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Please Note:

• **The Rehab Center is closed the following days:**

Thursday, Nov 24

Monday, Dec 26

Monday, Jan 2

• Active Hearts

Education/Support meets on the first Monday evening, October-May. Presentations begin at 7:00pm. Upcoming talks include:

Oct: Dr. Karen Moncher

“New Advances in Cardiovascular Medicine”

Nov: Gail Underbakke, RD

“Nutrition Updates: Pyramids and Portfolios”

Dec: Dr. Niloo Edwards

“Hearts and Valves from a Surgeon’s View”

Call 608.263.7420 for details and directions.

• Want a check-up? Call our office at 608.263.7420 to schedule a “Heart Check” visit with your rehab clinician. Review exercise, nutrition, cholesterol management and other heart care matters.

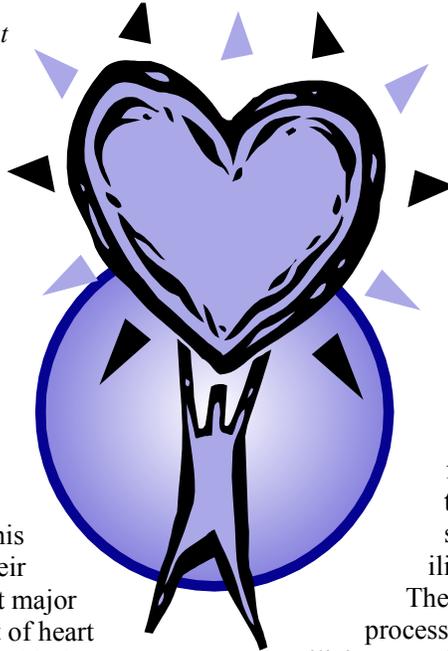
Please notify our office at 608.263.7420 if you no longer want newsletters or other information from Preventive Cardiology mailed to you.

Healing from within

By Eric Kietzke, MS

Clinical Exercise Physiologist

Quite often following a traumatic life experience, wherein we encounter a feeling of loss, we also lose confidence in our ability to obtain or maintain a happy healthy future. However, it is precisely at these times that we must embrace our inner strength, which provides the courage and faith to heal and regain optimism. Everyone faces this crisis at sometime during their lifespan; for some, their first major health challenge is the onset of heart disease. But this insult to health does not have to be viewed as permanent; rather, it can



serve as a catalyst for change that yields a more full and satisfying life.

Recovering from a cardiac event is a two phase process that requires both physical and spiritual healing. The first phase is the intensive medical care that helps you regain your basic health and resume your daily functions. This may include therapies such as heart surgery, cardiac rehabilitation, and medications.

The second phase is a gradual process of rediscovering and utilizing your inner strength to reshape the quality of your life and release your health

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Monitoring statin safety

By Karen Kopacek, Registered Pharmacist

Statins, such as Lipitor[®] (atorvastatin), Pravachol[®] (pravastatin), and Zocor[®] (simvastatin), have been shown to be effective in lowering cholesterol levels and preventing future cardiac events in patients with heart disease or at risk for disease. However, the safety of statins has been questioned since the removal of Baycol[®] from the US market due to reports of serious side effects such as muscle pain/weakness (myopathy) and rhabdomyolysis (muscle cell destruction).

Before you call your physician to stop your statin therapy or toss out the prescription bottle, be assured that the absolute rates of adverse effects with statins are low. If myopathy occurs, it usually occurs in patients with risk factors for this adverse effect, such as patients with known

liver or kidney disease, advanced age, or who consume large amounts of alcohol. Here are a few recommended strategies to minimize your risk for myopathy or rhabdomyolysis:

- ✓ Know the symptoms of myopathy and rhabdomyolysis. Report any unusual muscle pain, cramps, or weakness to your physician or prescriber right away. Also report if stomach pain, skin rash, yellowing of the skin or eyes, or change in urine color occurs.
- ✓ Have all your prescription medications filled by the same pharmacy to screen for drug interactions. Also provide all your health care providers with an updated list of your medications so that potential drug interactions may be avoided. Several

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Straight to the Heart

The UW Health-University Hospital Preventive Cardiology Program is dedicated to assisting people with cardiovascular disease achieve optimal physiological and psychological function leading to an improved quality of life, and preventing the disease process in healthy people. Straight To The Heart is published quarterly to provide current and former participants information about heart disease and current events at the Center. Please call or write us if you have comments, questions or suggestions for articles. We welcome your ideas.

