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Heart Healthy for Life • Winter 2009

# HeartBeats

## Spotlight on our Beavercreek Office

### A Look at the People Behind The Dayton Heart Center/Beavercreek

In the past few issues of *Heartbeats*, we have featured stories on our various offices. In this issue we turn our attention to our Beavercreek office. The Beavercreek office opened in July 1998. In the past ten years the team of physicians and staff members has been proud to take care of hearts in and around Greene County.

This office is led by five physicians: Gary Fishbein, MD, Amit Goyal, MD, Joseph Gunasekera, MD, Hema Pandrangi, MD, and GSV Ramanathan, MD.

The Beavercreek office takes pride in its ability to take care of patients. The office offers many services including: stress testing, vascular studies and ultrasound testing, holter monitors and event monitors.

The office also has an on-site Pro-time clinic. This is an added convenience we offer our patients who take Coumadin and need to monitor their blood's clotting ability on a regular basis.

Here are some of the people that make this office work for you, our patients.

#### **Hema Pandrangi, MD**

**How long have you been with The Dayton Heart Center?** 4 years

**What do you like best about working at The Dayton Heart Center?**

Our friendly staff and my wonderful physician partners; there could not be a more collegial group of professionals. Together we make a great team.

**If you could travel anywhere in the world, where would**



**you go?** I do not travel much, but one day I would like to go to the Himalayas.

**Who inspires you?** My patients !!!

**When you aren't taking care of patients, what do you love to do?** I love to spend time with my family; entertain and educate my 8-year old son and 5-year old daughter.

**What is your favorite food – doesn't have to be heart healthy?** Tiramisu from Bravo

**Favorite movie?** *The Fugitive*

**What is a unique fact about you?** I dearly love what I do. I love

my patients. Patients are my extended family

**Beth Claar, Office Manager**

**How long have you been with The Dayton Heart Center?** 10 years as of July 2008

**What do you like best about working at The Dayton Heart Center?** The patients I have been lucky to know.

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

**Who inspires you?** Children

**When you aren't taking care of patients, what do you love to do?** Enjoy my family

**What is your favorite food – (doesn't have to be heart healthy)?** Fresh fruit of any kind

**Favorite movie?** *The Searchers*

**Amanda Morton, Office Assistant**

**How long have you been with The Dayton Heart Center?** About 7 months

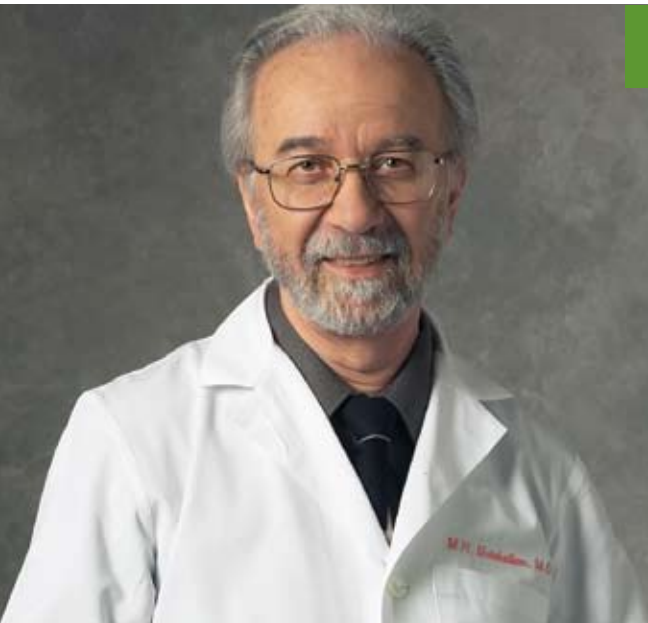
**What do you like best about working at The Dayton Heart Center?**

I love how compassionate and caring The Dayton Heart Center is, not only with our patients but our employees as well.

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## Broken Heart Syndrome

If you hear the term “broken heart,” does that always mean you have been jilted in love?



You may use the term “broken heart” referring to being offended and sad in relation to someone’s action, behavior or words, but is there really any disease or pathological entity called “broken heart syndrome”? Yes, there is.

