

HealthPoint

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Beatrix A. Slomiany



Visit: www.BluegrassCommunityHospital.com



A Message from the CEO



Tommy Haggard, CEO
Bluegrass Community Hospital

A Home For Your Heart

It's a disturbing but true

fact: Heart disease is the leading cause of death in the United States. What's even more disturbing is that many cases of heart disease are preventable.

Don't let yourself become another statistic. Take the first step in fighting heart disease by seeing your personal physician for a comprehensive physical exam. If you are at risk for heart disease, your doctor can help you manage your risk factors by recommending a few changes in your lifestyle. The "Live What You Learn" article is a good starting point.

Finally, when it comes to matters of the heart, the medical expertise you need is just around the corner, right here at home.



Straight From The Heart

Jennie Garth Shares Her Story To Educate Women and Save Lives

Jennie Garth is all too familiar with the devastating effects of heart disease.

The actress, director and producer, who starred in the television show *Beverly Hills 90210*, is a spokesperson for Go Red For Women, a campaign created by the American Heart Association to educate women and empower them to take care of their heart health. She recently spoke with HealthPoint to discuss her work and her passion to help prevent heart disease.

What was your motivation for becoming involved with the Go Red For Women campaign?

Heart disease has been a huge health issue on both sides of my family. At the age of 37, my father had his first heart attack and was diagnosed with arteriosclerosis (hardening of the arteries). I was devastated by the thought of losing my father, who was my big, strong hero growing up. He went from having an active life pioneering the adult education program and training horses to worrying that too much exertion would cause another heart attack. For the next 25 years, he had multiple heart surgeries until he finally lost his battle with heart disease in 2008.

Seeing how heart disease affected my father's life made me determined to take control of my own health. At the age of 30, I started seeing a cardiologist. That's when I discovered that I have a leaky heart valve. It's nothing serious right now, but it is something I need to watch. So after my father's death, I decided I wanted to find a way to educate women about heart disease.

(continued on following page)

What's the key message you want women to know about heart disease?

Most women think heart disease is something that only an old man who smokes and has a large belly has to worry about. But the fact of the matter is that heart disease is the #1 killer of women in the United States.

What can women do to help prevent heart disease?

About 80 percent of cardiac events in women are linked to poor choices, whether it's smoking, a lack of exercise or an unhealthy diet. Yet too many women are unaware of the risks. Fortunately, the heart is very forgiving. Even if it's been abused by smoking or lack of exercise, your heart can be healthy again. That's the reason it's important for women to recommit themselves to healthy living at the beginning of each day. If we can rally together as a family of women to fight heart disease, we can really make a difference.

What do you do to stay heart healthy?

I read everything I can about healthy living. I don't smoke. I try to avoid fried foods and stay physically active. And I encourage all of my friends and family to do the same.

Are You at Risk?

According to the American Heart Association, certain risk factors for heart disease can be controlled through education, lifestyle, diet, exercise and medication (see below). Consult your physician for help in controlling:

Smoking

High Blood Pressure

High Cholesterol

Diabetes

Overweight /Obesity

Physical Inactivity

Certain risk factors for heart disease are beyond your control. They include:

Age: The risk increases as you become older.

Gender: Males are more at risk, but heart disease is still the #1 cause of death among American women.

Family History: You are more likely to have heart disease if your parents did.

Live it out

Heart-healthy living starts with controlling the risk factors for heart disease. Here are five ways you can help your heart.

Kick The Habit: Smoking is not just bad for your lungs. It also increases your risk for atherosclerosis, the buildup of fatty substances in your arteries. This can lead to coronary heart disease, heart attack and stroke. If you smoke, quit. If you don't, don't start.

30 Minutes Could Save Your Life: A half an hour of vigorous exercise five times a week can reduce your risk for heart disease. If you're looking for a fun, easy cardio workout, just visit our website and click on "Heart-Healthy Exercise." Be sure to consult with your physician before starting any exercise program.

Don't Wait To Lose Weight: Between 60 to 70 percent of Americans are either overweight or obese, putting them at higher risk for heart disease. A combination of diet and exercise can help you shed the pounds and will do wonders for your heart.

Let Food Be Your Friend: Eat a healthy diet. Avoid the saturated fat found in red meat and dairy products. Stay away from items that contain trans fats such as deep-fried food, packaged snacks and margarines. Eat five to 10 servings of fruits and vegetables each day. Need help shopping for heart-healthy food? Go to our website and click on "Heart-Smart Grocery List."

"What's Up, Doc?": See your doctor on a regular basis to monitor your blood pressure, heart rate, cholesterol and to check for diabetes. Early detection and intervention can add years to your life.

Find out more about your specific risk for heart disease, visit our website at:

www.BluegrassCommunityHospital.com





WELCOME

Beatrix A. Slomiany, MD

Dr. Slomiany received her medical degree from the Medical University of South Carolina in Charleston, South Carolina. She completed her internship and residency in General Surgery at the University of Louisville. Dr. Slomiany is Board Eligible in general surgery and is an active member of the Kentucky Medical Association and Society of American Gastrointestinal Endoscopic Surgeons.

Dr. Slomiany provides General Surgical procedures as well as advanced surgical care for:

- Diverticular Disease
- Colon Cancer
- Breast Disease & Breast Cancer
- Inguinal & Abdominal Hernia
- Tumors, nodules, & masses
- Skin Cancers
- Screenings for Colon, Breast, & Skin Cancer

BEING HEART HEALTHY ISN'T JUST FOR YOUR HEART

Just as not all surgical diseases require me to operate, your heart is not the only thing that benefits from heart healthy habits. Eating more fruits and vegetables, exercising several times a week, staying away from tobacco products and maintaining a healthy BMI (Body Mass Index) also have other benefits.

