better you

PREMIERE ISSUE
2018

TOGETHER WE'RE HEALTHIER

- Heart health Q&A with our female cardiologists
- New blood pressure standards
- Cutting-edge heart treatment

close to your heart

CHI St. Vincent
Heart Institute

CHI St. Vincent Recognized for Excellence in Heart Failure Treatment

After an extensive review of CHI St. Vincent Infirmary's Left Ventricular Assist Device (LVAD) Program, the Joint Commission—a nonprofit organization that accredits high-performing medical institutions—certified the hospital as a Center of Excellence for LVAD procedures.

An LVAD is a surgically implanted mechanical pump that helps a weakened heart pump blood throughout the body, most often giving lifesaving support to patients unable to wait for a donor heart to become available. CHI St. Vincent works to provide the best heart care for its patients, and this certification from the Joint Commission shows dedication to rigorous standards and excellent service for heart failure patients.

For more information about CHI St. Vincent Heart Institute, visit **chistvincent.com/magazine**. Learn more about heart failure and its signs on page 6.

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The Seubold brothers receive the same lifesaving heart surgery, months apart

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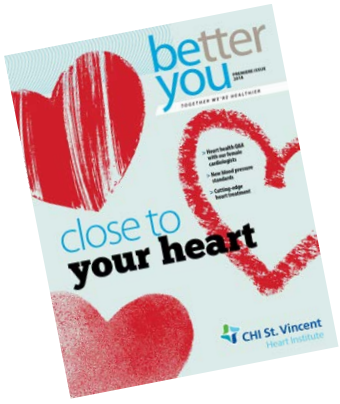
Introducing *Better You*



At CHI St. Vincent, we know that good heart health leads to good overall health. That's why we filled our magazine, *Better You*, with great heart health tips and information, including advice from the experts at CHI St. Vincent Heart Institute, hot topics you should know about and much more. Our goal has always been improving the community's health, because together we're healthier. To get the latest *Better You* updates and sign up for our e-newsletter, visit **chistvincent.com/magazine**.

CHI ST. VINCENT INFIRMARY RANKED TOP HOSPITAL

For the fifth consecutive year, *U.S. News and World Report* has named CHI St. Vincent Infirmary the top-ranked hospital in Arkansas. The magazine releases an annual list of top hospitals every year, evaluating 4,500 medical centers across the country on factors such as patient experience, patient safety and quality of care, among others.

The hospital particularly stood out for its achievements in heart health at CHI St. Vincent Heart Institute. It was high-performing in the following categories: heart bypass surgery, heart failure, abdominal aortic aneurysm repair and aortic valve surgery.

To find a CHI St. Vincent Heart Institute location near you, visit **chistvincent.com/magazine**.

CHI St. Vincent Heart Institute By the Numbers

6 hospitals

30+ clinics

50+ heart doctors

EXPANDING OUR PHYSICIAN NETWORK

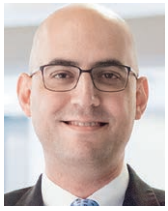
We welcomed five new physicians to our family in 2017. These providers bring a wide range of backgrounds and skill sets to CHI St. Vincent Heart Institute, which has locations across the state of Arkansas.

"Over the years we have built the most diverse network of heart specialists in the state," says Marcia Atkinson, vice president of CHI St. Vincent Heart Institute. "Our doctors are not only skilled in diagnosing and treating heart disease, but they also have a collaborative spirit. It's their focus on teamwork that brings out the best in patient care."

Our new physicians:

Indranill Basu Ray, MD
CHI St. Vincent Heart Clinic Arkansas – Little Rock (Kanis Road)

Nazneen Tata, MD
CHI St. Vincent Heart Clinic Arkansas – Hot Springs



Yazan Ghosheh, MD
CHI St. Vincent Heart Clinic Arkansas – North Little Rock

Deepali Tukaye, MD
Conway Regional Cardiovascular Clinic

Trace Garner, MD
CHI St. Vincent Heart Clinic Arkansas – Monticello
(*newest location*)

A TALE of TWO BROTHERS

Josh and Jonathan Seubold receive lifesaving heart surgery, just months apart

When Josh Seubold, a 36-year-old chiropractor from Van Buren, Arkansas, felt a chest pain that radiated through his jaw to his arm after an intense workout, he knew something was wrong. What he didn't realize was how close he came to a potentially fatal injury and how his experience with cardiovascular surgeon Frederick Meadors, MD, of CHI St. Vincent Heart Institute, would lay the groundwork for his brother's surgery just three months later.

