine.
10. Pour into prepared pie shell.
11. Bake for 45 minutes at 350° F or until knife inserted near center comes out clean.



News from Meriter

Meriter Recognized for Turning Guidelines into Lifelines

Meriter is one of 173 hospitals in the United States—and one of three in Wisconsin—to earn recognition for its cardiac patient care through the American Heart Association/American Stroke Association's Get With The Guidelines program. Get With The Guidelines is a quality improvement program that helps hospitals ensure that patients consistently receive care in accordance with the most up-to-date guidelines and recommendations. The program is based on evidence-based studies. Meriter received an Initial Performance Achievement Award which recognizes hospitals for having 90 consecutive days in which at least 85 percent of coronary artery disease patients (without contraindications) were treated and discharged according to American Heart Association/American Stroke Association guidelines and recommendations in the cardiac module.

Meriter Earns Top Solucient 100 Hospital Rating

Meriter Hospital's cardiovascular care program has been named one of the nation's "100 Top Hospitals" for Cardiovascular Care by Solucient, a prominent health information company. Solucient bases its "Top 100" award on objective ratings of more than 800 hospitals' clinical quality, performance and operational efficiency.

Meriter Reaccredited as Chest Pain Center

Meriter Hospital was recently granted a Cycle II Accredited Chest Pain Center with Percutaneous Cardiac Intervention (PCI) designation by the Society of Chest Pain Centers. The three-year accreditation means that Meriter has demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluations. This designation, first granted in 2004, means that patients experiencing a heart attack can be assured that care is initiated during the critical early stages when treatments are most effective.

Meriter Recognized by VHA for Clinical Excellence

Meriter Hospital was recognized at the VHA Leadership Conference in May as the winner of the 2007 VHA Leadership Award for Clinical Excellence. This award honors organizations that have differentiated themselves around national performance standards by achieving exceptionally high levels of performance. Meriter Hospital met this high standard by achieving a score in excess of 90 percent on clinical core measures for acute myocardial infarction and heart failure.

Meriter Hospital is pleased to offer online visitors comprehensive health and wellness information. Now, you can conduct quick and more in-depth searches on our health encyclopedia. Empower yourself with great health information! Visit us today at www.meriter.com/healthy.



Our Cardiovascular Care Is Among the Best in the Nation

Meriter Heart Hospital is proud of its affiliations with a prestigious group of cardiologists, cardiovascular surgeons and affiliated staff members who provide all aspects of cardiovascular care. Physician group providers include:

- Wisconsin Heart and Vascular Institute www.wiheart.com
- UW Health Heart and Vascular Care www.uwhealth.org/heartandvascular
- Associated Physicians, LLP www.apmadison.com

The newest members of the Meriter Heart Hospital physician staff are:



Peter J. Mason, MD, MPH, RPVI, Wisconsin Heart and Vascular Institute, who specializes in coronary artery intervention (angioplasty and stenting), peripheral vascular disease and intervention and noninvasive cardiovascular imaging



Petar G. Igc, MD, Wisconsin Heart and Vascular Institute, a cardiologist who subspecializes in electrophysiology, which focuses on heart rhythm disorders



Sandra C. Carr, MD, director of Wisconsin Heart and Vascular Institute's Comprehensive Vein Care Program

For a complete list of physicians who practice at Meriter, visit www.meriter.com/doctors.

moving your

Outdoor Workout Inside

Inclement weather doesn't have to spell an end to your workout routine. An indoor workout can be just as effective as one outdoors. Wherever you exercise, aim for at least 30 minutes of aerobic activity most days of the week.

The following activities, which can be done indoors, all provide aerobic benefits:

- ▶ Fast dancing
- ▶ Basketball
- ▶ Stationary cycling at 13 miles per hour
- ▶ Ice- or roller-skating
- ▶ Racquetball
- ▶ Jogging
- ▶ Walking 4 miles per hour
- ▶ Swimming at 45 yards per minute
- ▶ Singles tennis

There are various ways you can continue running or walking indoors:

- ▶ Take a walk in the mall. Many shopping malls are open for walkers before business hours begin.
- ▶ Join a fitness club or community center with a track.

- ▶ When you travel, search out a hotel with a gym. Hotels without a fitness center may have an arrangement with a local gym, so pack your workout clothes.
- ▶ Walk at the airport while waiting for your plane.

Household chores can give you a good workout, too. Some examples include:

- ▶ Washing your windows or floors
- ▶ Reorganizing your closet
- ▶ Scrubbing your shower or tub

Other indoor activities you can do at home include:

- ▶ Walking up and down the stairs at a brisk rate
- ▶ Pedaling on a stationary bicycle while reading, talking on the phone, watching television or listening to the radio
- ▶ Jumping rope. All you need are comfy shoes and a lightweight rope with foam grips. And when you travel, you can easily pack your jump rope in your suitcase
- ▶ Following an exercise routine on videotape

Prefer to exercise with a friend?

- ▶ Join a gym where you can play basketball.
- ▶ Start a volleyball league.
- ▶ Take a walk around your office with a coworker or walk the mall with a friend. 🐾



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