Of course it carries other names too, such as “stress cardiomyopathy,” “stress induced cardiomyopathy,” “transient apical ballooning,” and “takotsubo cardiomyopathy,” all referring to a type of non-ischemic cardiomyopathy in which there is a sudden weakening of the heart muscle involving the apex of the heart, which can be triggered by emotional stress, but not always. It was first described in Japan, but it is now seen everywhere, and its incidence is increasing in number or being diagnosed more often.

Individuals with this type of problem usually report chest pain or symptoms of congestive heart failure, and electrocardiogram (EKG) scans show changes suggestive of an anterior wall heart attack. Blood tests usually confirm the occurrence of heart attack. Evaluation of the heart by cardiac catheterization or echocardiography shows immobility or bulging out of the left ventricular apex, while the contractility of the base of the left ventricle is often preserved or even increased, giving the left ventricle the appearance of a device used in Japan named “tako tsubo,” or octopus trap.

If the patient survives the initial attack, the left ventricular function gradually improves or completely recovers in about two to three months.

The underlying mechanism of the disease is not fully understood. The blood test usually shows high levels of catecholamines, mainly adrenaline. On cardiac catheterization, coronaries are either healthy-looking or not severely diseased enough to explain the extent of dysfunction of the left

ventricle. The wrap around the apex of the left anterior descending artery, the vessel which runs on the front surface of the heart, causes enough loss of blood supply to create transient stunning of and damage to myocardium and also micro vascular dysfunction, wherein the coronary arteries are no longer visible by coronary angiography (somewhat similar to what is seen in diabetes), have been considered in the pathophysiology of this disease. Some also think that the reaction of the apical muscle to adrenaline may be different compared to the base of the heart, but it is not clear whether the increased level of adrenaline is the cause of the event or secondary to the event.

Overall it seems multiple mechanisms are involved in this process and some, but not all, cases are seen following emotional stress.

It was formerly thought that this dysfunctional entity is a rare disease, but it has been reported more frequently in medical literature. We have seen numerous cases this year in this area and neighboring counties. It is possible that this syndrome was previously under-diagnosed. Pathological studies have not shown any specific change, but there is suggestion that it may be an inflammatory disease.

Treatment is generally supportive, and echocardiography usually helps the physician in follow-up of the patients.

Mohammad H. Motekallem, M.D., FACC

# Heart Healthy Eating



## 5 Easy Steps to Better Nutrition

Now that the holidays are over, it is a good time to get your eating habits in order. Making a lot of changes at once can be daunting, so try to incorporate one new suggestion each week. By the time the warm weather arrives, your new good habits should be routine.

- 1 Eat Slowly**  
Try to eat each bite mindfully and slowly. Our society is so fast-paced, that this relatively easy change in your eating habits is easy to forget. It takes a full 20 minutes for the stomach to register that it is full. By slowing down, you will actually notice when you are getting full and reduce the chance that you will overeat.
- 2 Only Eat When You Are Hungry**  
Again, this sounds like a simple idea, but so many people eat out of habit. Just because the clock says that it is lunch time doesn't mean you have to eat. This doesn't mean to skip meals; it means wait until you are hungry before eating.
- 3 Eat a Wide Variety of "Colors"**  
Eat a wide variety of "colors." By incorporating a lot of different colors into your diet each day, you will significantly boost your nutrition. Colored foods are primarily fruits and vegetables, which are lacking in the typical American diet. In addition, the different colors have different benefits. For example, the red group (tomatoes, watermelon) contains lycopene which helps rid the body of free radicals. The purple group (berries, grapes, eggplant) contains antioxidants called anthocyanins believed to protect against heart disease.
- 4 Snack Healthy**  
Try snacking every few hours to keep your metabolism up and prevent you from becoming too hungry. The best snacks are fruits and vegetables, or low-fat protein.
- 5 Watch Portion Sizes**  
A serving of spaghetti is approximately one cup, not a plate. A portion of meat is the size of a deck of cards. Better yet, reduce the size of the plates that you use for meals. Studies have shown that people tend to fill up large plates with food, resulting in too many calories. When you go to a restaurant, have the server box up half of your food before you begin. Restaurants are notorious for serving portions that are too large and caloric.

Incorporating these simple tips will help you along your path to a healthier, more vibrant lifestyle.



## Good Samaritan Hospital Acquires Dayton Heart Hospital

### Nothing to change at The Dayton Heart Center (the medical practice)

In the last issue of *Heartbeats*, we noted that Good Samaritan Hospital acquired the assets of Dayton Heart Hospital and began responsibility for operations at Dayton Heart Hospital's current location as of May 17, 2008.