'SITTING ON A TIME BOMB'

"I thought it was just a strained muscle at first, but it felt weird enough that I had it checked out," recalls Josh. "I got an ultrasound and [my doctor] back home said, 'You're going to need [aortic] surgery' and that Dr. Meadors is the best in Arkansas."

So Josh took the trip down to CHI St. Vincent Heart Institute in Little Rock, Arkansas. There, Dr. Meadors diagnosed him with an ascending aortic aneurysm.

"It's an extremely serious condition and a harbinger of a condition called aortic dissection, which is 90 percent fatal if not treated in the first 14 days," explained Dr. Meadors. "He was lucky that he was in that 10 percent category that survives the initial tear in the aorta and gets treatment."

While Josh had survived the initial risk of the aneurysm, it was still dangerous. In Dr. Meadors' words, Josh was "sitting on a time bomb." Within a week of first visiting Dr. Meadors, Josh underwent a procedure to repair his diseased aorta. His brother, Jonathan, a 34-year-old mental health provider, visited Josh while he was recovering in the hospital, not knowing that soon he would find himself in the same position.

SEEING DOUBLE

About two months later, while helping a friend set up a brewery in Fort Smith, Arkansas, Jonathan fell off a ladder, receiving a laundry list of injuries: broken ribs, broken vertebrae, a laceration on his head and a concussion. A subsequent CT scan also revealed an aortic aneurysm, the same issue for which his brother received treatment.

For more information about Dr. Meadors and other experts at the CHI St. Vincent Heart Institute, check out **chistvincent.com/magazine**.

Jonathan Seubold (right) gained a unique perspective on his heart surgery when his brother, Josh (left), received the same procedure just a few months prior.

Aortic dissection is
90 percent
fatal if not treated in the first 14 days.

"I first met Dr. Meadors when he went through the details of Josh's surgery," says Jonathan. "He explained it in-depth, but he did it in a way that we could completely comprehend [the procedure]. He was so comfortable in his ability, I felt like I could trust him with anything."

Jonathan, who received the same surgical procedure as his brother, saw firsthand how the doctors and nurses at CHI St. Vincent Heart Institute work as a team.

"I have no ability to describe how much I absolutely appreciate and love the staff," says Jonathan, who points out that his dad and brother are chiropractors and he's a mental health provider. "I've seen healthcare for a long time, and I've worked in intense hospital and outpatient settings. What I saw at St. Vincent was truly remarkable: the compassion they had and making sure you're covered for the littlest things. I felt cared for."

As Dr. Meadors explains, cases like the Seubolds' are particularly rewarding for him. "To have an opportunity to correct a problem that could take a young man's life and hopefully put them back on a survival curve that's the same as the general population's — giving them 40 to 50 more years of life expectancy — that's rewarding," he says.

