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WOMEN'S HEART HEALTH- Wear Red for Women's Heart Month - William Baker, MD

CONGESTIVE HEART FAILURE

Congestive heart failure (CHF) is a condition in which for a variety of reasons the heart is not pumping as it should. According to the Centers for Disease Control and Prevention, approximately 5% of older Americans between 60-69 years of age develop heart failure. This percentage increases with age as does the risk of developing this condition. This may occur as the result of irregular heart rhythms, abnormal heart valves and primary heart muscle disease but is usually the result of damage to the heart from heart attack or poor coronary artery blood flow. Heart failure may also occur from failure of the heart to relax properly as occurs in patients with high blood pressure and at advanced age.

Heart failure as the result of abnormal pumping action of the left side of the heart is known as left heart failure and on the right side as right heart failure. The main pumping chamber of the left side of the heart is the left ventricle. This chamber normally pumps out 55-70% of the blood entering the chamber from the upper left chamber, the left atrium. When weak left heart pumping occurs the medical term used is "heart failure with reduced ejection fraction" and when heart failure results from a poorly relaxing or stiff heart it is called "heart failure with preserved ejection fraction". Typical heart failure symptoms include:

- 1) Shortness of breath (especially with exertion)
- 2) Fatigue (beyond the usual tiredness and most often experienced as difficulty performing normal tasks typically felt easy)
- 3) Swelling in the feet and legs (associated with poor heart pumping and also part of the kidneys' attempt to compensate for poor blood pumping by retaining fluid)
- 4) Irregular heart beat (may be a cause or the result of heart failure)
- 5) Cough (persistent and not related to another cause)
- 6) Wheezing (the result of fluid accumulated in the lungs, backed up from the failing left ventricle)
- 7) Frequent urination (especially at night as the result of effects on kidney function)
- 8) Abdominal swelling (due to widespread fluid accumulation often noticeable in the abdomen)
- 9) Weight gain (due to generalized swelling)
- 10) Loss of appetite and weight loss (as the result of a "full" feeling and loss of appetite as well as loss of muscle mass due to fatigue, shortness of breath and lack of activity)
- 11) Chest pain (due to reduced coronary blood flow)
- 12) Sudden, severe shortness of breath

- 13) Severe weakness
 - 14) Fainting
 - 15) Rapid heartbeat with chest pain or fainting
- Treatment of heart failure involves

numerous interventions depending upon the underlying cause. For most patients this involves the use of diuretics to reduce the fluid load and optimize heart function. Similarly, medications are used

to make it easy for the heart to pump by reducing the blood pressure. Other medications address the problem of irregular heart rhythms and abnormal kidney function.

Women Heart Disease

Heart disease is the number one killer of women. Learn how to protect yourself or someone you love.

Start healthy habits now.

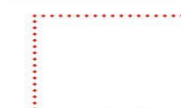
Research indicates that women who lead a healthy lifestyle before the age of 50 have a better chance of avoiding heart disease and the conditions that increase the risk of it—such as diabetes and hypertension.³



Don't smoke.
Cigarette smoking can increase your risk of cardiovascular disease by two to four times.

Get your checkup.

Some factors that increase your risk for heart disease—including high cholesterol—have no symptoms. Get regular checkups that include a blood cholesterol test. Everyone should have their cholesterol checked annually starting at age 20.²



Brush your teeth.
The bacteria that grow in your mouth and cause gum disease may double your risk for a heart attack. Regular brushing and flossing can sweeten your breath and improve your health.⁹



Drink responsibly.
Drinking alcohol in moderation—particularly wine—can reduce your risk of dying from heart disease by 25 percent. For women, moderation means just one drink per day.

Choose your birth control wisely.
Birth control pills can increase your risk of a heart attack and blood clots. Some types of the pill have been shown to increase the risk of blood clots by up to 65 percent over other formulas, especially in women who have a high BMI or those who smoke.⁸

Have sex, but be safe.
Research suggests that people who have sex at least twice a week are less likely to develop heart disease.⁶ But proceed with caution and a condom. A recent study found a tie between human papillomavirus (HPV)—a sexually transmitted infection—and heart disease.⁷



Skip the soda.
Studies have shown that women who drink two or more sugar-sweetened beverages such as soda per day have a higher risk of heart disease.⁴



Relax!
Prolonged exposure to the stress hormone cortisol can damage your arterial linings, making it harder for your heart to do its job.



