

SPECIAL POINTS OF INTEREST:

- **What is a Defibrillator**
- **Depression**
- **Stuffed Mushrooms**
- **Obesity**



INSIDE THIS ISSUE:

- Front Story** 1
- Tip of the Month** 1
- Recipe** 2
- Quote of the Month** 2
- Bible Verse of the Month** 2
- Did you Know?** 2
- Our Information** 3

What is a Defibrillator?

A Defibrillator is a device that is designed to prevent sudden cardiac death by shocking the heart out of life threatening heart rhythms called ventricular fibrillation and ventricular tachycardia. A defibrillator can be external such as the AEDs (automatic external defibrillator) you may see in schools, malls, etc., where patches are placed on the chest and a button is pressed to send a shock to the person who has cardiac arrested. There is also a wearable external defibrillator called the LifeVest that is used in some instances when a person either cannot receive an implantable device (ex. infection) or does not want an implantable device.

The implantable cardioverter defibrillator or ICD is more of a permanent device that is implanted into the chest under the skin. It is

also designed to prevent sudden cardiac death from abnormal heart rhythms. ICD's have the capability of being pacemakers if the heart rate should become too slow. However, all pacemakers are not



defibrillators so do not be confused by this. An ICD may have anywhere between one to three wires depending on the patients needs. Its basic function is to monitor the heart rhythm and treat any abnormal heart rhythms that may be life threatening.

It treats the rhythm by either shocking the heart through the right ventricular lead or through "overdrive" pacing the heart or a combination of both.

So who needs an ICD? There are several indications for an ICD. The strongest indication is for those individuals who have survived a cardiac arrest and there were no reversible causes for that cardiac arrest. However there are several others including people with sustained ventricular tachycardia (especially in people with heart failure or history of heart attack). When the ejection fraction (EF) remains less than 35 percent despite maximal medical therapy, an ICD may also be indicated. For those of you that do not know, the EF is the estimated function of the left side of the heart muscle. Other reasons for an ICD may include inherited disorders that have high risk for sudden cardiac death such as long-QT syndrome, Brugada syndrome, and hypertrophic cardiomyopathy. This is not a conclusive list of indications but includes some of the more common reasons. (4).

Tip of the Month

How to keep the Christmas Blues Away:

1. Volunteer. Helping others always can make you feel better inside. It also helps to remind us there is always someone who has less than we do.
2. Avoid the triggers that tend to upset you. If you get in a fight with your aunt every year at the Christmas party, maybe just stop by for a few minutes this year instead of staying for 3 hours.
3. Make a list and a budget and stick to it. A great tool I found online this year is called www.mychristmasbudget.com. Overspending can leave you feeling more stressed and depressed.
4. Exercise. The evidence supports that exercise can help with stress and depression. Put it in the schedule, it will be worth it.
5. Find positive ways to remember loved ones. Instead find someone who also misses them and go celebrate their life and share their memories. (1).



Stuffed Mushrooms



Recipe taken from "Breaking the Salt Habit" by Erik Williams. Visit www.myhearthelp.com and click on store to purchase a copy!

Ingredients:

1 lb Fresh Portabella Mushrooms (about 15)
 3 slices Low Sodium Bacon
 1\4 cup Green Onion (green part only)
 1\2 cup fresh Mozzarella (finely diced)
 1\2 cup Plain Panko Bread Crumbs
 1 Clove Garlic (minced)
 1\2 tsp Black Pepper

Directions:

1. Cut stems off mushrooms and finely dice.
2. Place mushroom caps on a baking sheet.
3. Begin cooking bacon in a medium skillet.
4. When bacon is half way done, add garlic and mushroom stems.
5. When bacon has finished cooking, remove from pan and finely dice.
6. Add bacon and remaining ingredients to pan and combine well.
7. Fill each mushroom cap with cheese mixture.
8. Bake in oven for 10-12 minutes until the cheese melts.

Health Information

Serving size: 3 pieces
 Calories: 121
 Total Fat: 6 g
 Sat Fat 3 g
 Sodium 101 mg
 Cholesterol 17 mg
 Carbs 10 g
 Protein 8 g
 Sugars 2 g
 Fiber 2 g
 Potassium 457 mg

Quote of the Month: "What lies behind us and what lies before us are tiny matters compared to what lies within us" Oliver Wendell Holmes.

Bible Verse of the Month: "And she will bring forth a Son, and you shall call His name Jesus, for He will save His people from their sins" Matthew 1:21.

Did you Know?

Did you know that more than one third of adults in the United States are considered obese? One third! Obesity increases the risk of many preventable disease processes such as heart disease, stroke, diabetes, and some types of cancer. In 2008, an estimated 147 billion dollars was spent on obesity related medical problems in the United States. So what classifies obesity? Obesity is classified by calculating a body mass index or BMI. To calculate it yourself, take your weight and your height and use this Equation: $BMI = \text{weight in lb} \times 703 \text{ divided by your height in inches squared}$. You can also find charts or calculators online to help you. One will be posted on our facebook page as well. Obesity is defined by a BMI of 30 or higher. Overweight is defined by a BMI of 25-29.9. BMI calculations do have

some limitations. For example, muscle weighs more than fat so very muscular people may have a higher BMI but still be healthy because their fat percentage is so low. On the other end of the spectrum, a very frail or older person may have a low BMI due to lack of muscle but a high fat percentage. Another way to assess if you need weight loss would be your waste circumference. A man with a waste more than 40 inches or a woman with a waste more than 35 inches also is at increased risk for health problems. Acknowledging there is a problem is the first step. Then taking small steps to tackle the problem is the second step. Remember, the weight did not come on in one day and it will not come off in one day. Set small goals and stick to them. You can do this. Get a partner and go for it! (2,3).



Once it is determined that an ICD is needed, the actual procedure may be scheduled. The procedure itself usually last anywhere between one and three hours depending on how many wires (leads) have to be placed. The more wires, generally the longer the procedure.

Afterwards, usually you are monitored on a cardiac telemetry unit overnight. A chest x ray may be done after the procedure and the next morning to make sure there were no complications. The device will be interrogated the next morning to make sure it is working properly. Most patients go home the next morning if everything looks okay.

After an ICD, life can mostly return to normal. The left arm (if it was implanted on the left side of the chest) is usually restricted from raising it above the head or lifting heavy objects for about four weeks. After that time, normal activities can be resumed. Many individuals still enjoy tennis, swimming, golfing and many other activities with a defibrillator.

Usually a wound check is done in 7-10 days to make sure the incision is healing appropriately. After that the device is usually checked every 3 months either from your cardiologist office or from home. Many devices now have wireless monitoring systems that are plugged into the phone line at home. This significantly decreases the amount of office visits needed. Certainly some individuals have specialized needs and may need closer monitoring.