FOCUS ON AORTIC SURGERY

Frederick Meadors, MD

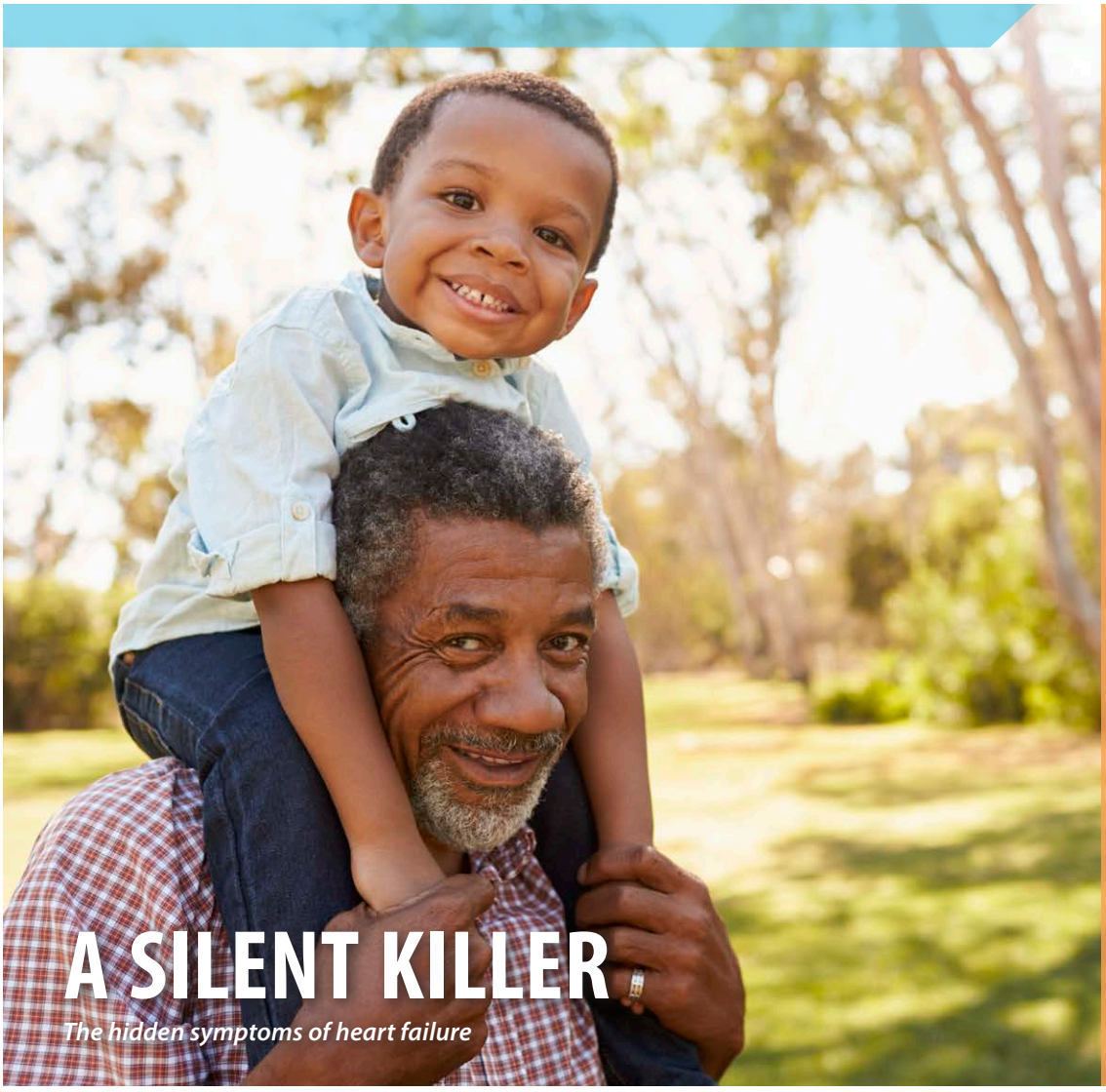
Frederick Meadors, MD, cardiovascular surgeon at CHI St. Vincent Heart Institute, has strong ties to the CHI St. Vincent community; he was actually born at the hospital. And as a cardiovascular surgeon at CHI St. Vincent Heart Institute since 1991, he has been providing care to his hometown community for more than 25 years.

Before he came back to Little Rock to work at the Heart Institute, Dr. Meadors trained at the Baylor College of Medicine in Houston, Texas, assisting an internationally renowned cardiovascular surgeon with aortic surgeries.

"I got to stand next to him and see a very large volume of patients with complex aortic problems," notes Dr. Meadors.

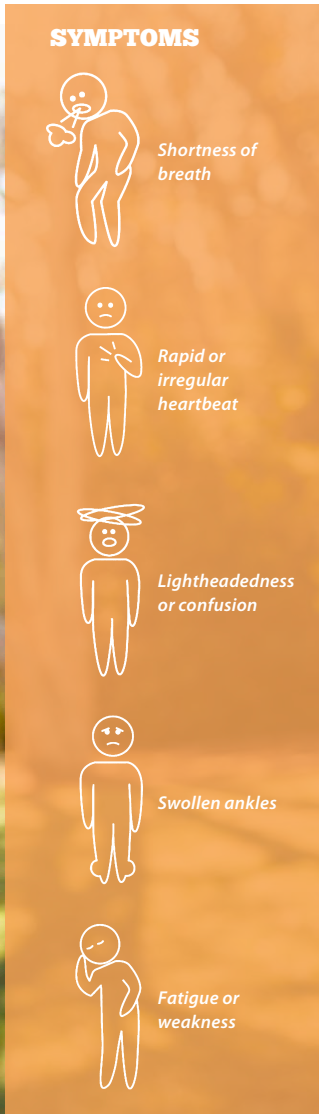
This led to his specialty in complex diseases of the aorta and, in particular, complex aortic surgeries. However, as Dr. Meadors explains, at CHI St. Vincent Heart Institute the goal is to get every patient the best treatment, and sometimes that means avoiding surgery.

