



MICHIGAN HEART & VASCULAR INSTITUTE

# heart & vascular HEALTH

## diabetes? PROTECT YOUR HEART



If you have diabetes, your risk for heart disease and stroke increases.

There are a number of reasons for this. The high blood glucose, or blood sugar, associated with diabetes is harmful to your body's organs, including your heart. People with diabetes also usually have other risk factors for heart disease, including high blood pressure, high cholesterol levels and obesity.

### Stay in control

Controlling your blood sugar levels will go a long way toward lowering your risk of diabetes complications.

A good way to check your control of blood sugar is to have an A1C test at least twice a year. This measures your average blood sugar over the past few months.

Two other factors you'll want to keep under control are:

**Blood pressure.** Have your blood pressure checked whenever you see your doctor. Talk to your

doctor about medications for lowering blood pressure.

**Cholesterol levels.** Have your cholesterol levels checked at least once a year. Talk to your doctor about medications called statins to help lower cholesterol levels.

**Steps you can take.** To help control your blood sugar, blood pressure and cholesterol, you can follow these tips:

- Exercise for at least 30 minutes a day most days of the week.
- Eat a low-fat, low-salt diet that includes plenty of fresh vegetables, fruits and whole grains.
- Lose weight, or maintain a healthy weight.
- Don't smoke.

Talk to your doctor about how to prevent heart disease and stroke. You might want to ask him or her about setting specific goals to lower your risk factors.

Sources: American Diabetes Association; National Heart, Lung, and Blood Institute

Saint Joseph Mercy Health System and Michigan Heart & Vascular Institute are partnering together to bring the best in cardiac care and technology to women of all ages through the Heart of a Woman program. Everything from cardiology consultations and referrals to heart healthy nutrition, exercise and weight management solutions – this program has it all!

### Heart of a Woman

For more information, please call 734-712-5100, or visit us on the web at [www.mhvi.org](http://www.mhvi.org)

## Diabetes affects heart disease in women

- Approximately 9.1 million (8.9 percent) American women have diabetes, but only one-third of them know it.
- The occurrence of diabetes is two to four times higher among African American, Hispanic/Latino, American Indian, Asian American and Pacific Islander women than it is among Caucasian women.
- Women with diabetes have three times the risk of developing heart disease as women without diabetes (men with diabetes have 1.7 times the risk), and heart disease is more serious in women than in men.

Sources: American Diabetes Association; National Institutes of Health

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Spring/Summer 2006

## ATRIAL FIBRILLATION

# ablation therapy

## NEW TREATMENT

By Timothy Shinn, M.D.

Michigan Heart & Vascular Institute

**A**trial fibrillation (AF) is an electrical abnormality of the upper chambers of the heart that affects more than two million people annually. It is an electrical “short circuit” causing the upper chambers to beat out of control, sometimes as fast as

400 beats per minute. It can be easily identified on an EKG.

This irregular pumping of the atria doesn't usually show symptoms; however, it can cause symptoms such as shortness of breath, palpitations, dizziness, fatigue, lightheadedness or chest pain. Even though AF is not considered to be life-threatening, it has been identified as a major cause of stroke.

atrial ablation. Candidates for this procedure would include patients with symptoms who have failed to improve after trying at least one medication to adjust the heart rhythm.

### No surgery required

Atrial fibrillation ablation is a nonsurgical procedure. Special catheters are inserted into a vein in the groin and guided into the heart with the help of x-rays. A small puncture is then made from inside the upper right chamber of the heart into the upper left chamber with a small needle. This is all done using ultrasound and x-rays, which actually makes it possible for the doctor to see the heart chambers.

The ablation catheter is advanced into the left atrium. Then the tip of the catheter is heated, using radiofrequency energy, and used to burn areas in the left atrium to isolate the electrical short circuits. At the conclusion of the procedure, all of the catheters are removed and the patient must stay on bed rest for four hours.

Patients are monitored overnight and usually discharged the next day. All patients will need to take a blood thinner medication (such as Coumadin) for at least three months after the procedure.

## heart & vascular HEALTH

HEART & VASCULAR HEALTH is published by Saint Joseph Mercy Health System. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician.

Information in HEART & VASCULAR HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care professional.

Models may be used in photos and illustrations.

We hope you have found this newsletter informative. If you don't want to receive this publication in the future, please call 734-712-3546.

Saint Joseph Mercy Health System's Michigan Heart & Vascular Institute has one of the largest and most comprehensive cardiovascular programs in the country. Visit our Web site at [www.mhvi.org](http://www.mhvi.org).

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REMARKABLE CARE.

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### What can be done?

Treatments for AF are guided by relief of symptoms, control of the overall heart rate and—in patients considered to be at high risk for stroke—use of blood thinners (anticoagulants).

In some patients, medications to maintain a normal heart rhythm (antiarrhythmic drugs) are used. Electrical cardioversion can also be used to restore a normal heart rhythm, but it does not prevent the recurrence of AF.

A new procedure for AF is left

## MHVI Physician Spotlight



**Jihn Han, M.D.**, is board certified by the American Board of Internal Medicine in internal medicine and cardiology, and he joined Michigan Heart & Vascular Institute in 2005. His specialty is electrophysiology.

Dr. Han obtained his medical degree at Wayne State University. He went on to receive his residency and fellowship training at the University of Michigan. Dr. Han holds a special clinical interest and expertise in atrial fibrillation ablation.

You can reach Dr. Han at Michigan Heart & Vascular Institute by calling **734-712-8000**.

Visit our Web site at [www.mhvi.org](http://www.mhvi.org).

