

SPECIAL POINTS OF INTEREST:

- Sarcoidosis
- Tips
- Spaghetti Sauce
- Did you Know?

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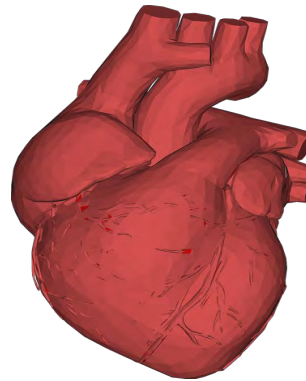
What is Sarcoidosis?

What is Sarcoidosis?

Sarcoidosis is an inflammatory disease that can affect many organs including the heart the lungs. It is characterized by formations called granulomas that are surrounded by giant cells which infiltrate the organ tissue. This causes the muscle to form fibrotic scars.

What are the signs and symptoms of Sarcoidosis?

Symptoms may vary depending on what organ is affected. In cardiac sarcoidosis, individuals may present with abnormal heart rhythms. These rhythms may come from the top of the heart (atrial) or the bottom of the heart (ventricular). Unfortunately, rhythms from the bottom part of the heart can cause a cardiac arrest.



Complete heart block is also seen sometimes in sarcoidosis. This usually causes an abnormally low heart rate which may lead to feeling of lightheadedness or passing out. Heart failure symptoms may also be present which include shortness of breath, swelling in the legs or abdomen, exertional fatigue, and trouble breathing when lying down. Heart failure can occur with

with cardiac sarcoidosis, the heart muscle becomes very stiff due to the scarring that occurs. With pulmonary sarcoidosis, the heart may fail because it has to pump into the lungs. Because of their stiffness, it puts more strain on the heart.

Physical exam signs may include an abnormal EKG and abnormal heart sounds.

How is Sarcoidosis Diagnosed?

There may be clues to Sarcoidosis on an EKG and a chest x-ray. However a biopsy is generally the gold standard at diagnosing Sarcoidosis. Sometimes the biopsy is falsely negative though. Doing a biopsy of the heart is also challenging and not done in all facilities. (3,5). (cont...page 3).

Tip of the Month

Tips to Stay Active this Winter:

1. Stay Healthy: Wash your hands!
2. Do household chores like sweeping and vacuuming.
3. Go to the mall and walk.
4. Go to a yoga class or join Silver Sneakers at your local gym (It is included in some insurance plans.)
5. Try a new activity such as bowling or dancing.
6. When the weather is nice and the ice clears, go for a walk outside and get some sunshine. (2).



Classic Tomato Sauce



Recipe from the book
Breaking the Salt Habit by
Erik Williams. (1).

Ingredients:

1. 2 Tbsp. Extra Virgin Olive Oil
2. 1 cup Onion, minced
3. 4 Garlic Cloves, minced
4. 2-14.5 oz. cans NSA Diced Tomatoes
5. 1-6 oz. can of NSA Tomato Paste
6. 1 Tbsp. Sugar
7. 1 tsp. Dried Basil or 1 Tbsp. Fresh Basil
8. 1½ tsp. Dried Oregano or 1½ Tbsp. Fresh Oregano
9. 1½ tsp. Black Pepper

10. Parsley

11. 1 Bay Leaf

Directions:

In a medium sauce pan, add olive oil, onion, and garlic, and cook until soft.

Add tomatoes, and remaining ingredients to pan, and simmer on low for about an hour, stirring occasionally.

For a thinner sauce, chop or pulse tomatoes in a food processor.

Health Information

Serving size: 1½ cup
Servings 8
Calories 85
Total fat 4g
Saturated fat <1g
Cholesterol 0mg
Sodium 95mg
Total fiber 3g
Protein 8g
Carbohydrates 12g
Potassium 249mg
Sugar 7g

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

Did you Know?



Did you know that many people do not know the symptoms of a heart attack? Every year according to the CDC, about 790,000 Americans have a heart attack. About 15 percent of those people will die from their heart attack. So it is very important to recognize the signs and symptoms of a heart attack and act fast by calling 911. The chances of survival are higher when emergency treatments can be started as soon as possible.

So what are the symptoms of heart attack? Chest pain or discomfort. This is described many times as a pressure, tightness, ache, or squeezing sensation in the chest. It can go and come back or come and stay.

Sometimes the pain is in the arms, the jaw, or between the shoulder blades. Shortness of breath is another symptom of a heart attack. Nausea, sweating, lightheadedness, or passing out may also occur. All of these symptoms may be present or just one of them. A heart attack doesn't just have to hurt in the chest. It can be sneaky sometimes. So...if there is any question, call 911. Time is very important during a heart attack because the heart is not getting enough blood flow. That causes the heart muscle to die if blood is not restored soon. This is a life threatening condition. (4).

Usually a biopsy from another part of the body is tried first as the other body parts are more easily accessible than the heart is. Other test that may be helpful in evaluating the heart include an echocardiogram, cardiac MRI, or PET imaging.

How is Sarcoidosis treated?

Drugs that suppress the immune system are used in the treatment of Sarcoidosis. These drugs may include steroids, hydroxychloroquine, methotrexate, and cyclophosphamide. For individuals that have a slow heart rate as discussed earlier, a pacemaker may be needed. Individuals with abnormal heart rhythms from the bottom of the heart may need a defibrillator. Other cardiac medications may be used to treat the specific problem. This may include water pills to keep the fluid off, or medications to slow the heart rate down if there are a lot of abnormal heart rhythms, or blood thinner to prevent a stroke if atrial fibrillation has occurred. If the heart muscle is weak, medications for congestive heart failure may be used. A heart or heart-lung transplant is sometimes considered if symptoms are not controllable however recurrence of Sarcoidosis may occur in the new organ as well.

There is still much to learn about Sarcoidosis. The disease can be silent or it can be active. Diagnosing the disease is the first challenge and then treatment and close monitoring can be started. (3,5).

