

Hop, Skip, & Jump...
to our new location!

“I’ve known and worked with The Dayton Heart Center physicians for several years now and it’s great to have such a respected and experienced cardiology practice right here in this building. It is a convenience for patients and their families.”

– Dr. Christopher Sessler



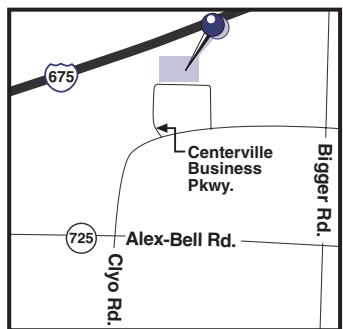
The Dayton Heart Center/South has moved to a new, larger location at 6623 Centerville-Business Parkway, just a hop, skip and a jump away from our previous location.

Dr. Amit Goyal and Dr. Joe Gunasekera are eager to show off their new office – which is easy to find, spacious and has plenty of off-street parking.

Our phone number (937-291-6900) and our office hours will stay the same.

If you’ve been considering trying our South office because it is closer to your work or home, now is the time!

And, if you’ve been a patient of The Dayton Heart Center/South we look forward to seeing you in our new home.



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Heart of the Matter

High Cholesterol: An Overview and Discussion of Treatment Options

Many of you will have treatment recommended to lower your cholesterol. But do you understand why treatment may be recommended and the different treatments that are available?

Cholesterol is actually a collection of different molecules that carry fat in the blood. There are different types of cholesterol that can be measured. Therefore, measurement of "total cholesterol" alone is often not helpful.

LDL Cholesterol:

Low-density lipoprotein. LDL is the major culprit in the development of arterial disease, and the primary target of cholesterol lowering treatments.

HDL Cholesterol:

High-density lipoprotein. HDL is the "good" cholesterol. Low levels (<40)

of HDL may increase the likelihood that a patient will develop arterial disease whereas high levels (>60) of HDL may be protective against the development of arterial disease.

Triglycerides: Blood fat.

Triglyceride levels are elevated in patients with diabetes and other metabolic disorders, obesity, and high-carbohydrate diets. Very high levels (>500) of triglycerides can lead to pancreatitis. In addition, elevated levels of triglycerides are associated with arterial disease.

GOALS OF CHOLESTEROL TREATMENT

Since LDL is the major risk factor in the development of heart disease, LDL cholesterol is the primary target of cholesterol treat-

ment. How low should your LDL be? That depends on whether you have arterial disease as well as any risk factors you have for developing heart disease.

The major risk factors for developing heart disease, in addition to LDL cholesterol, are:

- Cigarette smoking
- Hypertension (blood pressure greater than 140/90 or taking medication for high blood pressure)
- Low HDL cholesterol
- Family history of premature heart disease
- Age over 45 for men or over 55 for women
- Diabetes

A full cholesterol screening should be checked at age 20 and then every five years, if your cholesterol levels are not high. Your doctor should then review your other risk factors, and calculate your 10-year heart disease risk.

All people should have an LDL cholesterol level of less

than 160. And, if you have two or more of the above risk factors, your LDL level should be less than 130. People with documented cardiovascular disease, diabetes, or a 10-year heart disease risk of less than 20% should have an LDL level of less than 100 with an optional goal of less than 70.

TREATMENT

Initial efforts to treat high cholesterol levels should at least include healthy lifestyle changes, including:

- Reduced intakes of saturated fat and cholesterol
- Exercise
- Weight loss
- Smoking cessation

Your doctor may also recommend a cholesterol-lowering medication, especially if your goal is to have an LDL level of less than 100. Cholesterol levels will need to be rechecked to check your response to therapy.

ALL ABOUT: Aortic Aneurysm

An aortic aneurysm is a weakened and bulging area in the aorta, the major blood vessel that feeds blood to the body. The aorta, about the thickness of a garden hose, runs through the center of your body. Because the aorta is the body's predominant supplier of blood, a ruptured aortic aneurysm can cause life-threatening bleeding. Each year, approximately 15,000 people die of an abdominal aortic aneurysm in the United States.

Signs and symptoms

Aneurysms can develop anywhere along the aorta, but mostly occur in the abdomen. Aortic aneurysms often grow slowly and usually without symptoms, making them difficult to detect. Not all aortic aneurysms reach the point of rupture. Many start small and stay small, although many expand over time.

As an aortic aneurysm enlarges, you may notice:

- A pulsating sensation near the navel
- Tenderness or pain in the abdomen or chest
- Back pain

Causes and Risk factors

With age comes a decrease in the normal elasticity of your blood vessels. Abdominal aortic aneurysms are rare in people under the age of 60. This normal aging process coupled with other risk factors listed below may lead to an aortic aneurysm.

Factors that increase the risk of aortic aneurysm include:

- **Smoking**
- **High blood pressure**
- **Atherosclerosis** – The buildup of fat and other substances damages the lining of a blood vessel, increasing the risk of the development of an aneurysm.
- **Gender** – Men develop aortic aneurysms five to 10 times more often than women do.
- **Race** – Aortic aneurysms occur more commonly in Caucasian people
- **Family history** – People who have a family history of aortic aneurysm are at increased risk of having one themselves.
- **Marfan syndrome** – The genetic condition Marfan syndrome affects the connective tissue throughout the body, including the tissues of the blood vessels. Having Marfan syndrome increases the risk of aortic aneurysm and dissection.

