

SPECIAL POINTS OF INTEREST:

- CAD
- Dehydration Symptoms
- Lime Shrimp
- Mended Hearts

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 Coronary Artery Disease?

Coronary artery disease (CAD) is a chronic build up of plaque in the arteries of the heart, also called the coronary arteries. This process is also called atherosclerosis. Just like the picture of this pipe becoming filled with sludge, our arteries become filled with plaque. Sometimes it is just on one side, other times it encompasses the entire diameter of the artery. Over time, as the plaque or blockage increases, the diameter of the artery decreases. This decreases the blood flow thru the artery which can lead to a blood clot forming and heart attack. Over 13 million Americans suffer from this chronic disease (3). According to the CDC, heart disease is the leading



cause of death among men and women and accounts for nearly one fourth of all deaths in the United States (2). Risk factors include advanced age, smoking, high blood pressure, high cholesterol, diabetes, obesity, mental stress and depression, and a family history of heart disease. Signs or symptoms of CAD include pain, aching, tightness, or discomfort in the chest or between the shoulder blades. Shortness of breath,

fatigue, passing out, and decreased exercise tolerance may also be experienced. Numbness, tingling, or aching may also be present in the jaw, neck, and/or arms. Nausea and sweating may also accompany some of the symptoms. So how is CAD diagnosed? Initially, when there is

not an active heart attack, non invasive tests may be done first. These tests can include laboratory studies, an EKG, an echocardiogram, and a stress test. Depending on the results of these tests and the degree of symptoms, further testing may need to be done. The gold standard for diagnosing coronary artery disease is a cardiac catheterization. This is a procedure in which a cardiologist places a catheter into the artery of the groin or arm and injects a contrast dye to view the arteries. (2,3).

### Tip of the Month

#### Warning Signs of Dehydration:

Dehydration can sneak up on us. Watch for these signs and symptoms.

1. Thirst, dry mouth, and dry skin
2. Decreased urine or darker urine
3. Headache
4. Muscle Cramps
5. Lightheadedness or dizziness, even passing out can occur
6. Fast heartbeat
7. Irritability or confusion
8. Low blood pressure (1).



# Easy Lime Shrimp



Recipe by Erik Williams,  
author of *Breaking the Salt Habit*. Buy it at our  
website  
[www.myhearhelp.com](http://www.myhearhelp.com)

## Ingredients:

1 lb fresh medium size shrimp (peeled and deveined)  
1 Jalapeno (seeded and finely minced)  
4 Tb unsalted butter  
1 Tb Cilantro (minced)  
1 Lime (juiced)  
2 Garlic cloves (minced)

## Directions:

1. Melt unsalted butter in a medium sized bowl.
2. Add jalapeno, cilantro, lime, and garlic cloves.
3. Place shrimp in a shallow baking dish.
4. Pour butter mixture over shrimp.
5. Bake in oven for 10-15 minutes stirring shrimp a few times.

FYI: All ingredients can be placed in a foil pack and cooked on the grill.

## Health Information

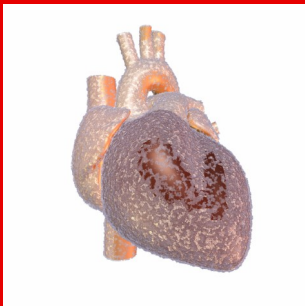
Serving size: 10-12 shrimp  
Servings: 4  
Calories: 219  
Total Fat: 13 g  
Sat Fat 8 g  
Sodium 256 mg  
Cholesterol 252 mg  
Carbs 1 g  
Protein 24 g  
Sugars <1 g  
Fiber <1 g  
Potassium 234 mg

**Quote of the Month:** “Healthy citizens are the greatest asset any country can have” Winston Churchill.

## **Bible Verse of the Month:**

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”  
1 Corinthians 13:5

## **Did you Know?**



Did you know that Mended Hearts is a non profit organization with both national and local involvement. It was started by Doctor Dwight Harken in 1951 with four of his patients who were some of the first individuals to undergo open heart surgery. This mission of Mended Hearts is dedicated to “inspiring hope and improving the quality of life for heart patients and their families through ongoing peer to peer support”. Volunteers for the group support patients by visiting them at the hospital, visiting them online with email and educational material, and visiting over the phone. Also local chapter meetings are held which serve as a support group but also serve as an educational forum as. Speakers are brought in to the meetings as well to speak on various topics that the members request more information on.

There is also a Mended *Little* Hearts which provides support to children, families, and caregivers who are influenced by congenital heart disease. With over 300 chapters, it is easy to find a chapter near you to get connected with . The main website is [www.mendedhearts.org](http://www.mendedhearts.org). From there, you can contact your local chapter. There are also other resources on the website including education material and inspirational stories. Information on how to become a member or volunteer is available on the website. If you or someone you know has a heart condition, Mended Hearts is a great way for them to receive support but also to share their experience and help others along the way. (4).

It is the same procedure in which a stent is placed as well. This study is able to show if there is arterial blockage and if so, how much. So once it is diagnosed, how is CAD treated?

Coronary artery disease is a progressive disease and requires continuous treatment with medication and lifestyle changes. Exercise, smoking cessation, and weight loss are high on the list of treatments and are just as important as medications. In addition to lifestyle changes, CAD is treated with both medications and interventions. Medications in many cases are just as important as the procedures such as receiving a stent or undergoing bypass surgery. There are several medications that may be used. Aspirin is used for all patients unless it is contraindicated for that individual. Another blood thinner called an antiplatelet may be used in conjunction with aspirin or in aspirin intolerant individuals. There are currently three of these on the market: Plavix (Clopidogrel), Effient (Prasugrel), or Brilinta (Ticagrelor). These drugs are usually started after a heart attack or after a stent is placed, but may also be prescribed in chronic disease to help prevent future events for high risk patients like diabetics. There are several other drugs that are also used to treat CAD. Statins, beta blockers, ace inhibitors, calcium channel blockers, and nitrates are very commonly used. Ranexa is another agent that may be needed to treat patients with persistent or chronic chest pain.

Interventional therapy includes percutaneous coronary intervention (PCI) or coronary artery bypass grafting (also known as open heart surgery). PCI is a catheter based procedure done during the cardiac catheterization in which the artery may be opened up and a stent placed. If this cannot be done or if there are multiple arteries that are blocked, then open heart surgery may be recommended. Regardless of the intervention, lifestyle modification and medication will be needed lifelong. As time goes by, the same plaque build up can occur inside of the stent or inside of the bypass. This may happen quicker if an individual continues to smoke, does not take the appropriate medication, does not control blood sugar, and the list goes on and on.

In summary, CAD is a progressive disease that has many treatments but no cures. Know the signs and symptoms and seek treatment early. Preventing the disease before it starts is the easiest treatment. (2,3).