

# health connection

February 2012

a publication of Jane Phillips Medical Center

your source for a more healthy and well-connected life

## Heart Month at Jane Phillips Medical Center



 JANE PHILLIPS  
MEDICAL CENTER

[www.jpmmc.org](http://www.jpmmc.org)

SPONSORED BY ST JOHN HEALTH SYSTEM.

# JPMC, Heart Docs 2011 Best D2B Time

Jane Phillips Medical Center and BlueStem Cardiology concluded 2011 with their best performance in quickly treating heart attack patients. During the last calendar year, the average time for completing emergency "balloon" surgery was 63 minutes, far below the national target of 90 minutes and below their 2010 average of 65.1 minutes.

The guidelines developed by the American College of Cardiology and the American Heart Association outline the treatment of heart attack patients. The "door-to-balloon" time or "D2B" begins the moment the patient arrives at the facility and concludes with the opening of the clogged artery. In 2011, JPMC and BlueStem Cardiologists treated 34 patients and 33 of those had times below the 90-minute mark for a success rate of 96.9 percent.

"Because JPMC is close to home we are able to activate the team and be on site when and where patients most desperately need us," said Judy Green, Manager of JPMC's Cardiac Cath Lab.

Green said the obvious goal is to achieve a door-to-balloon time average of 100 percent, but doing so can be quite difficult.

"The heart is a very intricate organ and sometimes it just takes a little longer to actually get to the blockage."

BlueStem Cardiology and JPMC enrolled in the D2B program when it was launched in 2008 and for the past ten years have been part of the National Cath Lab Registry Data. The results have been excellent.

"Our ability to exceed the national average is due to our dedicated associates," said Anderson P. Mehrle, MD, BlueStem Cardiology. "We also could not achieve this without the support of our local and regional

EMS, the medical staff, and our entire emergency department. It is a true team effort in caring for our patients."

The first few minutes of care for an acute heart attack are the most important. A heart attack is caused by one of the coronary arteries that supply the heart becoming occluded or blocked. If the artery can be opened quickly enough damage is minimized.

The best way to achieve this result is to take a patient with an acute heart attack as soon as possible to the Cardiac Cath Lab and open the artery with a balloon and stent.

Dr. Mehrle said they continually strive to improve door-to-balloon times through quality management, technology, and a commitment to the hospital's mission, vision, and values.

A somewhat surprising result has been noted in national studies—smaller hospitals actually have as good or better outcomes as larger hospitals. Dr. Mehrle said that is due, primarily, to smaller, well-run hospitals like JPMC taking less time to get patients

through the emergency room and into the Cath Lab.

JPMC has assembled a quality assurance team to monitor the D2B initiative's success. The team consists of cardiologists, other physicians and clinicians, and administrators. It provides constant feedback on achievement of goals all in an effort to ensure better patient outcomes.

## Annual Door-to-Balloon Times

2007	92.5 minutes
2008	75.8 minutes
2009	64.8 minutes
2010	65.1 minutes
2011	63 minutes <b>JP</b>



## Type I Diabetes Support Group Offered

Jane Phillips Medical Center's Diabetes Services is offering a quarterly Type 1 Diabetes Support Group.

The meetings will be held at Jane Phillips Medical Center in lower level classroom #1. All sessions meet from 6:30 p.m. to 8:30 p.m. The 2012 dates

for the Support Group are: April 10, July 10, and October 9.

Speakers will present educational topics and then the sessions will be open for questions and answers and for sharing.

For more information, call Jane Phillips Diabetes Services at 918/331-1143. **JP**

# LOVE Your Heart Every Day



**W**hat if you could stop heart disease in its tracks—essentially tell an ailment that claims the lives of more women in the U.S. than all cancers combined not to bother knocking on your door? Heart disease is no match for a well-informed woman on a mission. And taking it on doesn't require turning your already-busy world upside down. "You don't have to forgo every favorite food or spend hours a day in the gym to prevent heart disease," said Cardiologist Anderson P. Merle, MD. "If you do one thing a day, by the end of ten days you will have a healthier heart."

These tips are easy, effective, expert-endorsed ways to make preventing and managing heart disease fit into your lifestyle.

