

# Healthy Perspectives

*For the health of our community*

## Cardiac Care: Saving Lives

Heart disease can feel like a double-edged sword. The more sedentary you are, the greater your risk of heart disease. At the same time, the greater your chest pain due to reduced blood flow to the heart, or leg discomfort due to blood clots in the peripheral arteries, the less likely you are to exercise.



Interventions such as stenting (in which a wire mesh tube is implanted to open a blocked artery) or angioplasty (a tiny balloon is inflated to widen a narrowed artery) can improve blood flow to and from the heart, but they don't cure the problem. According to Scott Mikesell, DO, St. Luke's Cardiology Associates, "The goal of stent implantation is to 'reset the clock' to a more normal artery and help patients feel well

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## CONTINUED FROM COVER

enough to begin cardiac rehab.” It’s what happens after the intervention, through diet and exercise, that preserves the newly treated artery and, in the end, saves lives, he says.

St. Luke’s cardiac rehabilitation programs generally involve supervised exercise, education and nutritional guidance. A team of rehabilitation therapists, exercise physiologists, dietitians, nurses and other specialists work with patients one-on-one to develop a plan based on their personal needs. For some, the goal is to recover from a cardiac event or intervention; for others, it is to reduce the risk of future problems.

## Knowledge empowers

Dr. Mikesell believes that the more people know, the more likely they are to make lasting changes. To help patients make healthier food choices, both he and registered dietitian Mary W. Zbaracki, MPH, RD, LD, CDE, St. Luke’s Clinical Nutrition and Diabetes Care, stress the importance of reading food labels. “Many processed meats and cheeses, while high in protein, can be significant sources

of sodium and saturated fat,” Zbaracki says. “Better choices include moderate portions of fresh, unprocessed lean meats, poultry and fish, as well as plant-based proteins such as split peas, lentils or beans—excellent non-meat alternatives that are both low in fat and high in fiber.”

In addition to making ongoing dietary changes, physical activity needs to become a top priority. “Fortunately, here in Minnesota, we live in a culture that values the outdoors,” Dr. Mikesell says. “So if you have a passion for hunting, fishing or birding, you can enjoy being active without feeling like you’re exercising.”

Even as medical technology continues to advance, the most effective way to prevent heart disease will likely remain the same: stay active, eat a balanced diet, don’t smoke, maintain a healthy weight and drink only in moderation.

To learn more about preventing heart disease, contact St. Luke’s Cardiology Associates at **218.249.3057**.



## Heart Healthy Recipe

### White Bean Dip (makes about 1½ cups)

#### Ingredients

- ~ 1 can (15 ounces) white (cannellini) beans, rinsed and drained
- ~ 6 cloves garlic, roasted
- ~ 2 tablespoons olive oil
- ~ 3 tablespoons lemon juice

#### Directions

1. In a blender or food processor, blend the beans, roasted garlic, olive oil and lemon juice until smooth.
2. Serve with vegetable sticks, whole wheat crackers or pita bread.

#### Nutrition information (per 2 tablespoons)

109 calories, 5 grams protein, 4 grams fat, 53 milligrams calcium, 3 grams fiber, 314 milligrams potassium, 105 milligrams sodium



## A DASH of Heart Health: Eating for Life

Rarely a week passes without news of an innovative medical breakthrough—a device, medication, therapy or treatment—that promises to improve our health without any effort on our part. As the familiar saying goes, if it sounds too good to be true, it probably is.

According to registered dietitian Mary W. Zbaracki, MPH, RD, LD, CDE, St. Luke's Clinical Nutrition and Diabetes Care, the key to enjoying a longer, healthier life is not exactly headline-grabbing news. "Clinical studies have shown that following a healthy diet, limiting portion sizes, getting regular exercise and maintaining a healthy weight can significantly improve health and quality of life," she says. "Ultimately, good health is about lifestyle modification."

### The sodium factor

High blood pressure, for example, is often the result of unhealthy eating habits. "The more sodium in your diet, the greater your chances of developing hypertension, which can lead to heart disease, kidney failure, stroke and other serious health conditions," Zbaracki says.

But lowering your sodium intake is just one piece of the nutritional puzzle. Equally important is eating a balanced diet, such as DASH (Dietary Approaches to Stop Hypertension). Endorsed by the National Institutes of Health, the American

Heart Association and the 2010 Dietary Guidelines for Americans, DASH is low in sodium and rich in fruits, vegetables, fat-free and low-fat dairy products, whole grains, fish, poultry, beans, seeds and nuts. Patients who diligently follow the plan may see a decrease in blood pressure in just two weeks.

