

- Ablation
- Drugs that Burn!
- Summer Tomato Salad
- Sodium content in foods

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

The Beat

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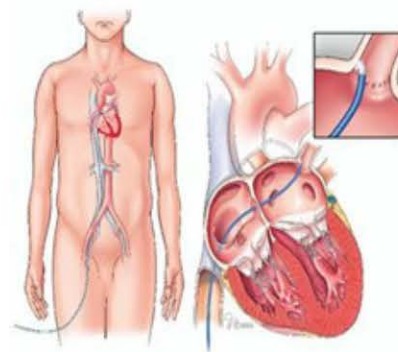
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What is an Ablation?

The term “ablation” comes from the Latin term *auffere* which means to remove (1). Ablate in the English language means to remove or to destroy (1). This background is helpful in describing what an ablation is from a cardiac standpoint because an “ablation” can be done on many parts of the body. From a heart standpoint, this is a catheter based procedure done in the cardiac catheterization lab at a hospital. It is usually completed by an electrophysiologist (a specially trained cardiologist). The goal of the ablation is to damage tissue in the electrical system of the heart that is causing abnormal heart rhythms. After the tissue is

damaged, scar tissue will form which will hopefully prevent the rhythm from reoccurring.



There are several abnormal heart rhythm disturbances that can be treated with an ablation such as atrial flutter, supraventricular tachycardia, ventricular tachycardia, atrial tachycardia, atrial fibrillation, pvc’s, and WPW (Wolff-Parkinson-White

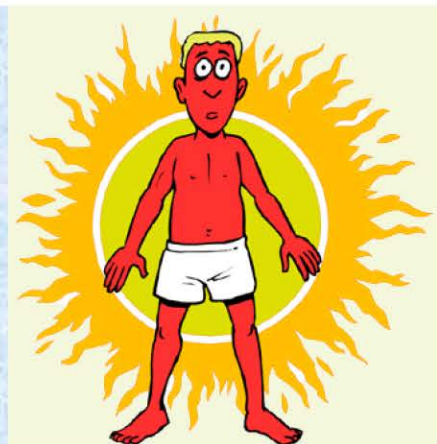
syndrome). An ablation will first start with a study of the heart’s electrical system which is called an EP study or an electrophysiology study. The cardiologist will place small catheters in the groin and possibly the neck. Many times little to no sedation will be used. However, depending on the type of ablation being done, general anesthesia may be needed. The catheters will be used, along with medications in an IV, to try and make the abnormal heart rhythm come up. Then another catheter is used to burn or freeze that electrical area that is causing the rhythm. The length of the procedure and the success rate depends on the rhythm and multiple other factors. An average time would be 2-6 hours. If the abnormal rhythm is able to be ablated, then the patient is usually monitored overnight to monitor for complications. Restrictions after the ablation are usually minimal. Continued on page 3.....

Tip of the Month

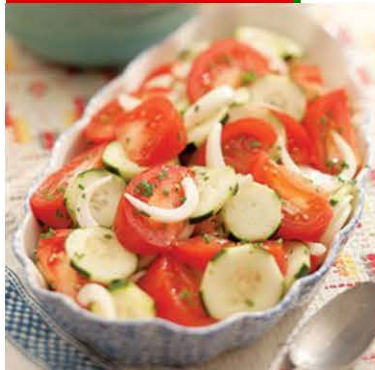
Drugs that may cause severe sunburn:

1. Amiodarone (Pacerone, Cordarone)
2. Lasix (Furosemide)
3. HCTZ (Hydrochlorothiazide)
4. Spironolactone (Aldactone)
5. Captopril (Capoten)

This is not an extensive list but are common heart medications that can cause severe sunburn if you do not protect yourself. Use a broad spectrum sunscreen that is atleast 15-30 spf. Wear sun protective clothing and sunglasses. Avoid the sunlight between 10 am and 3 pm when the UV rays are at the highest level. Avoid tanning beds as well. (2).



Summer Tomato Salad



Ingredients:

4 medium tomatoes cut in wedges
 2 medium cucumbers, thinly sliced
 1 sweet onion, thinly sliced
 3 Tb rice vinegar
 1 Tb canola oil
 1 tsp honey
 1/2 tsp salt
 1/2 tsp pepper
 2 Tb freshly chopped herbs (parsley or chives)

Directions:

1. Whisk vinegar, honey, oil, salt, and pepper in a bowl
2. Add cucumbers, tomatoes, and onions to the dressing
3. Gently toss to combine
4. Let stand at room temperature for at least 30 minutes
5. When ready to serve, add herbs and toss again.

If you wanted to decrease the sodium further, a salt substitute could be used in place of the salt in this recipe and that should lower the sodium content to nearly zero.

Health Information

Serving size 1 and 1/2 cups
 Servings 6
 Calories 58
 Total fat 3g
 Cholesterol 0mg
 Sodium 202mg
 Total fiber 2 g
 Protein 1 g
 Carbohydrates 8 g
 Potassium 264 mg

Recipe from <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Summer-Tomato-Onion-Cucumber->

Quote of the Month: “The sovereign invigorator of the body is exercise, and of all the exercises walking is the best” Thomas Jefferson

Bible Verse of the Month: “Be strong and of good courage, do not fear or be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you or forsake you” Deuteronomy 31:6.

Did you Know?

Did you know that even if you don't add salt to your foods you still may be getting too much salt or sodium in your diet. Unless it is a fresh fruit or vegetable, it probably has some degree of salt in it. As discussed in previous newsletters, the current dietary guidelines recommend 2300mg or less per day for healthy adults. But for many heart patients the goal should be 1500mg or less per day. So where is the problem? Here are a few foods that are high in sodium just to get you started. We will share more foods with you next week. Watch out for your condiments and dressings! (3).

Table salt 1 tsp 2325mg
 Subway 6in. Ham sandwich 800mg
 Mcdonald's grill chicken sandwich 820mg
 Mcdonald's hotcakes and sausage 930mg
 Salami 2 slices 987 mg
 Refried beans, canned 1 cup 1131 mg
 Fat free Italian dressing 2 Tb 410mg
 Ketchup 1 Tb 190mg
 Bread crumbs dry seasoned 1 cup 1603mg
 Cottage cheese 1 cup lowfat 918mg
 Cream of chicken soup 1 cup 898 mg
 Soy sauce 1 Tb 879mg
 Canned red kidney beans 1 cup 655mg
 Pickles, dill or kosher dill 1 pickle 569mg
 Canned stewed tomatoes 1 cup 564mg
 Graham crackers, plain or honey, 1 cup 401 mg (4,5).





**Keeping you and your
medicines in rhythm**

Ablation continued....

In most cases they only consist of no heavy lifting or strenuous physical activity (such as running) for 3 days. An aspirin or even a stronger blood thinner such as coumadin, xarelto, pradaxa, or eliquis may be need after the procedure for a period of time. This is dependent on the type of ablation that was performed. In summary, ablation is generally a safe and effective way to decrease or even cure some abnormal heart rhythms. (7).