Treatment

Aneurysms are treated surgically. A patch or artificial piece of blood vessel is sewn where the aneurysm was. If you're at high risk, your doctor may recommend periodic screening with ultrasound examinations.

Information provided by the American Heart Association
www.americanheart.org

“Keep track of your cholesterol levels and make your physician your partner in monitoring your cholesterol.”

THE MEDICINES

Drug therapy for high cholesterol falls into six classes of drugs – statins, fibric acid derivatives, resins, Zetia, purified fish oil, and niacin.

The most effective and commonly prescribed cholesterol medicines are the statins – LOVATATIN, PRAVASTATIN, LESCOL, SIMVASTATIN, CRESTOR, and LIPITOR .

These drugs primarily lower the LDL and are also associated with significant reductions in cardiovascular risk. Because these drugs vary somewhat in their chemical make-up, even if you experience side effects from one statin does not mean you will have problems with another.

ZETIA is a nonstatin drug that works best in combination with a statin but may be used alone. LOVAZA is a specially concentrated fish oil, and as with NIASPAN, is best

used to lower triglycerides and raise HDL cholesterol levels.

At least two or three times a week a patient will tell me that they have stopped, or want to stop their statin, “because they damage the liver.” I want to tell you that while these medicines can cause elevations in liver tests, there has never been a case of true liver damage from them. As part of routine testing, liver tests should be checked.

Knowing your cholesterol and receiving appropriate treatment for it can save your life. Don't assume your cholesterol numbers are “OK” just because you've had your cholesterol tested. Keep track of your cholesterol levels and make your physician your partner in monitoring your cholesterol.



Gary J. Fishbein, MD
The Dayton Heart Center

TIPS for a Heart-Healthy Holiday Season

The holidays can play havoc with your health regimen. Between parties, late nights, feasts and traveling, healthy habits can go right out the window.

Here are some tips to help you keep your health on track and still enjoy the festivities this holiday season.

The weather outside is frightful, but finding time for physical activity is delightful

When the weather cools and the season gets festive your free time gets shorter, use the tips below to help manage your daily fitness routine. After all, any exercise moves you toward a healthier heart.

- 'Tis the season for spending time with family. Share your workout time with visiting relatives. Are you at different fitness levels? See what activities you can share and be active together.
- From holiday shopping, to party planning, to the kids' evening play rehearsal, you can still find some time and place to fit in physical activity. Try to make it a habit, but be flexible. Instead of sitting while watching winter play practice, march in place. Or try speed shopping. Lace up those sneakers and move! Before you know it your shopping will be done.
- Keep a record of your activities. Reward yourself at special milestones...some alone time maybe?



Gaining weight is one holiday tradition that no one wants to keep.

Mastering a few cooking techniques can help you create a healthier diet without losing out on flavor. Here are tips:

- Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.
- Use non-stick cookware so you can cook with a minimum of oil or vegetable oil spray.
- For a wonderful flavor enhancer, sprinkle food with vinegar or citrus juice. Add it at the last minute so the flavor is at its strongest.
- Substitute chopped vegetables for some of the bread in your stuffing recipe.
- Take time to enjoy the holiday season with family and friends. Gather around the fire to enjoy lower fat hot chocolate and share favorite holiday memories.
- Offer vegetables in addition to traditional side dishes such as stuffing or mashed potatoes at your holiday meals.

Set the stage for success...

- Don't starve yourself the day of the party so you can fill up on food that evening. If you eat normally throughout the day, you're much less likely to overeat at the party.
- Don't load up at the buffet table. Keep portion sizes small by putting your snacks on a small plate instead of a large one and limiting your trips to the buffet.

Information provided in part by the American Heart Association www.americanheart.org



NEWS YOU CAN USE

HIPAA Privacy Notice

For your convenience, The Dayton Heart Center will now leave "normal" test results on your answering machine. If you prefer that we deliver your "normal" test results directly to you, please ask the front desk staff to make a note of this restriction at your next visit.

MyRecord

The cost of your first MyRecord disc (the pocket-size computer disc that stores your medical record information) has been cut in half again. The compact discs – which were previously \$20 – are now available for only \$10.

Updating Insurance Information

It is important that we keep all of your medical records and health insurance information as current as possible. In order to avoid causing any problems or delays with your insurance company please remember to bring your insurance card to EACH VISIT so we can be certain we have the most up-to-date mailing address for your insurance.

THE DAYTON HEART CENTER/SOUTH SPOTLIGHT

In this issue of HeartBeats we wanted to introduce you to some of the people that make The Dayton Heart Center/South Heart Care work for you, our patients.

Angie Clausing, RN
(South Office Coordinator) – Angie has been with The Dayton Heart Center for seven years.

What do you think of the South office's new digs?
It's beautiful – very bright and cheery.