"We are a comprehensive heart center that offers surgical treatment for a complex array of disorders with a lot of experience," he says. "But it's also a place where we give patients good advice about when to and when not to undergo surgical treatment. A lot of the patients we see aren't ready or they don't need surgery, but they do need ongoing surveillance. And if it gets to the point where [their issue] poses enough risk, then we recommend surgical treatment."



A SILENT KILLER

The hidden symptoms of heart failure



Heart failure is surprisingly common among American adults—about 5.7 million have it, and it plays a role in more than 10 percent of deaths. It occurs when your body can't pump enough blood to meet its needs. Recognizing its symptoms is not always easy. For some there are no obvious symptoms.

Risk factors for heart failure include heart disease, high blood pressure, diabetes, smoking, unhealthy diet, lack of exercise and obesity. If you have one or more of these risk factors, the following symptoms could indicate heart failure:

- **Shortness of breath:** Heart failure can cause fluid to back up in your lungs, making it harder to breathe.
- **Rapid or irregular heartbeat:** When your heart can't pump blood as effectively as it should, your heartbeat increases to move blood around your body.
- **Lightheadedness or confusion:** With less blood flow to your brain, you may find it harder to concentrate.
- **Swollen ankles:** When your kidneys don't get sufficient blood flow, you could start retaining water.
- **Fatigue or weakness:** If your heart can't pump blood to your organs or muscles, you'll feel tired or weak and have difficulty with everyday activities.

If you experience these symptoms, talk to your doctor. They can help you with a preventive plan to avoid heart failure, or refer you for treatment if necessary.

The cardiology experts at CHI St. Vincent Heart Institute have locations throughout the state of Arkansas. To find a doctor, visit **chistvincent.com/magazine.**

OUR HEART FAILURE SPECIALISTS

Muhammad Waqas, MD

Thurston Bauer, MD

KNOW YOUR HEART

1 ELECTRIC MALFUNCTION

A cardiac arrest is caused when the heart's electrical system malfunctions. The heart stops working suddenly and cannot pump blood to the brain, lungs and other organs. It can be caused by abnormal or irregular heart rhythms like atrial fibrillation (AFib) that has led to ventricular fibrillation.

2 CLOGGED PIPES

A heart attack is also referred to as a myocardial infarction and happens when the blood vessels that supply nutrition to the heart are blocked. Blood can no longer get to the heart. If the artery is not opened quickly, the heart muscle begins to die.

3 WEAK LINK

Heart failure symptoms usually develop over time. The heart keeps working, but the entire heart muscle is weak. It is not strong enough to meet your body's need for blood and oxygen. If left untreated, it may progress to end-stage heart failure and lead to death.

THE FACTS ABOUT STATINS

About 28 percent of Americans over 40 take a cholesterol-lowering drug, and more than 90 percent of these people are taking a statin. If you are at risk for heart disease or have been diagnosed with heart disease, your doctor may recommend a statin to lower your cholesterol. Statin therapy can also reduce the risk of heart attack and stroke.

Taking a statin is not a substitute for a healthy lifestyle. In fact, maintaining a healthy lifestyle while taking a statin can improve the effectiveness of the drug. This means eating healthy, getting regular exercise, limiting alcohol consumption and not smoking. To find out if cholesterol-lowering drugs are right for you, talk to your doctor.

BLOOD PRESSURE – 130 IS THE NEW 140

The guidelines for blood pressure published by the American Heart Association recently changed, and what was considered normal for many is now considered elevated. Anyone with blood pressure higher than 130/80 will be considered to have hypertension, or high blood pressure.