Stay active.
Your heart needs regular workouts in order to keep it healthy, even if you have a healthy BMI. As little as 30 minutes of moderate activity per day can reduce your risk for heart disease.⁵



Your heart works hard. Every day, it beats approximately 100,000 times and pumps around 2,000 gallons of blood. That's enough to fill about four bathtubs.



Your heart produces plenty of energy. The pumping motion of your heart creates enough energy in one day to drive a truck 20 miles.



A broken heart is a real condition where high levels of stress from painful life events can cause actual chest pain, a disruption of the heart rhythm and weakness.



Women have a 15 percent greater chance of having a heart attack on a Monday than any other day of the week, particularly women under the age of 50.

1 Evans, Christine: I Don't Like Mondays. BMJ 2000; 320
2 The US Department of Health and Human Services, hhs.gov
3 Goredforwomen.org
4 American Heart Association, heart.org
5 The Centers for Disease Control, CDC.gov

6 Hall, Susan: Sexual Activity, Erectile Dysfunction and Incident of Cardiovascular Events. American Journal of Cardiology, Jan. 2010
7 Kuo HK, Fujise K: Human Papillomavirus and Cardiovascular Disease Among US Women In The National Health And Nutrition Examination Survey, 2003-2006. Journal of American College of Cardiology; 2011

8 Bronic, Naomi: Drospirenone-Containing Contraceptives Linked To Higher Risk Of Blood Clots. Canadian Medical Association Journal (CMAJ), Nov. 2011
9 Demmer, Ryan, T. Desvarieux, Moise: Periodontal Infections and Cardiovascular Disease. Journal of the American Dental Association, Oct. 2006

Alternate Exercises for the Active Woman - Kelsey Reason, CEP



When one thinks of exercise, a stuffy gym with a variety of exercise equipment and many sweaty patrons often comes to mind. Back in the day, the “exercise scene” was typically dominated by men, however we now know that the health benefits from exercise are all inclusive. When it comes to exercise and the way we go about it, it’s necessary and appropriate to acknowledge the differences between men and women, both genetically and preferentially, and use this to our advantage when creating a culture of health, fitness, and exercise.

In the late 1960’s, not many women participated in structured exercise, thus Judi Sheppard Missett developed a program that combined strength and resistance training with aerobic exercise and set the whole thing to popular music. It was a fun way for women to get moving, a less intimidating method of exercise, and something that they preferred doing in contrast to the typical gym workout. We know this exercise program today as “Jazzercise” and it is still wildly popular over 50 years later! Because Jazzercise is primarily body movement based, it is a wonderful exercise alternative that adapts well for all skill levels, from beginner to advanced.

When you begin Jazzercise, start with smaller or less intense movements that increase as you progress in ability, including adding some additional hand or ankle weights if you choose. Missett, Jazzercise creator, also discovered that the enjoyability of her program led to greater exercise adherence, an often overlooked yet important element of a successful exercise program. Exercise needs to be consistent and span over the long term to gain the maximum benefits, and participating in an activity that you enjoy doing is certainly a step in the right direction to creating a lifestyle habit of regular exercise. Unfortunately, Bakersfield gyms do not offer in person Jazzercise classes (however some local gyms do offer similar “dance” workout classes), but you can visit www.ondemand.jazzercise.com for online classes and a free 14 day trial!

Another alternate form of exercise that is a great option for women is Pilates. This tried-and-true exercise method dates back to the early 1920’s, created by Joseph Pilates, but it increased in popularity throughout the 1960’s and 1970’s. Like Jazzercise, Pilates uses body movements (with the aid of some equipment tools), but the focus is to increase strength, flexibility,

and balance through repetitive, controlled movements combined with deep breathing and concentration. The idea behind Pilates is that the muscles become stronger through the exercise engagement but without adding bulkiness, hence the appeal to many women. The body’s core (think about your torso, the midsection from the neck down to the upper legs) is the star of the show in Pilates – perform structured functional movements that engage this region, and the benefits will quickly become apparent. Pilates is known to increase your strength which causes all your body’s core muscles to work together more efficiently, improve posture and increase your ability to perform your activities of daily living. If you are interested in getting started with Pilates, it is often very helpful to begin in person with a certified instructor. They will be able to properly guide you through the exercises and movements to avoid injury as well as provide the necessary equipment. Thankfully there are several Pilates studios in Bakersfield for you to get started at. If you feel comfortable getting started at home, there are plenty of Pilates videos online for you to view and follow along with, however it is always recommended to start with a beginner’s level class and progress from there.