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potential. It involves recognizing that you are not alone, learning to visualize positive change and a healthy lifestyle, encouraging the heroic capacity within yourself, and enjoying the present moment.

It is often helpful to realize that the onset of heart disease, although personal, is not cause to feel alone or abnormally responsible. According to the National Health and Nutrition Examination Survey (NHANES) of 2002, over 70 million Americans (24% of the population) have one or more types of cardiovascular (CV) disease (i.e., Heart attack, heart failure, coronary artery disease, CV birth defect, stroke, et cetera). This year alone, an estimated 700,000 Americans will experience their first heart attack and another 500,000 will have a recurrent heart attack. Knowing that so many other people are also suffering a similar setback can help reduce the self-blame that only serves as a barrier to recovery. Instead, the cardiac event should be viewed as a “wake-up call” to health and the precious value of life.

The first step to successful healing is to visualize a full and healthy lifestyle. It is also important to visualize yourself performing the positive changes that lead to that healthy lifestyle. Begin by recognizing your current fears regarding your health capabilities and then try to imagine the opposite of those fears. For instance, you may doubt your ability to ever travel again. Try to see your destination in your mind and then insert a healthy image of yourself into that vision. It is essential that you see your goals before trying to achieve them. Just as travel requires selecting a destination and route map to ensure a safe and timely arrival, so too does your journey to health. Visualization is the key to restoring your confidence in your health.

Practice finding enjoyment in the present moment. Avoid thinking about regrets from the past or focusing only on hopes for the future. Enjoy the healthy activities of the moment with the assurance that they will lead to the healthy future you have envisioned. When you align your goals with sound principles such as daily activity, balanced nutrition, adequate rest and relaxation, responsible interpersonal behaviors, and an optimistic life perspective, then the problems of living are minimized and life becomes more enjoyable. It is

important to remember that the journey (daily moments of our lives) is what’s important, not the destination (death).

Encourage the heroic capacity within yourself. Healing both physically and spiritually takes courage. It is natural to be filled with self-doubt and self-recrimination following a cardiac event. Rather than allowing your fear to keep you from healthy living, summon your inner strength to reengage life. Listen to your body as you rediscover your capabilities. Be willing to challenge your perceived limitations. Seek answers to your uncertainties by asking for assistance from those in a position to provide help, such as the healthcare professionals assisting your recovery. Do not quit at the first sign of difficulty; persistence will yield success!

Nourish yourself both physically and spiritually. Physical health is like a three legged stool; it requires a daily balance of nutrition, exercise, and rest. Eating a healthy balanced daily diet provides your body with the necessary building blocks to construct a healthy body. Challenging your physical capabilities promotes growth, maintenance, and repair of your body structures. Allowing adequate time to rest ensures that the diet and exercise contributions are effectively combined to build a healthier body. Spiritual health requires a similar balance; inspiration, challenges, and peace. Surround yourself within an environment that promotes spiritual health. Read books that lift your spirit, spend time with healthy fun people, and allocate a quiet time for yourself to listen to your inner voice and visualize a healthy future. Do not burden yourself with the impossible task of controlling all aspects of your life; allow your inner-strength to carry the load. Practice relaxation techniques or meditation to quiet and unburden your mind by reducing your focus to a single benign image and surrendering control.

Release your full potential. Stop for a moment to consider how much attention you direct toward your health. Is it an integral part of your daily routine or an intermittent response to periods of health decline? Just as someone practicing the piano only 30 minutes a day will not become a superb pianist, so too you will not achieve a full healthy life without dedication. You must make healthy living a priority; it must

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become a central part of your life perspective. Try to feel the messages of health coming from your inner-awareness and respond by adopting those things that improve and drop those things that degrade your health. With time you will develop a habit of unconscious healthful behavior that will fill you with a zest for life; an inner-strength from which your health will glow.