High blood pressure is a risk factor for cardiovascular disease, including heart attacks, strokes, aortic aneurysms and many others. When your cardiologist or primary care doctor checks your blood pressure, they compare it with the normal range set by the guidelines. That does not always mean that you need to start taking medications.

Anyone with blood pressure higher than **130/80** *will be considered to have hypertension, or high blood pressure.*

Changing your lifestyle is always the first step in treatment, and that includes exercise, cutting down on salt intake and stopping smoking. We encourage you to take charge of your heart health and work with your primary care doctor or cardiologist to manage your blood pressure.

OUTLOOK ON WOMEN'S HEART HEALTH

Discussing heart disease prevention with our team of female cardiologists

Katherine Durham, MD

Oyidie Igbokidi, MD

Tena Murphy, MD

Nanzeen Tata, MD

Deepali Tukaye, MD

Heart disease is one of the most common causes of death for people in the United States, and no one knows that better than the cardiologists at CHI St. Vincent Heart Institute, who deal with heart disease patients every day. We talked with Katherine Durham, MD; Oyidie Igbokidi, MD; Tena Murphy, MD; Nanzeen Tata, MD; and Deepali Tukaye, MD—all female cardiologists from CHI St. Vincent Heart Institute—to find out why cardiology is their passion, how people can make an impact on their own heart health and how heart disease differs for women.

What made you interested in cardiology?

DR. TATA: Heart disease is unfortunately part of my family. Early on in my medical training, the field of cardiovascular medicine grabbed my attention. The huge impact it has on the general population, the rapid growth in medications and procedures, and being able to assist so many dealing with heart conditions confirmed my goal to train as a cardiologist.

What are the most important heart disease risk factors for people to recognize?

DR. TUKAYE: General health is very important. We should all know that basic risks include smoking, diabetes, obesity, high blood pressure and family history. But life stresses and lack of physical activity also have a strong effect. And if people have one set of vascular problems, they are likely to have another.

What preventive steps would you recommend for people who want to improve their heart health?

DR. IGBOKIDI: The first thing I would recommend is to know your risk factors. Talk to your primary care physician about modifying your risk factors in a

positive way. This might include lifestyle changes such as eating foods low in fat calories, exercising 4–5 days a week for 30–45 minutes, not smoking and avoiding second-hand smoke.

What should every woman know about cardiovascular disease?

DR. DURHAM: We are just as much at risk as men. Cardiovascular disease is prevalent among women as well as men, and we need to take our symptoms and health just as seriously.

Women's symptoms aren't always the same as men's symptoms. Women may have symptoms such as shortness of breath without chest pain or feeling more tired than usual. Some women experience atypical chest pain, such as heartburn or a burning sensation in their chest. These can be early signs of heart disease, and they shouldn't be ignored.

How does heart disease risk change as people age?

DR. TATA: As we age, our risk increases. We are more prone to health conditions, and heart disease is one of them. As we get older, sometimes something as simple as increasing fatigue and inability to do physical things are important signs of potential heart issues.

DR. DURHAM: Menopause can also be a factor for women. Excess abdominal weight, compared to weight around the hips, is a risk factor for heart disease. After menopause, because of the way hormones change, some women can put on more abdominal weight, particularly if they live a sedentary lifestyle.

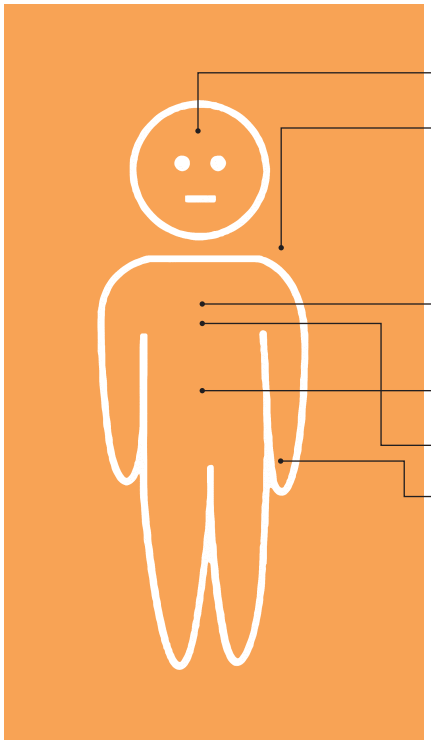
How often should people visit their primary care provider for a checkup? What signs should they look for to gauge their heart health?

