

SPECIAL POINTS OF INTEREST:

- Pericarditis
- Cholesterol
- Hawaiian Chicken
- Wireless Pacemaker

INSIDE THIS ISSUE:

- Front Story 1
- Tip of the Month 1
- Recipe 2
- Quote of the Month 2
- Did you Know 2
- Our Info 3

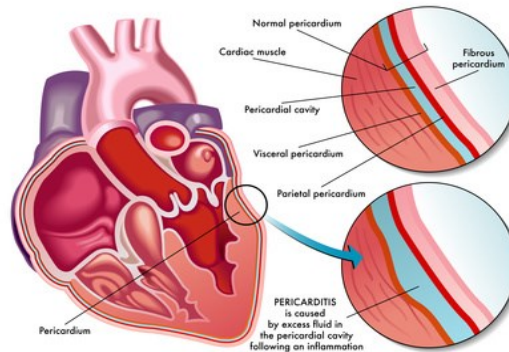
What is Pericarditis?

What is Pericarditis?

Pericarditis is inflammation of the sac around the heart known as the pericardium. The pericardium is shown in the picture to the right. It has two layers and a small sac of fluid lies between the two layers. Its job is to essentially hold the heart in place.

What causes Pericarditis?

Most cases of pericarditis do not have a known cause however these are usually related to a recent viral or bacterial illness. Autoimmune and inflammatory diseases such as rheumatoid arthritis, lupus, arteritis, scleroderma,



and inflammatory bowel disease can also be culprits. Some drugs can cause pericarditis such as procainamide, hydralazine, and cyclosporine. Other disease states such as cancer, kidney disease, thyroid disease, high cholesterol, and amyloidosis can be reasons as well. Pericarditis can occur after radiation treatment or after a heart procedure. Inflammation can also occur after a heart attack or after a person receives CPR. Some cases are congenital.

Tip of the Month

Tips to Lower Cholesterol:

1. Increase your fruit and vegetable intake.
2. Change to fat free or 1% dairy products.
3. Eat unsalted nuts, seeds, beans, and peas.
4. Try to avoid solid fats such as lard, stick margarine, and shortening.
5. Eat 2 servings of fish such as tuna, salmon, or trout a week.
6. Bake or grill instead of frying.
7. Choose foods that do not have *trans* fats and that are low in saturated fats. (5).

What are the Symptoms?

The hallmark symptom of pericarditis is chest pain. The chest pain is usually different from that of a heart attack. The pain usually is intense and can be sharp. It is worse with breathing and worse with lying down. The

pain is usually in the middle of the chest but can be on the left or the epigastric area. Other symptoms that may accompany the pain include shortness of breath, cough, low grade fever, or hiccoughs.

What test are needed to diagnose Pericarditis? An EKG is the main tool used to diagnose pericarditis. However, labs, chest x ray, and an echocardiogram are helpful as well.

Continued.....Page 3



Hawaiian Chicken



Recipe from
"Breaking the Salt
Habit" by Erik
Williams.

Ingredients:

- 4-6 oz. Boneless, Skinless, Chicken Breast
- 2 Tbsp. Low Sodium Teriyaki Sauce
- 2 Tbsp. Brown Sugar, packed
- 1 Tbsp. Sesame Oil
- 1 1/2 Tbsp. White Wine vinegar
- 1/4 tsp. Ground Ginger
- 1/4 tsp. Garlic Powder
- 3 Tbsp. Pineapple Juice, from can of pineapple
- 1 8 oz. can Pineapple Rings

Directions:

- Combine all the ingredients in a resealable bag except for the pineapple rings, and marinate for 3-4 hours in the refrigerator.
- Grill chicken until reaching an internal temperature of 160 degrees Fahrenheit.
- Grill pineapple 2-3 minutes on each side and serve on top of the chicken.

Nutrition Info

Yields 4 servings
1 Serving = 1 chicken breast

Calories: 319
Total Fat: 6g
Sat Fat: 1g
Cholesterol: 99mg
Potassium: 477mg
Carbohydrates: 26g
Protein: 40g
Fiber: 1g
Sugar: 25g
Sodium: 288mg

Quote of the Month: "The secret of getting ahead is getting started." Mark Twain

Did you Know?



Did you know that the FDA approved the first pacemaker without wires? Yes a pacemaker without wires does exist. A pacemaker is a device that is used to send an electrical signal to the heart so the heart beats when it is too slow. Traditional pacemakers are implanted in the left or right upper chest under the skin. A wire is threaded thru a vein down into the right ventricle where it paces. The wire is connected into the box or generator in the chest. There are occasions when the wire gets old or malfunctions and has to be replaced. There are also times in which an infection occurs and the entire pacemaker system has to be removed. These are some of the downsides to the traditional systems.

For these reasons, having a leadless pacemaker (no wires) can be appealing. However, this device is not for everyone. The system is called Micra and is made by the company Medtronic. Micra is approved for individuals who only need to be paced in the right ventricle. In other words, if a regular pacemaker would be placed, these individuals would only need one wire. This pacemaker would not be intended for those people who need two or three wires or for those who need a defibrillator. Micra is placed with a catheter into the right ventricle of the heart. It is roughly one inch long. Complications can occur which include blood clots in the legs or lungs, dislocation of the device, and injury to the heart. Again, this device is not for everyone but it is nice to see technology advancing. (3,4).

What is the treatment for pericarditis?

Treatment is two fold. If there is an underlying etiology for the pericarditis that will need to be treated. Example, a bacterial source would require antibiotics. Otherwise, treatment is geared towards the alleviating the symptoms. First line therapy is non steroidal anti-inflammatory drugs such as ibuprofen. These agents are usually given in higher doses for at least 2 weeks or longer if needed. Colchicine and steroids may be used if there continues to be pain after the initial treatment. Sometimes in severe, recurrent cases, surgery has to be done. This is called a pericardiectomy, which is the removal of the pericardium.



In some cases, fluid develops around the heart in the pericardium. This is called a pericardial effusion. If the fluid is significant enough, it can cause the heart to not beat effectively. At this point, the fluid has to be drained. The procedure is called a pericardiocentesis. During this procedure, a needle is placed into the pericardial space and the fluid is drained. (1, 6).