In the month of February, we celebrate women and acknowledge the beautiful differences between them and men, even down to their exercise preferences. We are all created equal, but men will be men and women will be women so properly examining what works best for each of them, especially when it comes to health and fitness goals, is the best way to set each up for a lifetime of exercise success!

Bakersfield Heart Hospital's Women's Heart Center Celebrates 10 Years Towards Better Health!

- Bakersfield Heart Hospital



Heart disease is the leading cause of death for women in the United States, killing more than 314,186 women in 2020—or about 1 in every 5 female deaths, according to the latest figures from the Center for Disease Control and Prevention. Yet only 56% of women recognize heart disease is their number 1 killer. That's partly because some heart attack symptoms experienced by women – shortness of breath, nausea or vomiting, and back or jaw pain - can differ from those experienced by men and can be easily mistaken for other ailments. For many women, heart disease is a silent threat that goes undiagnosed until symptoms of a sudden heart attack, heart failure or stroke surface. What began as a vision to raise awareness about heart attack symptoms in women, became so much more.

In 2013, Bakersfield Heart Hospital created the Women's Heart Center. The mission was to educate women on the signs and symptoms of a heart attack; offer preventative screening services; help women understand their risk factors for heart disease; and provide counseling to help them im-

prove their heart health. The intention was to make it affordable (\$25) so more women would take advantage of the program.

In 2014, the Center began referring those patients who met criteria to Central Cardiology Medical Center for a Calcium Score. To date, this MRI scan that detects calcified plaque in the arteries, has led to more than 132 left heart catheters, over 200 stents and 25 open heart bypass procedures.

The women who had gone through the WHC urged the Center to see the men in their lives, so in 2017 the Center began providing the same services to men. Cynthia Burt, the nurse program coordinator, is key to the success of this program. Prior to the Women's Heart Center, she worked as an ICU nurse caring for patients following open heart surgery. When the Center was being developed, Cynthia was approached to see if she had an interest in the program. Wanting to be an advocate for prevention rather than post-operative care, she happily accepted the position.

The WHC has actually gone

beyond identifying heart disease risk and cardiovascular disease. Many people who go through the Center haven't seen a primary care provider in years. Numerous have been identified as having high blood pressure, diabetes and one woman referred for a calcium score found she had cancer and was able to seek timely treatment!

As of today, the WHC has screened over 5,000 women and men. Ten years after starting the program, it continues to be booked out two months in advance with new patients and those repeating the screening to see if they have successfully lowered their risk factors for heart disease.

The WHC was the first of its kind in Kern County then, and continues to be the only one in the community today – and the price has never changed. It is still \$25 to ensure everyone (women AND men) have access.

Heart disease is 80% preventable and the work performed in the Women's Heart Center has saved countless lives in our community.

Nutrition Nuggets - Michele Chynoweth RD, CDE



February is about love, presidents' birthdays, Chinese New Year, Mardi Gras, Heart Month, Dental Month & more...

Often not mentioned in February-Heart Month... is diabetes. Diabetes is the great equalizer for men and women. Women with diabetes have the same heart risk as men. What a shocker! We thought women were protected for more years but it's not the case. Start now to lower risk of prediabetes, diabetes and heart disease ... and many cancers.

Picture pink, red and green as common colors for these months whether it be gift wrapping, flowers, or clothing (no pinching next month on March 17th). Now, rethink your use of colors on your plate and for snacks.

When at social events, have a behavior plan to approach the food environment.

Survey the buffet table without a plate in hand. Return with a small plate and select 1 or 2 bitesize items and use mindfulness to slow down to enjoy every bite and savory chew. For multi-hour food events, find ways to distract yourself from food. Divert your attention by occupying your hands--holding a glass of sparkling water, attach a rubber band, fold your hands, place lotion on your hands to interfere with picking up finger

foods without washing. Keep your feet busy with frequent walks.