DR. MURPHY: The answer is different depending on each individual. The minimum I would say is once a year. However, some people may need more regular follow-up. Exercise and physical activity tolerance can be a good indicator of heart health. Symptoms like shortness of breath or chest pain suggest you may have an issue. For any symptoms you are concerned about, consider seeking immediate healthcare attention.

To learn more about the services at CHI St. Vincent Heart Institute, visit **chistvincent.com/magazine**.

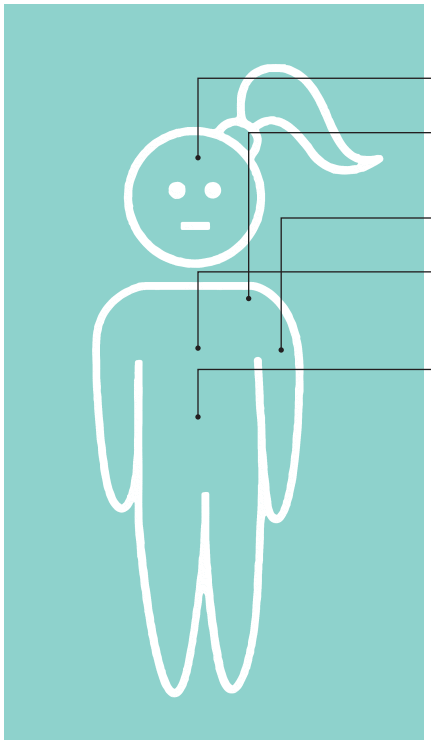
SIGNS OF HEART ATTACK: MEN VS. WOMEN

Did you know women may have all, none or just a few of the typical heart attack symptoms? While some pain, pressure or discomfort in the chest is still a common symptom in women, many have heart attack symptoms without chest pain. Here are some of the symptoms by gender:



MEN

- > Lightheadedness
- > Pain in the neck, back shoulders or jaw
- > Abdominal pain or "heartburn"
- > Chest discomfort or pain, which may come and go
- > Nausea or vomiting
- > Heart palpitations
- > Sweating with cold, clammy skin
- > Anxiety like a panic attack for no apparent reason



WOMEN

- > Dizziness or fainting
- > Pain in the neck, back, shoulders or jaw
- > Pain in one or both arms
- > Shortness of breath
- > Abdominal pain or "heartburn"
- > Nausea or vomiting
- > Unusual or unexplained fatigue, possibly for days

TAKING A LOOK INSIDE YOUR HEART

With cutting-edge technology, CHI St. Vincent Heart Institute diagnoses and treats heart disorders

Our 20 interventional cardiologists use state-of-the-art equipment to provide a wide range of services at CHI St. Vincent Heart Institute's cardiac catheterization labs. Pictured here is Morris Kelley, MD.

When your doctor suspects something is wrong with your heart or the blood vessels leading to your heart, you may be referred for a cardiac catheterization at a hospital. CHI St. Vincent Heart Institute has several catheterization, or cath, labs in our network of hospitals with state-of-the art equipment.

Using a thin hollow tube and contrasting dye that displays through an x-ray, our interventional cardiologists are able to look for narrowed or blocked arteries in your heart, legs, arms and kidneys. If blockages are found, we can perform angioplasty or stenting to clear them at the same appointment. Patients are also referred to our cath labs for Electrophysiology or EP procedures to diagnose and treat heart arrhythmias, such as atrial fibrillation, or AFib. With the latest equipment, we ensure that patients receive the smallest amount of radiation and contrast dye necessary.

WHAT TO EXPECT

Typically, you will usually arrive an hour before the actual procedure, giving the nurse and technicians time to explain everything that will happen during the procedure and time to prepare you for the procedure. They will also connect you to an IV. You may be given medication for pain. Some patients prefer to sleep through the procedure and others prefer to be awake and even able to watch the procedure on the screen. It is up to you. The doctor will make sure you are comfortable. After the procedure, the cardiologist will take time to explain what they discovered, any interventions they completed and what follow-up is needed.