Spring/Summer 2006

# Calendar of UPCOMING EVENTS

**ALL CLASSES ARE FREE!**  
Call **734-712-3105** for  
more information.

**ANN ARBOR  
MICHIGAN HEART &  
VASCULAR INSTITUTE  
Auditorium**

**Cardiovascular health classes**

Wednesdays

8:45 to 9:30 a.m.,

11:30 a.m. to 12:15 p.m.,

2:15 to 3 p.m.,

or 5 to 5:45 p.m.

Classes rotate on a regular basis.

**Topics offered**

■ **Risk Factors**

■ **Stress**

■ **Dietary I—Supermarket  
Tour**

■ **Dietary II—Dining Out**

■ **Dietary III—Reading  
Food Labels**

■ **Psychosocial (for  
heart patients and their  
families)**

*Please visit our Web site  
at [www.mhvi.org](http://www.mhvi.org) or call  
**734-712-3105** for a calendar  
and class descriptions.*

**FREE BLOOD  
PRESSURE CHECKS**

First Tuesday of each month  
1 to 2 p.m.

Michigan Heart & Vascular  
Institute, Suite 101, Ann Arbor

**PERIPHERAL VASCULAR  
DISEASE CONFERENCE**

Saturday, June 10

7:45 a.m. to 1:15 p.m.

MHVI Auditorium

Free seminar and lunch.

Visit [www.mhvi.org](http://www.mhvi.org) or call

**734-712-3583** for information.



## EXERCISE strategies

**B**eing active is good for your health, and that includes your heart.

Just 30 to 60 minutes of physical activity most days of the week can provide cardiovascular fitness and help protect you from heart attack and stroke, the American Heart Association reports.

Of course, it's easy to know you ought to exercise more. The key is knowing just how to increase your activity. Try these ideas.

■ Pick activities that are fun—you'll be more likely to stick with them. Doing a variety of activities can also help prevent boredom. Walk, bike, golf, mall walk or swim—whatever keeps you interested.

■ Start out slowly. Don't exhaust yourself. Instead, gradually

increase how long and how hard you exercise.

■ Keep track of your successes.

Keep a record of your activity and don't forget to reward yourself along the way.

Start slowly. Gradually increase how long and how hard you exercise.

■ Find chunks of time. If you can't manage 30 minutes all at once, try to get in two 15-minute sessions during the day.

Talk to your doctor before getting started if you haven't exercised in a long time or have any health problems.

## Exercise: What's moderate?

Moderate activity means that you are burning about 3½ to 7 calories per minute. Examples include the following:

- Walking about 3 to 4½ mph on a level surface.
- Cycling at about 5 to 9 mph on fairly flat terrain.
- Raking the lawn or pushing a power lawn mower.
- Washing windows, or washing and waxing your car by hand.
- Pushing a child in a stroller.

Source: Centers for Disease Control and Prevention





## HEALTHY. recipe

### Grilled tuna steaks with garlic and oregano

#### Ingredients

- 1/3 cup dry white wine
- 1 tablespoon olive oil
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 6 6-ounce tuna steaks (about 1-inch thick)

Cooking spray

#### Instructions

1. Combine the white wine, olive oil, oregano, salt, black pepper and garlic in a large zip-top plastic bag. Add tuna steaks. Seal bag and marinate steaks in refrigerator 30 minutes or up to 2 hours. Remove tuna from bag, reserving marinade.
2. Prepare grill or broiler. Place fish on a grill rack or broiler pan coated with cooking spray. Cook 4 minutes on each side or to the desired doneness, basting frequently with reserved marinade.

Makes 6 5-ounce tuna steak servings.

Source: Cooking Light Annual Recipes 1999

Nutrition facts (per serving)	
Calories	278 (35% from fat)
Protein	39.8g
Carbohydrates	0.8g
Cholesterol	65mg
Total fat	10.8g (saturated—2.5g, monounsaturated—4g, polyunsaturated—3.1g)
Fiber	0.1g
Sodium	458mg
Calcium	12mg
Iron	2.1mg

# triglycerides

## WHAT YOU SHOULD KNOW

**Y**ou might consider them cousins of cholesterol—cousins who aren't well-known. Triglycerides, however, are something that all adults should become familiar with.

Triglycerides are the main form of fat in foods, and after you eat, your liver will process them. It is normal that your blood contains certain levels of triglycerides.

However, if you consume excess calories—whether it's carbohydrates, fats or protein—your body transforms the excess calories into triglycerides for storage as body fat. Therefore, it is more common to see high triglycerides in overweight or obese people.

Similar to LDL cholesterol (the bad cholesterol), high triglyceride levels may make it more likely that fatty deposits will build up in arteries and raise the risk of heart attack or stroke.

A fasting blood test can measure triglyceride and cholesterol levels. Adults should be tested at least once every five years. Levels should be less than 150 mg/dL.

Studies have shown that omega-3

fatty acids may help lower blood triglycerides and blood pressure. They can also lower total and LDL cholesterol. In addition, they may keep platelets from becoming sticky, therefore reducing the chance of a heart attack. Good sources of omega-3 fatty acids are fish and flaxseed.

Suggestions for lowering triglycerides include the following:

- Keep an active lifestyle.
- Reduce saturated fat and cholesterol in your diet.
- Exercise for 30 minutes or more most days of the week.
- Use canola oil or olive oil when cooking.
- Substitute fish high in omega-3 fatty acids—such as lake trout and salmon—for other types of meat.
- Sprinkle ground flaxseed into your cereal or add it to your baking.
- Take your prescribed medications.

Many of these steps may help you improve cholesterol levels too. So know your numbers. They may help you take your good health to heart.

Source: American Heart Association