- **Take it to the mat.** Yoga's relaxing stretches can reduce levels of stress hormones in your body and lower your heart rate. Start the day with a sunrise DVD or head to a class on your lunch break.
- **Screen your friends.** Call your girlfriends and plan a meet-up at a local pharmacy for a blood pressure check.
- **Get ready for bed.** When you are about to hit the sack, don't hop online to order new curtains for your daughter's room and don't


watch TV. Turn off all electronic devices at least one hour before going to bed so your body and brain can begin to unwind. New research by the American Heart Association says tossing and turning all night more than once a week increases your risk for heart disease by at least 27%.

- **Change your oil.** "Swap extra virgin olive oil or canola oil for other types of cooking oil in tonight's dinner recipes," suggested Sherry Jackson, JPMC Registered and Licensed Dietitian and Certified Diabetes Educator. "They are low in saturated fats and a source of heart-healthy

omega-3 fatty acids and are monounsaturated fats."

- **Revamp your pantry.** Look for five things on your shelves that are high in sodium, fat or sugar. On your next supermarket run purchase fresh ingredients to make healthier versions of those foods.
- **Have a good laugh.** Stream or download an episode of your favorite sitcom. Thirty minutes of laughing can provide your heart a healthy boost for up to 24 hours, says a new study. Turns out watching a comedy can open up your arteries, allowing blood to flow more freely and reducing your blood pressure.
- **Dress down your salad.** "Swap creamy dressing for a few tablespoons of a homemade blend of extra virgin olive oil and balsamic vinegar," said Jackson. "Olive oil is a healthy fat that is good for your heart."
- **Start with ten.** Not enough hours today to go for a run or squeeze in a rigorous aerobics class?

"Walking, chasing your grandkids, or jogging just ten minutes a day dramatically decreases the risk of heart attack and stroke in women," said Laurie Smith, RN, JPMC Cardiac Rehab Nurse and Certified Diabetes Educator.

- **Say no to soda.** Float a slice of lemon, orange, or cucumber in water instead of grabbing a soft drink when you are thirsty. Drinking two or more sugar-sweetened beverages daily may expand a woman's waistline and increase her risk of heart disease and diabetes according to the American Heart Association.
- **Make you smile sparkle.** Call the dentist to schedule a regular cleaning. A beautiful smile can lower the whole family's risk of heart disease by 24% and of stroke by 13% according to new research. A professional cleaning appears to reduce bacterial growth that causes inflammation that can lead to heart disease or stroke. 

# JPMC Offers Peripheral Artery (PAD) Disease Rehabilitative Exercise Program

Jane Phillips Medical Center is now offering a peripheral arterial disease (PAD) rehabilitative physical exercise program. It consists of a series of sessions involving the use of either a treadmill or track to permit each patient to achieve walking without pain. Each session is supervised by an exercise physiologist or nurse. The supervising provider monitors the individual patient's pain threshold and other cardiovascular limitations for adjustment of workload. During this supervised rehabilitation program, the development of new arrhythmias, symptoms that might suggest angina or the continued inability of the patient to progress to an adequate level of exercise may require physician review and examination of the patient.

The PAD Exercise Program is 12-weeks long and meets three times a week—Monday, Wednesday, and Friday at 2 p.m. at Jane Phillips Wellness Connection on the ninth floor of Jane Phillips Medical Center. Cost for the program is \$260, payable by check, credit or debit card, or cash.

Upon successful completion of the 12-week program, participants will receive a complimentary three months membership to Jane Phillips Wellness Connection.

To enroll or for more information, please call the Wellness Connection at 918/331-1150.

Peripheral Artery Disease (PAD) is also known as atherosclerosis—poor circulation or hardening of the arteries. PAD progresses over time at variable rates in each individual depending on the area of circulation affected and one's health and family history. It is a common yet serious disease. PAD occurs when the extra cholesterol and fat circulating in the blood collects in the walls of the arteries that supply blood to your limbs. PAD can affect your quality of life, make walking difficult, or worse,

increase your risk of heart attack, stroke, leg amputation and even death.

The chance of having PAD increases as you get older. People over age 50 have a higher risk for PAD and the majority of patients will fall in this demographic. One in 20 adults over age 50 and one in five over age 70 will have PAD.

## Quick Facts about PAD

The most common symptoms of PAD are cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. Typically, this pain goes away with rest and returns when you walk again.

- Many people mistake the symptoms of PAD for something else.
- PAD often goes undiagnosed by healthcare professionals.
- People with peripheral arterial disease have four to five times more risk of heart attack or stroke.
- Left untreated, PAD can lead to gangrene and amputation.