CATH LAB PROCEDURES

Some of the common procedures performed at our cath lab include:

- **Coronary or peripheral angiogram** – A test that can find narrowed or blocked arteries, either near your heart and in your legs or even your arms.
- **Electrophysiology studies** – Tests for detecting and monitoring arrhythmias.
- **Coronary and peripheral interventions** – Procedures that address the narrowing of arteries.
- **Atherectomy** – A procedure for removing plaque from arteries.
- **Arrhythmia ablation** – A procedure that addresses irregular or abnormal heart rhythms.

DEDICATION TO QUALITY

CHI St. Vincent Infirmary in Little Rock, Arkansas and CHI St. Vincent North in Sherwood, Arkansas became the first and only hospitals in the state to earn accreditation for cardiac catheterization by Accreditation for Cardiovascular Excellence (ACE), an organization dedicated to ensuring adherence to the highest quality standards for cardiovascular and endovascular care.

ACE™ Accreditation for Cardiovascular Excellence

Well-Fed Me

NUTRITION
(Per Serving)
304 calories
14g protein
46g carbohydrates (8g fiber)
8g fat (1g sat, 7g mono/poly)
346mg sodium

CILANTRO SALSA OVER SHRIMP FRIED RICE

Fresh herbs in place of high sodium condiments is the perfect way to jazz up this old favorite

INGREDIENTS

Salsa

- 1 clove garlic, minced
- ½ jalapeno pepper, seeded and chopped
- 1 cup cilantro leaves, chopped
- ½ cup mint leaves, chopped
- 1 small onion, chopped
- 2 teaspoons lemon juice
- 1 tablespoon seasoned rice vinegar
- Pinch white pepper

Shrimp Fried Rice

- 2½ cups cooked and cooled long-grain brown rice
- 2 eggs, beaten
- oil spray
- 1 tablespoon vegetable oil
- 1 small onion, diced
- 1 clove garlic, minced
- ½ pound small raw shrimp, peeled and deveined *(Note: substitute chicken for shrimp if you have a shellfish allergy)*
- 3 cups diced colorful vegetables (e.g., red bell pepper, green peas, baby bok choy, carrots)
- 2 tablespoons oyster sauce or hoisin sauce
- 2 tablespoons low-sodium chicken broth
- 2 green onions, chopped
- ½ teaspoon white pepper
- 1 teaspoon toasted sesame oil

METHOD

Salsa

1. In a food processor or blender, combine all ingredients, pulsing 4 to 5 times.
2. Let rest 30 minutes to allow flavors to meld. Use within a couple of days for the brightest flavor.

Shrimp Fried Rice

1. Fork through cold rice to separate clumps. Bring wok or heavy pan to medium heat, add oil spray and scramble eggs until lightly set. Remove and set aside.
2. Return wok to the burner, bringing to medium-high heat, then add oil and let heat. Stir-fry onion and garlic for 2 to 3 minutes to wilt onions. Add shrimp, vegetables, oyster sauce and broth. Stir-fry another 3 minutes. Add rice and mix well.
3. Return eggs to the wok and season with green onions, white pepper and sesame oil. Serve with salsa. Recipe makes 4 servings.

CONTROLLING DIABETES

Change your lifestyle, one bite at a time

Diabetes and pre-diabetes is an epidemic in America. Together, with the help of our diabetic educators, a growing community of Arkansans is taking control of their diabetes because the problems they face increase their risk for other health-related problems. Our team of highly qualified and trained diabetic educators specialize in the treatment of diabetes, glucose monitoring, food management and much more. They offer nutrition classes, inpatient education and diabetes management programs so they can walk alongside patients at every stage of their diagnosis.

In our classes people learn the basics about food choices. Participants listen as if their lives depended on it—because they do. They're diabetic. Elevated glucose insulin levels produced by diabetes break down blood vessels. You have blood vessels from the top of your head to the tips of your toes, which is why diabetes is a leading cause of blindness, strokes, heart attacks and kidney failure.

Our monthly Well-Fed Me eNewsletter gives you nutritious recipes that are easy to prepare, and our Well-Fed Me Guidebook provides useful health tips for cutting back on sugar, reducing sodium and understanding food labels. Find both, and much more, at **wellfedarkansas.com.**

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Get more updates from CHI St. Vincent, helpful health tips and sign up for our e-newsletter at **chistvincent.com/magazine**.