Family and friends like snacks, appetizers, or hors d'oeuvres. How do you choose restaurant and home items that are healthier ... and they'll like.

At a restaurant, these items are often fried (the 'f' word we try to avoid) and precede the meal... adding extra calories. Many times, the most intricate recipes from a restaurant may appear on the appetizer selections.

Think before you order. Would it be possible to order the appetizer with a salad and skip the main dish or entrée?

Some items like shrimp ceviche, hummus and mini-pitas, tapas, Asian wraps, pickled vegetables are healthier alternatives.

Morph home-style recipes into healthy alternatives. Use these ingredients —vegetables, fruits, egg, whites or low cholesterol egg substitute, reduced fat (less than 5 grams fat per ounce) cheeses, lean ground beef 4-7% or ground chicken, turkey, or ground pork 7% fat or less, beans/legumes while adding more chopped vegetables. For beverages, start with water, sparkling waters (flavored but zero grams sugar). Flavor water with slice of lemon, lime, orange, cucumber or mint or basil leaf.

A saucer (for tea or coffee cups) or bread/roll/dessert plate is great for appetizers. Some salad plates may be too large for appetizers and you'll be tempted to fill it.

Make vegetable kabobs with butternut or acorn squash. Cut in cubes 1"...roast in oven 400 degrees. Toss in olive oil, Italian seasonings, garlic...or spray with nonstick spray. Bake for 20-30 minutes...skewer tomato, cucumber, teardrop/cherry tomatoes and squash alternating colors. Feel free to add oven-roasted brussels sprouts too.

Use cookie cutters to make open face sandwiches. Make flowers, shamrocks, diamonds, hearts or circles. Such fun and results in SMALLER servings.

What can you use for sandwich or even 'mini-pizza crust' or base?

Find "cocktail size" whole wheat, rye or sour dough bread slices or street taco-size corn tortillas, mini pitas or chapati or use a vegetable base—a slice of tomato, grilled ring of eggplant or acorn squash or sweet potato circle...

What can you put on top—

Cilantro, salsa (red or mango), grated low fat cheese or hummus (garbanzos or black beans), cooked lean ground beef, turkey, or chicken or slice of a boiled egg.

Prepare snacks or appetizers in muffin tins (there is a 'mini size' muffin tin and matching muffin papers) to place small servings of recipes.

Mini Quiche or egg bites—skip the crust...use eggs, egg whites or low cholesterol eggs beaten and placed on top of chopped bell pepper, salsa, Ortega or jalapeno chilis and a light sprinkle of low-fat cheddar (read labels for less than 5 grams fat per 1 ounce)

Mini taco (using street size corn tortilla). Fill with ¼ cup pot beans and 1 tablespoon ground meat with salsa, shredded lettuce or angel hair shredded cabbage.

Use butter leaf or other tender lettuce for Asian wraps or tacos.

Check out the frozen food section for phyllo dough. Line each individual mini-muffin tin with a lite layer of phyllo and add a couple of slices of apple, pear, or pitted fresh cherries, with 1 oz low fat cheddar cheese or ¼ cup nonfat cottage cheese or ricotta. Bake at 350 for 10 minutes.

Rethink NACHOS Cauliflower chicken nachos

- 3 tablespoons grapeseed oil or avocado oil
- ¾ teaspoon chili powder
- ¾ teaspoon ground cumin
- ¾ teaspoon onion powder
- ¼ teaspoon salt, divided
- 8 cups large cauliflower florets, cut into 1/2-inch-thick slices
- 1 cup chopped tomato
- 1 avocado, diced
- ¼ cup chopped fresh cilantro
- 2 T pickled jalapeño peppers or fresh jalapeño pepper slices
- 2 T finely chopped red onion
- ¾ cup canned reduced-sodium refried, fat free black beans (or mash)
- 2 cups shredded cooked chicken
- ¾ cup shredded Mexican cheese



blend (use half this amount & select lower fat 2% to save costs & fat)

- ¾ cup finely shredded or angel hair shredded cabbage

Directions

Preheat oven to 400. Coat a large rimmed baking sheet with cooking spray.