Let us assure you that The Dayton Heart Center is not directly affected by this change. The Dayton Heart Center will continue to operate at its current locations on Needmore Road in Dayton, Centerville, Beavercreek, Greenville and Miamisburg with its current physicians and staff. We will continue to provide the same quality cardiovascular care as we have for the past 25 years.

Patients will continue to receive care from Dayton Heart Hospi-

tal's current location through August 2009. After August 2009, patients will receive the same quality of care but at a new location on the Good Samaritan Hospital campus.

If you have been a patient at Dayton Heart Hospital, you can be confident that the same great care you received at the facility on Edwin C. Moses will still be provided at the new facility. And, most importantly, there will be no disruption of service.

We understand that you might have questions for us, and we've tried to answer some of those here. Please don't hesitate to call us at (937) 277-4274 or toll-free at 800-552-4274, or talk with us during your next visit if you have any additional questions or concerns.

# The Scoop on Snow Shoveling



**T**he days are growing shorter here in the Dayton area and that means one thing; winter is here. According to the Farmer's Almanac, winter this year should be especially harsh. That means piles of the white stuff to clear off from your sidewalks and driveway. The good news is that 15 minutes of snow shoveling counts as moderate physical activity according to the Surgeon General's Report on Physical Activity and Health. The bad news is that snow shoveling can be hazardous to your health if not done properly.

Studies show that there is an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on the heart. Snow shoveling may cause a quick increase in heart rate and blood pressure. One study determined that after only two minutes of shoveling, sedentary men's heart rates rose to levels higher than those normally recommended during aerobic exercise.

Shoveling can be made more difficult by the weather. Cold air makes it harder to work and breathe, which adds extra strain to the body. There is also a risk for hypothermia (decrease in body temperature), if you aren't dressed properly for the weather.

## **Be prepared this winter; use the following shoveling tips to keep your heart – and back – healthy this winter.**

- Always check with your doctor first before shoveling snow. This is particularly important if you are inactive.
- Drink plenty of water. You might not realize it, but dehydration can be as much of a problem in the winter as it is in the summer.
- Dress in several layers so that you can remove a layer if needed.
- Avoid caffeine before beginning. This is a stimulant which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart. Smoking has the same effect.
- Don't forget to warm up. Take time to walk a few minutes and stretch your leg and arm muscles. Warm muscles work more efficiently and are less likely to be injured.
- Choose a smaller snow shovel. This will result in you lifting less snow, putting less strain on both your heart and your back.
- Begin slowly to avoid putting a sudden demand on your heart. Pace yourself and take frequent breaks as needed.
- Protect your back by lifting correctly. Use your lower body, not your back to lift.
- When possible, use your shovel to push the snow to the side rather than lift.
- Consider investing in a snow blower. It will make the job quicker and easier.

The most important thing to remember is to listen to your body. Stop immediately if you feel pain or unusually fatigued. By taking the time to follow these steps, you can prepare for a safe, snowy winter.

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With The Dayton Heart Center I have felt at home from day one. Beth Claar, the Office Manager is up front working side-by-side with us everyday all day long. In my 16 years of office experience, I have never seen a manager work so hard.

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

**Who inspires you?** Nancy Trimbach, a dear friend of mine from church.

**What is your favorite food – (doesn't have to be heart healthy)?** Nachos

**Favorite movie?** *A Walk to Remember*

**What is a unique fact about you?** I love to laugh at myself!

**Kim Graves, RN**

**How long have you been with The Dayton Heart Center?** I have been at TDHC for 23 years. I primarily work with Dr. Goyal and Dr. Fishbein. I also run the coumadin clinic at the Beavercreek office. I have been heavily involved with a Medicare program called Physician Quality Incentive Program.

**What do you like best about working at The Dayton Heart Center?** The obvious answer is the patients but I also enjoy the variety of things that I do here.

**When you aren't taking care of patients, what do you love to do?** Scrapbooking, playing golf and watching football. I am a huge Carolina Panthers fan.

**What is your favorite food – (doesn't have to be heart healthy)?** Mashed potatoes and gravy

**Favorite movie?** *Forrest Gump*

**What is a unique fact about you?** I have a great memory; I know my patients by name. I am also good at remembering things patients have told me and can ask about them a subsequent visit.