(Statins—from page 1)

medications can interfere with the metabolism of statins by the liver and increase the risk for myopathy and rhabdomyolysis. These include gemfibrozil, niacin, cyclosporine, several antibiotics and antifungal medications, antiepileptic (or seizure prevention) medications, and many herbal supplements. Do not start new medications or stop current ones without consulting your physician or pharmacist first.

- ✓ Avoid consuming substantial amounts of alcoholic beverages. Like some medications, alcohol may also interfere with the metabolism of statins to increase the risk for adverse effects.
- ✓ It is important to keep all your appointments for lab tests and follow-up visits with your physician. Your prescriber should periodically monitor cholesterol levels to assess how well your statin is working, along with lab tests for liver and kidney function to monitor for adverse effects.
- ✓ Take your medications (including statins) as prescribed. Remember to follow a heart-healthy low-fat diet and maintain your exercise routine while taking a statin. Lifestyle changes such as diet and exercise can help your heart medications to work more effectively and keep the dosages at lower levels to minimize the potential for adverse effects.
- ✓ Don't be afraid to direct any concerns about your medications to your health care providers. We are here to help answer questions and help you to receive the best possible outcomes from drug therapy. 

Google™ Maps on-line pedometer tool

By Heather Grant, MS

Google has released a great mapping program—Google Maps—similar to MapQuest or Yahoo Maps. With Google Maps (maps.google.com) you can obtain detailed and accurate maps or driving directions to almost anywhere. Google Maps also offers a local search function to show locations of business, parks, or other places of interest.

You may be wondering what I'm getting at, since it seems to have no obvious connection to cardiac or pulmonary rehab. What interested me was a particular part of this mapping program called "Gmaps Pedometer", an application that easily calculates walking distances and corresponding caloric expenditure using Google Maps. Go to www.sueandpaul.com/gmapPedometer/ to use this program. (This website can also be found by searching for "google pedometer" on the main Google webpage.)

Here are some simple directions: First, select the state and city you wish to use as your walking route from the boxes on top, then press enter on your keyboard or click "Go". Use the navigation tools on the left of the map to get to your starting point on the map. Single click the "start recording" box on the left side of the page. Go to the map part of the page and find the area that you would like to use for a route. When you see the starting point you want to use, double click on that spot on the map. A red marker will appear at that point. Continue double clicking to mark points along your desired route. (You'll need to set a marker at each turn in your route or street corner to let the program measure your path.) As you mark your route it should appear in blue on the map. Red markers with a number will appear at each mile point.

When you have finished marking your route, return to the box on the left side of the screen. Total distance will be listed there. You can also estimate caloric expenditure by single clicking "Turn on calorie counter" and entering your weight. There are easy-to-follow "usage instructions" on the page as well.

When you want to calculate the mileage of your favorite walking route, you don't have to hop in your car to get an estimate. Just use the Gmaps Pedometer tool! 



Healthy Nutrition with Liz Freitick, MS, RD

Apple Cranberry Breakfast Cookies

This is an excellent breakfast option or a tasty snack for those on the run! And they're low in fat and high in fiber.

¼ cup no-salt soft margarine
¾ cup dark brown sugar, packed
2 large eggs
½ cup unsweetened applesauce
1 ½ cup whole wheat flour
½ tsp table salt
½ tsp ground cinnamon
1 tsp baking soda
1 ½ cup uncooked quick oats
½ cup dried apples, chopped
½ cup dried cranberries
½ cup chopped walnuts
1 serving butter flavored cooking spray

1. Preheat oven to 350°
2. Combine margarine and sugar in a bowl. Beat with an electric mixer until light and fluffy, about 1 minute. Add eggs and beat for 30 seconds. Add applesauce and beat just to mix.
3. In another bowl, stir together flour,

salt, cinnamon, and baking soda. Add to mixer and beat to form batter. Add oats, apples, cranberries, and walnuts; combine by hand.

4. Line cookie sheet with parchment paper or coat with cooking spray. Drop batter by heaping tablespoons 1 inch apart. Bake until cookies are lightly browned and firm, about 13-15 minutes.
5. Remove from oven and let stand 10 minutes. Move to wire rack and cool completely. Yields about 30 cookies. These cookies store well in an airtight container or plastic bag in the freezer.

Nutrition information for 1 cookie:

110 calories
3.5 grams fat
18 grams carbohydrate
2 grams fiber