### DASH to better health

Because the DASH diet doesn't rely on special foods or complicated recipes, you can incorporate it into your daily routine fairly easily and affordably. For example:

- ~ Enjoy fresh berries on your cereal.
- ~ Choose nonfat fruit yogurt, artificially sweetened, for snacks or breakfast.
- ~ Make smoothies with skim milk and fresh fruit (but no added sugar).
- ~ Choose skim milk in your coffee.
- ~ Eat fruit and salt-free nuts for snacks.
- ~ Reduce red meat portions by a half or a third, and go meatless a couple of times each week.
- ~ Enjoy plant-based proteins, such as split peas, lentils and beans. (Try the White Bean Dip featured in this issue.)
- ~ Keep frozen vegetables on hand for quick dinner prep.
- ~ Add raw carrots, cucumbers, peppers and other colorful veggies to your salads.
- ~ Support your local farmers' markets when they're in season.

To attend a class on the DASH diet taught by St. Luke's registered dietitians, ask your physician for a referral. For a free guide on lowering your blood pressure with DASH, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

## Heart Pumping Fun: Staying Active Indoors and Out

Cabin fever may not bring on chills or a sore throat, but it can still get you down. Whether or not your household includes children, teens or pets, the most effective antidote for cabin fever is staying active. Suggestions:

- ~ Create a snowman, snow fort or snow angels.
- ~ Visit an indoor pool, ice rink or basketball court at a local community center.
- ~ Let your kids pick the music, crank up the volume and cut loose.
- ~ On cold days, walk at the mall before the shops open.
- ~ Recruit your kids to help with the housecleaning.

- ~ Check out children's fitness videos and have your kids rate them.
- ~ Go snow trekking, skiing, snowboarding, sledding or tubing.
- ~ Explore dance, gymnastics, karate, fencing or swimming lessons for yourself or your kids.
- ~ Do jumping jacks, sit-ups or push-ups during TV commercials.
- ~ Schedule screen-free weekends or evenings.
- ~ Take a field trip to the zoo.
- ~ Increase your dog's exercise quota.

Staying active can be a powerful cure for the winter doldrums—and a great way to avoid winter weight gain.

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## What's Inside:

Cardiac Care:  
Saving Lives

Heart Health:  
Eating for Life

St. Luke's continues to look for ways to become even better stewards of our environment. If you would like to receive *Healthy Perspectives* electronically, please visit [slhduluth.com/contact/healthy-perspectives](http://slhduluth.com/contact/healthy-perspectives) to sign up. Thank you!

WINTER 2012

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## Health care close to home



Elizabeth Liljeblad, MD

**Miller Creek Medical Clinic** welcomes Elizabeth Liljeblad, MD, Family Medicine, to our health care team. Dr. Liljeblad joins fellow Family Medicine physician James Donovan, MD. To schedule an appointment, call **218.249.4600**.

### Denfeld Medical Clinic

4702 Grand Avenue  
Duluth, MN 55807

**Clinic Hours**  
Monday-Friday  
8 a.m.-5 p.m.

To schedule an appointment, call **218.249.6800**.

**Urgent Care Hours**  
Daily 10 a.m.-8 p.m.  
(except holidays)  
**218.249.6888**

### Lester River Medical Clinic

6351 East Superior Street  
Duluth, MN 55804

**Clinic Hours**  
Monday-Friday  
8 a.m.-5 p.m.

To schedule an appointment, call **218.249.4500**.

### Miller Creek Medical Clinic

4884 Miller Trunk Highway  
Hermantown, MN 55811

**Clinic Hours**  
Monday-Friday  
9 a.m.-5 p.m.

To schedule an appointment, call **218.249.4600**.

**Urgent Care Hours**  
Daily 10 a.m.-8 p.m.  
(except holidays)  
**218.249.5700**

### Mount Royal Medical Clinic

1400 Woodland Avenue  
Duluth, MN 55803

**Clinic Hours**  
Monday-Friday  
8 a.m.-5 p.m.

To schedule an appointment, call **218.249.8800**.

### P.S. Rudie Medical Clinic

26 East Superior Street  
Suite 205  
Duluth, MN 55802

**Clinic Hours**  
Monday-Friday  
8 a.m.-5 p.m.

To schedule an appointment, call **218.249.4300**.

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