## Added risks for PAD

- If you smoke, you have an especially high risk for PAD.
- If you have diabetes, you have an especially high risk for PAD.
- People with high blood pressure or high cholesterol are at risk for PAD.

## The good news for PAD patients

- PAD is easily diagnosed in a simple, painless way.
- You can take control by leading a heart-healthy lifestyle and following the recommendations of your healthcare professional.
- Most cases of PAD can be managed with lifestyle changes

and medication.

## Early diagnosis and treatment are key

1. Prevent disability and restore mobility.
2. Stop the disease from progressing.
3. Lower your risk for heart attack, heart disease and stroke.

## PAD risk factors you can control

Certain risk factors for PAD can't be controlled. These uncontrollable risk factors include aging, personal or family history of PAD, cardiovascular disease or stroke. However, you can control the following risk factors:

- **Cigarette smoking—You can stop smoking.** Smoking is a major risk

factor for PAD. Smokers may have four times the risk of PAD than nonsmokers.

- **Obesity—You can reduce your weight.** People with a Body Mass Index (BMI) of 25 or higher are more likely to develop heart disease and stroke even if they have no other risk factors.
- **Diabetes mellitus—You can manage diabetes and blood sugar levels.** Having diabetes puts you at greater risk of developing PAD as well as other cardiovascular diseases. Learn more about the risks and how to manage diabetes.
- **Physical inactivity—You can get moving.** Physical activity increases the distance that people with PAD can walk without pain and also helps decrease the risk of heart attack or stroke. Supervised exercise programs are one of the treatments for PAD patients.
- **High blood cholesterol—You can manage your cholesterol levels.** High cholesterol contributes to the build-up of plaque in the arteries, which can significantly reduce the blood's flow. This condition is known as

atherosclerosis. Managing your cholesterol levels is essential to prevent or treat PAD.

- **High blood pressure—You can manage your blood pressure.** It's sometimes called "the silent killer" because it has no symptoms. Work with your healthcare professionals to monitor and control your blood pressure.

**You can choose more than one target to improve!** Taking care of only one risk factor is not as effective as taking care of all those that you can control. Learn the facts. Develop a heart-healthy lifestyle and cooperate with your healthcare professionals. Your heart will thank you by functioning better and lasting longer.

Treatment for PAD focuses on reducing symptoms and preventing further progression of the disease. In most cases, lifestyle changes, exercise and pain medications are enough to slow the progression or even reverse the symptoms of PAD.

#### Physical Activity

The most effective treatment for PAD is regular physical activity. Your doctor may recommend a program of

It is a common yet serious disease. PAD occurs when the extra cholesterol and fat circulating in the blood collects in the walls of the arteries that supply blood to your limbs.

supervised exercise training for you. You may have to begin slowly, but simple walking regimens, leg exercises and treadmill exercise programs three times a week can result in decreased symptoms in just four to eight weeks. Exercise for intermittent pain takes into account the fact that walking causes pain. The program consists of alternating activity and rest to build up the amount of time you can walk before the pain sets in. It's best if this exercise program is undertaken in a rehabilitation center on a treadmill and monitored.

"When people get pain, they tend to avoid it—that's normal," said Dee Winters, RN, JPMC Cardiac/Pulmonary Rehab Coordinator. "It takes a lot of motivation on the part of the patient. But in a supervised program, under a trained specialist, they are more likely to do the work and do it to a level that produces

benefits."

Supervised exercise rehab sessions are usually 45 minutes to one hour sessions three times a week for up to six months. "A patient can expect to see significant improvement in two to three months," said Winters. "Maximum benefits are usually attained within six months. After that there's a plateau and that's where maintenance begins."

A person can choose to continue walking on his or her own to maintain benefits or they can continue to do the exercise in a supervised environment.

"Either way, the important thing is to keep it up," said Winters. "If you stop doing it, the benefits are lost. Fortunately, by the maintenance phase you are usually feeling a lot better and are able to do a lot more. At that point, you can see the value of exercise in your life." **JF**

## JPMC Offers Community CPR/First Aid Classes

Jane Phillips Medical Center is offering CPR and First Aid classes to the public. The classes are held at Jane Phillips Medical Center in the Nursing Education department in the 3 North classroom. Each class is limited to 12 participants.