Did you know that the habits that keep you heart healthy also:

- Decrease your risk of breast and colon cancer
- Boost your immune system
- Decrease symptoms of depression
- Decrease your risk of diabetes
- Decrease your risk of complications should you need an operation
- Decrease your risk of developing peripheral artery disease (PAD)
- Help to boost your HDL (the "good" cholesterol)
- Help you maintain a healthy weight
- Increase your energy levels
- Set a positive example for your family and friends
- Start with taking care of your heart!

For more information, call or
visit us online at:

www.BluegrassCommunityHospital.com



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If you need a doctor, call **888.847.DOCS** or visit **www.847DOCS.com** today.



Rob Stromberg, R.R.T., M.B.A.
Director of Cardiopulmonary

The Dangers of Secondhand Smoke

Think secondhand smoke is harmless? Think again.


According to the American Cancer Society, the smoke from a lit cigarette is actually more toxic than the smoke inhaled by a smoker. When you breathe the smoke from another person's cigarette, you're inhaling nicotine. You're also breathing in 250 other chemicals known to be harmful, including more than 60 chemicals known or suspected to cause cancer. No wonder secondhand smoke is classified as a cancer-causing agent by the U.S. government.

Each year, secondhand smoke causes an estimated 46,000 deaths from heart disease in people who are non-smokers. It also causes thousands of cases of lung cancer in non-smokers.

Kids are especially vulnerable. Secondhand smoke causes more than 750,000 middle ear infections in children. It increases the number and severity of asthma attacks in kids and causes up to 300,000 lung infections in children 18 months of age and younger.

Fortunately, many laws that restrict or prohibit smoking in public places have been passed. But despite these recent efforts, millions of Americans are still exposed to secondhand smoke. Because there is no safe level of secondhand smoke, it's important that you and your family avoid any situation where cigarette smoke is present, whether it's at work, at home, or in the car. It's just the healthy thing to do.

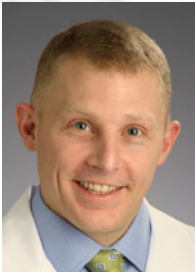




Our Comprehensive Campaign To

Prevent and Treat HEART DISEASE

To prevent, detect and treat America's #1 killer, physicians use a full range of technology and other resources to provide comprehensive care at three different levels.



Scott Monnin, M.D.
Cardiologist

Level 1: Detection and Prevention

Let's start with the basics. The first step in the fight against heart disease is to see your primary care physician for a complete physical exam. During your visit, your doctor will check all the factors that put you at risk for heart disease, including your blood pressure, heart rate and cholesterol level. If this is your first visit, your doctor will also ask questions about your family's medical history and whether you have family members who have had heart disease. Other factors, such as your weight, your exercise habits and whether or not you smoke, will also be considered to determine your overall risk for heart disease.

Don't have a primary care physician? Don't worry. Just call or visit our website and we'll be glad to help.

Level 2: Additional Testing

So you've completed your physical exam. If your doctor says your heart is doing fine, that's great news. In many cases, however, there may be some factors that are putting you at greater risk for heart disease. Additional testing may be recommended. Here are some of the diagnostic tools your doctor may consider.

Stress Test: Sometimes called a treadmill test or exercise test, a stress test is the most traditional diagnostic tool used to detect heart disease. It begins with placing electrodes on your chest and arms. You'll then be asked to walk on a treadmill, set at a slight tilt. You'll begin slowly at first and then

gradually increase your speed. During the test, your heart rate, blood pressure and breathing are constantly monitored, and an EKG measures your heart waves. In some cases, you'll be asked to breathe into a mouthpiece.

In the past few years, some new tests have been developed to detect heart disease.

Coronary Calcium Scan: This non-invasive outpatient procedure checks for calcium deposits that can block the coronary arteries, which supply the heart with oxygen. This test is often recommended if you have an intermediate risk of heart disease.

Ultrasound of the Carotid Artery: The carotid artery is the main blood vessel supplying oxygen to the brain. Higher levels of plaque in this artery are a signal you have an increased risk for a heart attack or stroke.

Testing for Bad Cholesterol: This test takes a closer look at the LDL, the bad cholesterol in your blood. In particular, it checks the size of your LDL particles. Smaller LDL particles are more likely to cause plaque, the fatty deposits that can build up over time and clog your arteries.



Level 3: Diagnostic and Corrective Surgery

Sometimes surgery may be required to determine if you have heart disease. For example, a Cardiac Catheterization is used to determine if your coronary arteries are partially blocked. This diagnostic procedure is performed at a Cardiac Catheterization Lab (Cath Lab). A catheter (a small hollow tube, no more than 1/8" in diameter) is gently inserted into the blood vessels that feed the heart. A special dye is then injected into the arteries. This dye allows physicians to use X-rays to pinpoint the size and location of any plaque deposits. This procedure can also be used to check blood flow and pressure in the chambers of the heart.

If heart disease is diagnosed and corrective surgery is needed, a Cath Lab offers a number of treatment capabilities. For example, an Angioplasty can be effective in opening up the coronary arteries. With this procedure, a small balloon is inserted into the artery with a catheter, then inflated. The pressure from the balloon forces the plaque to the side of the artery. A small wire tube called a stent is then placed in the artery to keep it open.

Other treatment procedures available at a Cath Lab may include:

Peripheral Angioplasty: Examines arteries in the legs and other parts of the body to diagnose and treat hardening and narrowing of the arteries.

Atherectomy: Used to remove plaque from a blocked heart artery.



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HealthPoint

BLUEGRASS COMMUNITY HOSPITAL

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Important News and Helpful Advice for a Healthier Life inside:

Heart Disease Awareness

Secondhand Smoke

Welcome Dr. Beatrix Slomiany

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