If you could travel anywhere in the world, where would you go?

I dream about going to Australia / Great Barrier Reef – I've wanted to see the sights since I was a little girl.

Who inspires you?
My grandma Harville. She was a strong, caring woman.

When you're not taking care of patients, what do you love to do? Cheer on my 9-year-old son in baseball and hit the gym.

Favorite quote? "A smile is worth a thousand words."

Favorite food – doesn't have to be heart healthy!
My grandmother's fried apple pies and my mom's chicken-n-dumplings – Yum!

Favorite movie? Fried Green Tomatoes

What is a unique fact about you? To become an RN, I traveled to St. Louis, Missouri at the end of every quarter for four-day clinical validations. It was time and energy well spent!

Kandy Stultz, CMA –
Kandy has been with The Dayton Heart Center for almost three years.

What do you think of the South office's new digs?
Love it! Plenty of space and very bright.

If you could travel anywhere in the world, where would you go? South Africa for a safari.

Who inspires you?
My mother.

When you're not taking care of patients, what do you love to do? Spend time with my family, and watch high school sports.

Favorite quote? "Don't take life too seriously. You'll never get out alive."

Favorite food – doesn't have to be heart healthy!
Mike Sells pretzel rods and my mom's chicken cutlets.

Favorite movie? Top Gun

Joseph N. Gunasekera, MD, FACC –
Dr. Gunasekera has been with The Dayton Heart Center for six years.

What do you think of the South office's new digs? It's a state-of-the-art facility – I love it!

If you could travel anywhere in the world, where would you go? Sri Lanka

Who inspires you? My daughter Nicole, since she gives everything she does 110%.

When you're not taking care of patients, what do you love to do? Spend quality time with my kids and family.

Favorite quote? "You reap what you sow."

Favorite food – doesn't have to be heart healthy!
Lamb curry

Favorite movie?
The Godfather

What is a unique fact about you? I am a huge sports fan, especially when it comes to football.

THE HEART AT WORK

The following people have joined our team at The Dayton Heart Center since our last issue:

Kathy Griffieth, CMA – Kathy works at our Needmore Road office. She fills a unique position in which she "floats" departmentally. Kathy assists in the lab, the EP department, the echo department and she also assists the physicians during office hours.

Sharon Pogue, MA – Sharon works at our Needmore Road office. Sharon fills a unique position in which she "floats" departmentally. Sharon assists in the lab, the EP department, the echo department and she also assists the physicians during office hours.

Nikki Stephens, LPN – Nikki works in the Nuclear Department at our Needmore Road location. Nikki oversees and supervises the nuclear stress tests.

Sharon Banks, LPN – Sharon works at the Needmore Road office in the Nuclear Department where she administers and supervises nuclear stress tests.

Alison Spirk, Cardiovascular/Echo sonographer – As an ecardiovascular/echocardiographer, Alison administers a wide range of echo and vascular studies, primarily at our Beavercreek and South offices.

Joshua Kesling, Nuclear Medical Technologist As a nuclear technologist Joshua is responsible for intake, tracking and storage of all radioactive materials. He also analyzes and prepares patient reports for each diagnostic study.

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www.daytonheart.com



Recipe Source:
*The New Mayo Clinic
Cookbook*

1 slice = 176 Calories,
35 mg Cholesterol, 4 g
Protein, 80 mg Sodium,
28 g Carbohydrate, 3 g
Fiber, 6 g Total fat, 134 mg
Potassium, 1 g Saturated fat,
27 mg Calcium, 3 g
Monounsaturated fat

Pumpkin-Hazelnut Tea Cake

Yield: 12 slices

3 tablespoons canola oil	2 tablespoons flaxseed
3/4 cup homemade or canned pumpkin puree	1/2 teaspoon baking powder
1/2 cup honey	1/2 teaspoon ground allspice
3 tablespoons firmly packed brown sugar	1/2 teaspoon ground cinnamon
2 eggs, lightly beaten	1/2 teaspoon ground nutmeg
1 cup whole-wheat (whole-meal) flour	1/4 teaspoon ground cloves
1/2 cup all-purpose (plain) flour	1/4 teaspoon salt
	2 tablespoons chopped hazelnuts (filberts)

Preheat the oven to 350 F. Lightly coat an 8-by-4-inch loaf pan with cooking spray.

In a large bowl, using an electric mixer on low speed, beat together the canola oil, pumpkin puree, honey, brown sugar and eggs until well blended.

In a small bowl, whisk together the flours, flaxseed, baking powder, allspice, cinnamon, nutmeg, cloves and salt. Add the flour mixture to the pumpkin mixture and, using the electric mixer on medium speed, beat until well blended.

Pour the batter into the prepared pan. Sprinkle the hazelnuts evenly over the top and press down gently to lodge the nuts into the batter. Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 to 55 minutes. Let cool in the pan on a wire rack for 10 minutes. Turn the loaf out of the pan onto the rack and let cool completely. Cut into 12 slices to serve.

Tip: Roast a small pie pumpkin and puree the flesh in a blender or food processor for this loaf cake. Otherwise, use canned pumpkin. This cake makes a nice holiday gift.