The Healthcare Provider course is designed to provide a wide variety of healthcare professionals with the ability to recognize several life-threatening emergencies, provide CPR,

use an AED, and relieve choking in a safe, timely and effective manner.

The Heartsaver First Aid course is a classroom, video-based, instructor-led course that teaches students

critical skills needed to respond to and manage a first aid emergency. Students learn skills such as how to treat bleeding, sprains, broken bones, choking, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

To enroll or for more information, please call 918/331-1469. **JF**

<b>Healthcare Provider</b>	<b>Heartsaver First Aid</b>	<b>Healthcare Provider</b>	<b>Heartsaver First Aid</b>	<b>Healthcare Provider</b>
March 9	June 15	June 22	September 28	October 12
1:30–4:30 p.m.	9 a.m.–4 p.m.	9 a.m.–1 p.m.	9 a.m.–4 p.m.	1:30–4:30 p.m.
\$50 per person	\$75 per person	\$50 per person	\$75 per person	\$50 per person



Jane Phillips Medical Center Presents:

# Take a Moment For Your **HEART** Women's Luncheon

**Friday, February 17**

**Bartlesville Community Center, 300 SE Adams Blvd., Bartlesville, OK 74003**

Given the ever-increasing demands on life, many women neglect to care for their heart, health and spirit. Jane Phillips Medical Center and BlueStem Cardiology invite women to participate in a luncheon designed to help them take a new approach to improving their health and embracing wellness. The event will be held on Friday, February 17 at the Bartlesville Community Center. Participants can enjoy a delicious lunch while learning even more about the risk of heart disease in women.

<b>10:15 a.m. to 11 a.m.</b>	<b>Angela J. Finney, ARNP, BlueStem Cardiology—"Know Your Numbers"</b>
<b>11 a.m. to 11:30 a.m.</b>	<b>Jane Phillips Medical Center's Services Informational Booths</b>
<b>11:30 a.m. to 12:30 p.m. (Luncheon)</b>	<b>Cardiologist Anderson P. Mehrle, MD, BlueStem Cardiology—"Stress and Heart Disease"</b>
<b>12:45 p.m. to 1:15 p.m.</b>	<b>Q &amp; A with BlueStem Cardiology Physicians</b>
<b>1:15 p.m. to 2 p.m.</b>	<b>Panel Discussion with Sherry Jackson, Dietician; Shannon Bailey, Diabetes Educator; and Laurie Smith, Fitness Specialist</b>

When the terms "heart disease" or "heart attack" are mentioned, most people think of men. Women often deny or downplay symptoms they are experiencing. It is very important for them to learn about and know about this disease so they are better able to advocate for themselves with their physicians.

Help spread the word that heart disease kills more women than all cancers combined and share the facts that lives can be saved when women know their risks of heart disease and the signs of a heart attack.

Those interested in attending the event are encouraged to bring their mothers, sisters, daughters, nieces, co-workers, neighbors, and friends, so everyone can learn what can be done for good heart health. Participants are encouraged to wear red—the national color for women and heart disease awareness.

Cost is a \$5 or more donation to the Bluestem Medical Foundation. The donation will benefit the heart program at Jane Phillips Medical Center.

The following door prizes will be given away:

- One, three-month membership to Jane Phillips Wellness Connection
- Spa package
- Massages from Jane Phillips Wellness Connection
- Jewelry sets
- Purses/Wallets
- CT cardiac calcium scoring screening
- Stroke and heart screening ultrasounds
- Candles, lotions, and more

*Space is limited and registration is required. Come for one session, lunch or all.*

To receive a brochure to register or for more information, please call Jane Phillips Medical Center's Public Relations office at 918/331-1431.

3500 SE Frank Phillips Blvd.  
Bartlesville, OK 74006  
918/331-1431 • [www.jpmmc.org](http://www.jpmmc.org)

**JP JANE PHILLIPS  
MEDICAL CENTER**

Sponsored by St. John Health System

# Protein dominates our plates, but do we really need so much?

**T**hink every meal should include protein? Actually, most of us are getting far more protein than we actually need—especially when it comes to meat—thanks to a variety of cultural factors.

Many Americans continue to be influenced by struggles of the Great Depression, when protein—especially meat—was unaffordable by many families. And in parts of the world where poverty levels are still high, the ability to enjoy meat with a meal is considered a symbol of affluence.