Combine oil, chili powder, cumin, onion powder and 1/8 teaspoon salt in a large bowl. Add cauliflower and gently toss to coat. Spread the cauliflower in a single layer on the prepared pan. Bake until tender and starting to brown, 15 to 20 minutes.

Meanwhile, combine tomato, avocado, cilantro, jalapeños, onion and the remaining 1/8 teaspoon salt in a small bowl.

Top the cauliflower with beans, chicken and cheese. Bake until the cheese is melted, about 5 minutes.

Serve the "nachos" topped with salsa and shredded cabbage.

Serving Size: 1 cup
240 calories; protein 18 grams; carbohydrates 14 g; dietary fiber 5.5 g; fat 14 g; saturated fat 3.3g;

cholesterol 40 mg; potassium 618 mg; sodium 242 mg

Adapted from
<https://www.eatingwell.com/recipe/277830/cauliflower-chicken-nachos/>

Locate a registered dietitian nutritionist (RDN) to develop a nutrition plan to manage your chronic conditions personalized to your preferences, culture and finances. There are ways to incorporate foods favorites for you and your family to enjoy.

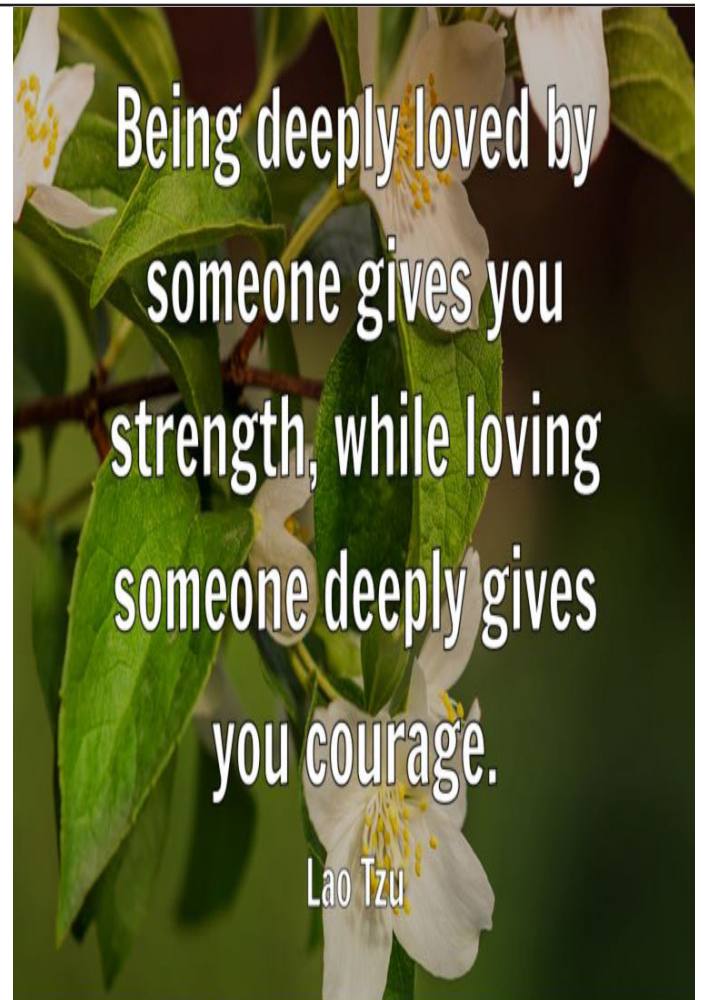
Check insurance or 800-877-1600 or www.eatright.org/find-a-nutrition-expert

Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Endocrinology, Pulmonology, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Golden Valley Medical Associates**
- **Harjeet Singh, MD**
- **Susan Hall, MD**
- **Dr. Ashraf - Pulmonology**
- **Clinica Del Valle**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**



HEART DISEASE

OBJECTIVE 2.1

BLACK WOMEN AND LATINAS

Six in ten women of color do not recognize that heart disease is the biggest threat to their health.

One in two women of color in the United States will die of heart of disease.

40% Black women have a 40 percent likelihood of having heart disease or stroke.

30% Latinas have a 30 percent likelihood of having heart disease or stroke.

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“Of course your arteries are clear. For 25 years, I’ve been adding a drop of drain cleaner to your morning coffee.”

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.