**Ursula Mattox, Certified Medical Assistant**

**How long have you been with The Dayton Heart Center?** 2 years

**What do you like best about working at The Dayton Heart Center?** I love the doctors that work here. I also enjoy meeting and talking with the patients. Everyone has a story!

**If you could travel anywhere in the world, where would you go?** Everywhere! I'd love to see it all!

**Who inspires you?** I get my inspiration from talking to others and seeing what struggles they have gone through

and had to endure. I admire people who get knocked down by life, get right back up, and keep fighting.

**When you aren't taking care of patients, what do you love to do?** I love to garden, read and go walking.

**What is your favorite food – doesn't have to be heart healthy?** Popcorn

**Favorite movie?** I don't have one favorite; there are several that I like and could watch over and over again.

**What is a unique fact about you?** I was born in Germany and lived there until I was 5 years old. Both of my parents are German and most of my family is over there. Yes, I can still speak a little, but it usually gets me into trouble!

**Judy House, Certified Medical Assistant**

**How long have you been with The Dayton**

**Heart Center?** 6 years

**What do you like best about working at The Dayton Heart Center?** I love my patients. We have very caring doctors and staff.

**If you could travel anywhere in the world, where would you go?** Anywhere and everywhere!!!

**Who inspires you?** My mother. She is a very strong woman to have raised three daughters by herself.

**When you aren't taking care of patients, what do you love to do?** I love scrapbooking, reading, crocheting, and loving my grandchildren

**What is your favorite food – doesn't have to be heart healthy?** Popcorn Shrimp from Red Lobster

**Favorite movie?** *Sense and Sensibility, Little Women, Holiday, Lake House*

# Heart at Work

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

**Rhonda Kimble -** Rhonda joined us as an insurance representative in our Needmore

Road office. She is responsible for all insurance claims and account billing inquiries.

**Amanda Morton -** Amanda has joined our front office team in

Beavercreek as a receptionist/clerical assistant. She is trained to handle any administrative duties that are needed in our office, but she will primarily be working in check in/out and scheduling.

**Tamara Lemmons -** Tamara is a staff accountant. Her job consists of preparing monthly financial statements and reconciling bank ac-

counts. In addition, she assists with payroll and accounts payable, as well as assisting with budget preparation and other financial projects.

**Joyce Miles, MA -** Joyce joined our Needmore Road office as a medical assistant. As a medical assistant, she works closely with patients during their appointments, administering blood pressure

checks and EKG's as well as assisting physicians.

**Vicki Bayne, Anticoagulation MA -** Vicki works in the Anticoagulation Clinic in our Needmore Road office as a medical assistant. She performs simple blood tests and provides support and education for patients on anticoagulation therapy.



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# RECIPE

## Creamy Pumpkin Soup (SERVES 5)



**Nutritional Analysis  
(per serving)**

Calories 122 (23% from fat)  
Fat 3.1 (sat 0.8g, mono 1.2g, poly 0.7g)  
Protein 5.5 g  
Carbohydrate 19.9g  
Fiber 2.3g  
Cholesterol 1 mg  
Iron 2 mg  
Sodium 228 mg  
Calcium 102 mg

**Source:**

*Cooking Light*,  
October 1997

2 teaspoons trans fat free margarine  
1 cup chopped onion  
3/4 teaspoon dried rubbed sage  
1/2 teaspoon curry powder  
1/4 teaspoon ground nutmeg  
3 tablespoons all-purpose flour  
3 (10 1/2 ounce) cans low-salt chicken broth  
1 tablespoon tomato paste  
1/4 teaspoon salt  
3 cups cubed peeled fresh pumpkin  
(1 pound)

1 cup chopped peeled McIntosh or other  
sweet cooking apple  
1/2 cup evaporated skim milk  
Sage sprigs (optional)

Melt margarine in a Dutch oven over medium heat. Add onion: sauté 3 minutes. Add sage, curry powder, and nutmeg; cook 30 seconds. Stir in flour; cook 30 seconds. Add broth, tomato paste and salt, stirring well with a whisk. Stir in pumpkin and apple, bring to a boil. Cover, reduce heat, and simmer 25 minutes or until pumpkin is tender, stirring occasionally. Remove from heat; cool slightly.

Place mixture in a blender or food processor, process until smooth. Return mixture to Dutch oven, add milk. Cook until thoroughly heated. Garnish with sage sprigs, if desired.