“Meat is now more accessible leading many families to make it part of every meal,” said Sherry Jackson, Registered and Licensed Dietitian and Certified Diabetes Educator at Jane Phillips Medical Center. “People think they won’t feel full if they don’t eat meat.”

**What’s the harm in getting too much protein?**

The main problem is that often the extra protein is coming from meats high in saturated fats, which can add to elevated cholesterol levels of the LDL—or “bad”—cholesterol. And, Jackson said, eating more protein is coming at the expense of other food groups that most Americans struggle to get enough of. “If people would just eat the recommended servings of fruits and vegetables, we’d be full on low-calorie foods,” she said.

**How much protein do you actually need?**

The actual recommended daily allowance (RDA) is a complex

calculation that takes into account your age and weight. Based on weight, growing children and pregnant or lactating women require a little bit more protein than a typical adult man or woman because their bodies are building more muscle.

Generally, the Centers for Disease Control and Prevention recommend 10 percent to 30-35 percent of your daily calories come from protein. So, that’s about 46 grams of protein for adult women and 56 grams for adult men.

**So what does that translate to in terms of food?**

Drink an 8-ounce glass of milk, and you’ll log 8 grams of protein. Add a cup of yogurt for another 11 grams. Follow that up with a 3-ounce piece of meat—which is about the size of a deck of cards and has about 21 grams of protein—and a cup of dry beans, which has 16 grams and you’ve already reached the 56-gram requirement for an adult man.

The American Heart Association has a guide outlining suggested servings for each food group.

The USDA takes a visual approach. In 2010, the federal agency revised its dietary recommendations in favor of the simpler MyPlate campaign, which sets aside a quarter of the plate to protein. The campaign offers lots of



resources, including a handy list of different types of protein and a guide to healthy portion size and tips on how to make healthy protein choices.

**Finding balance, choosing the right kind and amount of protein.**

- When choosing protein, opt for low-fat options, such as lean meats, skim milk or other foods with high levels of protein. Legumes, for example, can pack about 16 grams of protein per cup and are a low-fat and inexpensive alternative to meat

and cholesterol-free.

- Choose main dishes that combine meat and vegetables together, such as low-fat soups, or a stir-fry that emphasizes veggies.
- Watch portion size. Aim for 2- to 3-ounce servings.
- If you’re having an appetizer, try a plate of raw veggies instead of a cheese plate. Cheese adds protein, but also fat.

Jane Phillips Medical Center offers nutritional consultations. For more information, please call 918/331-1143.

## Looking for a Physician?

Call Our Physician Information Line  
918/331-1297

Monday–Friday • 8:30 a.m.–4:30 p.m.



Check us out at  
**www.jpmmc.org**  
for all of the latest  
news and information.



*Jane Phillips Medical Center  
+ BlueStem Cardiology =*

# Quality Heart Care...Close to Home

Dr. Gary T. Dykstra • Dr. Stan P. DeFehr  
Dr. W. Patrick Tinker • Dr. Anderson P. Mehrle

Vast array of cardiovascular services • Prompt, easy access to specialized care  
Personal, compassionate, expertise



Architectural renderings of the new \$4 million cardiology building at Jane Phillips Medical Center. The building is scheduled for completion in February 2012.



- Exceeds both state and national averages for treating heart attack patients who come through the Emergency Room.
- Named by The American College of Cardiology as the best hospital in the country for providing heart patients with critical medication upon discharge.
- Recognized in *U.S. News & World Report* by the American Heart Association and the American College of Cardiology for treatment of coronary heart disease, heart failure, and stroke.
- Dedicated Heart and Vascular Center for diagnostic services includes heart catheterization lab, echocardiography, nuclear SPECT studies, noninvasive vascular lab, and pulmonary function testing lab.
- Jane Phillips Wellness Connection offers cardiopulmonary rehabilitation, PAD exercise program, and wellness facilities.
- Emergency Services, 24 hours a day, seven days a week.
- Critical Care Unit provides 24-hour intensive care for patients.
- Cardiac Telemetry Unit—A 16-bed inpatient unit featuring 24-hour advanced cardiac monitoring.
- Inpatient and Outpatient Diabetes Education Programs.

918/333-7200  
3460 S.E. Frank Phillips Blvd.  
Bartlesville, OK 74006  
www.jpmmc.org

Sponsored by St. John Health System