STV-002

THE STATE'S **LARGEST** NETWORK OF HEART SPECIALISTS

HEART CLINICS

Little Rock - Kanis
10100 Kanis Rd.
Little Rock, AR 72205
501.255.6000

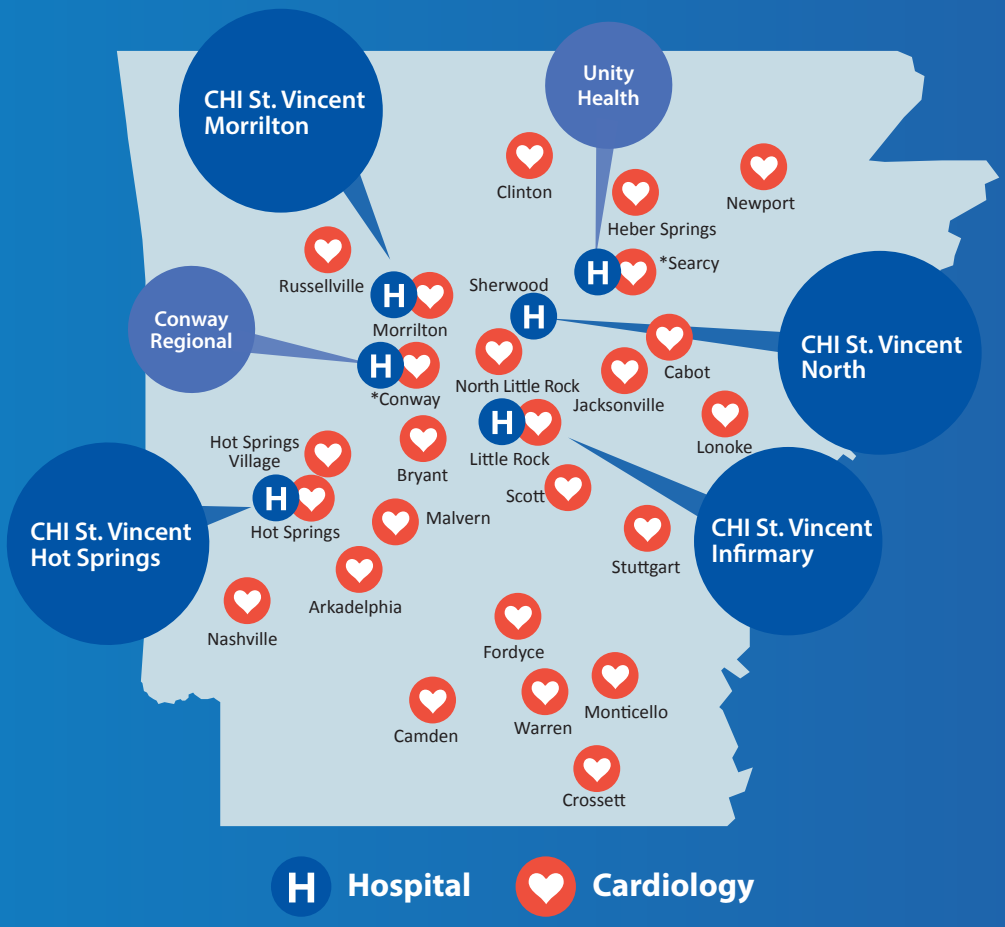
Little Rock - University
415 N. University Ave.
Little Rock, AR 72205
501.664.6841

North Little Rock
4000 Richards Rd., Suite A
North Little Rock, AR 72117
501.758.5133

Hot Springs
200 Heartcenter Ln.
Hot Springs, AR 71913
501.625.8400

Conway
525 Western Ave., Suite 202
Conway, AR 72034
501.513.5337

Searcy
711 Santa Fe Dr.
Searcy, AR 72143
501.279.9393



COMMUNITY HEART CLINICS

- Arkadelphia
- Bryant
- Cabot
- Camden
- Clinton
- Crossett
- Fordyce
- Heber Springs
- Hot Springs Village
- Jacksonville
- Little Rock
- Lonoke
- Malvern
- Monticello
- Morrilton
- Nashville
- Newport
- Russellville
- Scott
- Stuttgart
- Warren

CHI St. Vincent
Heart Institute

Find more at **chistvincent.com/heart**