



Mihom News

Cardiac Wellness

Spread the word America

By Bridgitte Broxton FNP-C, CDE, CWCN



Are you aware that February was national heart awareness month? Beginning with February 6, "Go Red for Women" day, the entire month has been dedicated to increasing the awareness of heart disease for both men and women. The first Friday each February is our special day to bring attention to the staggering fact that each year 1 in 3 women die of heart disease and stroke. The first National Wear Red Day was actually in 2003. On this day, women wear red dresses which symbolize their strength in unity. Since then many strides have been made in increasing awareness about heart disease in both men and women. The majority of Americans are diagnosed with a heart attack because they present themselves to the Emergency room or a physician's office after experiencing symptoms. Yet statistics show that many older adults have silent heart attacks because subtle symptoms get dismissed for something else like stress or gas.

The American Heart Association strives to educate especially women on silent symptoms of a heart attack or stroke. The campaign for leading healthy lifestyles, which incorporate regular physical activity, a diet rich in fruits and vegetables, low in fat, processed foods and red meat. The aim is to prevent common risk factors, such as hypertension, chronic insomnia and weight gain.

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Patient Advocacy Chronicles

By: Bridgitte Broxton FNP-C, CDE, CWCN

Question: My husband recently had triple bypass surgery and he has diabetes. After his heart surgery he lost about 18 pounds over 2 months. His appetite is now back to what it was, but his cardiologist advised him to not gain any more weight. His activity is limited. I am concerned about how I can stop the weight gain.

Response: What does your husband eat on a typical day for his meals?

Answer: For breakfast he usually has 2 cups of oatmeal, 1 banana, and 6 ounces of orange juice. For lunch, he has a tuna sandwich, and an 8 ounce meal supplement shake, mixed with 1 cup of strawberries. For dinner, baked chicken, a cup of rice, and broccoli and 2 cups of sugar free ice-cream. Before bed he likes another shake with a cup of blueberries, mixed with another can of

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Approximately two thirds of women who die suddenly of coronary heart disease have no previous symptoms. While some women have no symptoms, others experience angina, pain in the Neck, jaw, throat pain or pain in the upper abdomen or back. Since physicians cannot rely exclusively on patients experiencing symptoms to make the diagnosis of coronary heart disease , they must rely on screening tests and diagnostic tests to show disease before the onset of a heart attack. Practitioners also look for key risk factors such as: high blood pressure, high LDL cholesterol, and smoking. Additionally, other comorbidities such as diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use.

We consulted Dr. Babar Shareef for his expertise in the subject matter as a Cardiologist. He graduated from Indira Gandhi Medical College in 1986. He is Board Certified in Cardiology as well as Internal Medicine. He has hospital privileges at both Lawnwood Regional Medical Center and Indian River Memorial Hospital. Dr. Shareef explains that there are several common screening tests that are done to assess for coronary artery disease. These include a stress test, echocardiogram, electrocardiogram, cardiac calcium scoring test, as well as a cardiac catheterization. The cardiac catheterization is invasive and so it is done when a patient has symptoms of cardiac disease or is high risk for a heart attack. Specifically, Dr Shareef states “A cardiac catheterization is recommended when the patient has an abnormal stress test or if a patient experiences symptoms such as chest pain, fatigue, shortness of breath with no relief”. Essentially the cardiac cath shows images of how well your heart is functioning. The echocardiogram shows the size, structure, and movement of the heart. It is especially useful in showing images of the heart valves, the walls of the chambers, and the septum. These images can detect abnormalities in the function of the heart. A cardiac calcium score is a special test that measures the amount of calcified plaque on the walls of the arteries in the heart. Interestingly, he adds that an EKG, stress test and a cardiac catheterization can all show if a person has had a silent heart attack. Dr .Shareef advises the following for patients with a known irregular heart beat,” Decrease caffeine increase water intake to stay well hydrated and avoid over the counter medications if possible”.

If you have any additional questions for Dr. Shareef, here is his contact information.

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Braised Green Beans and Summer Vegetables

1TBSP Olive Oil
1 small onion chopped
1TBSP chopped fresh oregano
1/2 cup white wine
1 pound green beans trimmed
1 medium zucchini cut into 1 inch pieces
1 cup halved cherry tomatoes
1/4 tsp salt
1/4 tsp pepper
1/cup finely shredded Parmesan Cheese

Heat oil in a large skillet over medium heat. Add Onion and oregano and cook, stirring until softened and beginning to brown. Add wine, add green beans, reduce heat to simmer and cook 10 mins. Add squash, tomatoes and cook 8 mins. more. Season with salt and pepper. Sprinkle with Parmesan cheese.



Patient Advocacy Chronicles (cont from page 1)

liquid meal supplement and a handful of nuts.

Response: It appears he is eating too much carbohydrate with each meal. For breakfast you are giving him adequate calories with the oatmeal. If he is eating adequately, he does not need the liquid meal replacement because it is too high in calories. Also, for breakfast it would be better to give him an orange than the fruit because there's less sugar and more fiber. Caution with too many nuts, as they belong to the fat group and are high in calories. (Fats are 9 calories per gram, while carbohydrates are 4 calories per gram). If he is not active he may not be burning

them off as readily as someone who exercises regularly. The ice cream, though it may be "sugar free" still is a carbohydrate, so it gets broken down as sugar. Also, many "sugar free" products contain more fat than the regular product. It's best to read the label to decide the appropriate amount. Two cups of the ice cream is probably too much if you are trying to lose weight. Remember, in order to lose one pound, you need to subtract 3500 calories either by dieting, exercising or both!

Question: My cholesterol was over 200 and my provider started me on cholesterol medication. After taking the medication for approximately 6

months, my total cholesterol is 180, my HDL is 50, and my LDL is 89. My triglycerides were 170. My physician tells me that the triglycerides are still a bit too high. How do I get them down?

Response: Triglycerides can become high as a result of excessive caloric intake. So they can be reduced by cutting back on calories and by achieving weight loss. Also, fish oil (over the counter) in the amount of 4 grams per day can help to reduce triglycerides.

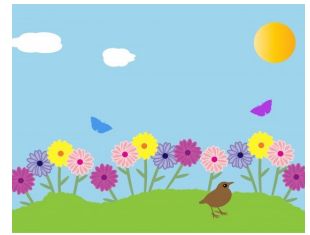
If you have a question for our Patient Advocate:
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Summertime

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