

The Bariatric Scoop

February 2025

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Trusted Compassionate Care

Heart²Heart

Heart to Heart is a screening program available at the Heart Center and SBL Effingham Cardiology.

The program is designed to increase awareness of heart health and wellness. It gives people an opportunity to have several cardiopulmonary screens performed that may reveal interrelated and potentially life-threatening diseases. An educational component helps participants understand and interpret the results of their screens.

The basic program is \$95 and offers the following screenings:

- blood sugar
- blood pressure
- body mass index
- cardiac CT-calcium scoring
- coronary risk profile (cholesterol)
- electrocardiogram (EKG)
- kidney function

For an additional \$95, the following screens are offered to detect peripheral vascular disease:

- abdominal aortic ultrasound
- ankle brachial index
- carotid ultrasound

Cardiovascular disease continues to be the number one killer of men and women in the United States. For women, although breast cancer is often stressed by the media, cardiovascular disease claims nearly 10 times more female lives each year. For men the numbers continue to grow more and more young

men in their 20s, 30s and 40s are suffering from cardiovascular disease.

Why are so many suffering from a condition which in many ways could be prevented? Simply stated, symptoms are not investigated nor do the risk factors that contribute to cardiovascular disease get examined, so the disease is neither diagnosed nor treated until it is too late. Heart to Heart offers peace of mind, or early detection for possible life-saving treatments. To schedule your screen call:

Mattoon
217-258-2238

Effingham
217-238-4633

<https://www.sarahbush.org/h2h/>

"My husband and I recently completed this program. The testing took about two hours. The staff guided us to all the necessary departments and were extremely friendly, explaining each step and test along the way. The only test that was invasive was the blood draw. We were called by our primary provider the next day with results. Insurance does not pay for Heart to Heart, however it is an affordable testing option and an important screening tool."

-Danyll Cox





February is American Heart Month and Black History Month. February 7 is Wear Red Day. Wearing red helps raise awareness of cardiovascular disease, the number one killer of women.

Click this link <https://newsroom.heart.org/events/february-is-american-heart-month-black-history-month-and-it-celebrates-national-wear-red-day-and-more> to learn the difference between cardiac arrest and a heart attack. You can even follow the links provided to learn CPR.



CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

In a **CARDIAC ARREST** the heart suddenly stops **beating**. This is usually caused by an electrical problem that makes the heart beat irregularly.

When the heart stops pumping, it can't send blood to the brain, lungs and other vital organs.

WHAT HAPPENS

Someone having a cardiac arrest may become unresponsive. They may stop breathing or only gasp for air.

If they don't get help right away, they can die.

WHAT TO DO



If someone has cardiac arrest, doing CPR right away can double or triple their chances of survival.

1. **First, call 911** (or local emergency response number).
2. **Then start CPR.** If there's an automated external defibrillator (AED) nearby, use it as soon as you can.

If two people are helping, one should start CPR. The other should call 911 and find the AED.

Every minute counts. The odds for survival drop by 10% each minute without help. Emergency staff can also help revive someone whose heart has stopped.

For more information on American Heart Association CPR, including training classes in your area, go to heart.org/NATION.

Follow us: @American_Heart



WHAT IS A HEART ATTACK?

In a **HEART ATTACK**, blood can't get to part of the heart because a **key blood vessel is blocked**.

If this circulation problem isn't cleared quickly, the part of the heart that isn't getting enough blood can start to die.

WHAT HAPPENS

Heart attack symptoms can be sudden. They may include:

- Severe chest pain
- Discomfort in other parts of the upper body
- Shortness of breath
- Cold sweats
- Feeling sick to the stomach

Sometimes, symptoms start slowly and last for hours or days. Unlike cardiac arrest, the heart usually keeps beating during a heart attack.

The longer it takes to get help, the greater the risk to the heart.



Anyone can have a heart attack. **In women, people with diabetes and older adults, symptoms might not be obvious.** For example, they might not include chest pain.

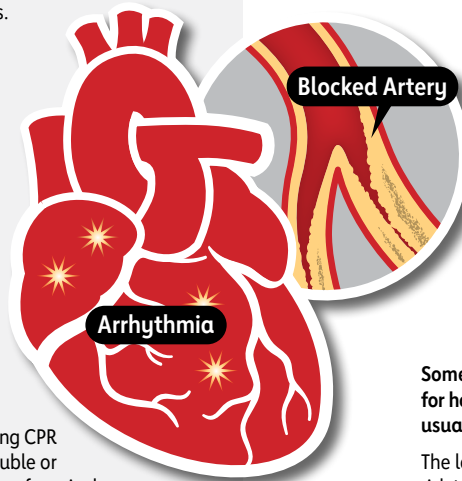
WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters!

It's best to call your local emergency number to get to the emergency room right away.

Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?

Most heart attacks don't lead to cardiac arrest. But a heart attack is a common cause when cardiac arrest does happen.

Other problems can also cause the heart to stop beating.



Michelle Schultz, RD
SBL Registered Dietitian

You can't help but think about hearts during the month of February. Not only do we celebrate Valentine's Day, but February happens to be Heart Health month. Many of the changes you've been focused on have been with the goal of losing weight, while creating lasting health habits and behaviors. If you haven't considered just how impactful your changes have been to your heart health, take a look at these common heart health recommendations. How many have you implemented into your daily routine? Do you see any areas you want or need to focus on more? Take this time to really reflect upon your daily choices, and be proud of your accomplishments! Your health and heart are stronger because of the choices you're making.

A heart healthy eating plan emphasizes vegetables, fruits, lean proteins and whole grains. It includes fat-free or low-fat daily products and limits foods high in saturated fat and sugar-sweetened beverages and sweets.

- Choose fresh, frozen or no-salt-added canned vegetables. You can always drain and rinse any canned vegetables to reduce salt content.
- Select fresh, frozen or canned fruits. When choosing canned fruit, select those in fruit juice, not syrup.
- Choose chicken or turkey without skin, fish, lean cuts of beef (round, sirloin, chuck, loin, and extra lean ground beef), lean cuts of pork (leg, shoulder, or tenderloin), eggs, beans, nuts and seeds.
- Look for the word "whole" in the ingredient list when selecting grains.

- Choose whole grain breads, buns, bagels, cereals, rice and pasta most often.
- Low-fat and fat-free daily options included milk, yogurt, and cheese are best for heart health.
- Avoid saturated fats such as lard, butter, ghee, and visible fat/skin, and trans fats such as hydrogenated plant oils, vegetable shortening, coconut oils and some margarines. Pass up the processed baked goods and fried foods. Opt for healthier fats including monounsaturated and polyunsaturated options such as nuts, seeds, fish including salmon and sardines, olives, avocados and their oils/spreads.
- Watch your intake of sugar and sweets, especially those associated with drinks and desserts.
- Monitor portion sizes closely as well as frequency.



A Little Laugh

Why were the scientists a perfect match? *Cause they had great chemistry!*

Why do skunks love Valentine's Day? *Because they're scent-imental animals!*

What did one flame say to the other on Valentine's Day? *We're a perfect match.*