

Norma Melchor Heart & Vascular Institute

# Heart Forum Event Handbook



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# Heart Forum Presenters

## Welcome



**Frederick St. Goar, MD**, Medical Director of the Norma Melchor Heart & Vascular Institute, has been a cardiologist in the El Camino Health community for over 35 years. He has enjoyed a diverse professional career which has included an active clinical practice as well as participation in the medical innovation ecosystem. He has been involved in pioneering a variety of cardiovascular diagnostics and therapeutics, has multiple patents, and serves as a mentor and board member for various medical startups. He is also an Adjunct Professor of Medicine at the University of Global Health Equity in Rwanda and the vice chairman of the board of directors of El Camino Health-based Fogarty Innovation.



**Josh Schreckengost, MHA**, is the Executive Director of the Norma Melchor Heart & Vascular Institute, Clinics & Diagnostics at El Camino Health. For over 30 years, he has engaged in patient-centric, innovative healthcare delivery; joining El Camino Health in 2013. Josh believes deeply in the value of fostering partnerships and collaborative efforts with physicians, clinical staff and other stakeholders to ensure high-quality outcomes for patients across the care continuum.

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### Keynote Wellness Team

#### How to Eat Better and Be More Active



**Neal Scott, MD, PhD, FACC**, Medical Director Cardiac & Pulmonary Wellness Center, is a cardiologist who has been in practice for over 20 years. Dr. Scott frequently talks to community groups about the importance of diet and exercise when it comes to health. Whether a heart condition is minor or life-threatening, he will encourage his patients to play an active role in their own well-being.

#### Live Demo: Laughter Yoga



**Karen Roman, RN**, is a board-certified cardiovascular nurse at the Cardiac & Pulmonary Wellness Center at El Camino Health. Since joining the organization in 2006, she has dedicated her career to working with cardiac and pulmonary patients. Karen is passionate about the interconnectedness of mind and body in achieving wellness and serves as the Stress Management Resource Specialist in cardiac rehabilitation. She is committed to empowering individuals towards sustainable self-care and emotional resilience.

#### How to Get Healthy Sleep



**Tony Masri, MD**, is a neurologist who specializes in sleep medicine. He has special interest in sleep apnea, insomnia, narcolepsy, parasomnia and restless leg syndrome (RLS). He understands that quality sleep is linked to countless health benefits. He's passionate about helping his patients improve not only their sleep, but also their overall health and well-being.

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## Panel 1: Advanced Cardiac Imaging



**Frederick St. Goar, MD**, Medical Director of the Norma Melchor Heart & Vascular Institute, has been a cardiologist in the El Camino Health community for over 35 years. He has enjoyed a diverse professional career which has included an active clinical practice as well as participation in the medical innovation ecosystem. He has been involved in pioneering a variety of cardiovascular diagnostics and therapeutics, has multiple patents, and serves as a mentor and board member for various medical startups. He is also an Adjunct Professor of Medicine at the University of Global Health Equity in Rwanda and the vice chairman of the board of directors of El Camino Health-based Fogarty Innovation.



**Cindy Y. Wang, MD**, is a cardiologist with over 11 years of experience. She earned her MD at New York Medical College and completed her cardiology fellowship at California Pacific Medical Center. At Stanford University Medical Center she completed a specialty fellowship in Advanced Echocardiography and Cardiac Imaging. She is currently the Consulting Physician Leader of the Advanced Cardiac Imaging Program at El Camino Health and has expertise in treating heart failure, coronary artery disease, cardiomyopathy, among other conditions.



**Alvin Chen, MD**, Alvin Chen, MD, Consulting Physician Leader of Advanced Cardiac Imaging, is a board-certified cardiologist with extensive expertise in echocardiography, nuclear cardiology, cardiac CT, and MRI. He earned his MD at Harvard Medical School, completed his internal medicine residency at Stanford University, and cardiology fellowship at Beth Israel Deaconess Medical Center in Boston. His approach emphasizes patient-centered care, where he strives to make complex cardiovascular concepts accessible and help patients focus on improving their quality of life.

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## Panel 2: Stroke Prevention: Heart – Brain Connection



**Raabia Ahmad, MD**, is the Medical Director of the Heart Failure Program. She has a clinical interest in cardiac imaging, preventive cardiology, women's heart disease, and heart failure. She strives to connect with her patients on a personal level, educate them on their condition, and guide them in joint clinical decision making. She earned her MD at Drexel University in Philadelphia and her residency and fellowship at Tufts Medical Center in Boston. Dr. Ahmad worked in the Mass General Brigham system for five years before moving to the Bay Area in search of warmer weather. Dr. Ahmad joined the Advance Cardiovascular Specialists in 2021 and serves as their President.



**EunJeong Kim, MD**, Dr. Eunjeong Kim is board-certified cardiac electrophysiologist. She specializes in diagnosing and treating a variety of arrhythmia conditions with advanced catheter ablations and device therapies. She earned her MD at Boston University School of Medicine, residency at Boston Medical Center. Dr. Kim completed a Cardiology fellowship at Vanderbilt University and her Electrophysiology fellowship at the University of California, San Francisco.



**Fady Ibrahim, MD**, Dr. Fady Ibrahim, MD, is a board-certified cardiologist specializing in endovascular, coronary, and structural heart disease. He completed his medical education at Downstate Health Sciences University followed by his Cardiology fellowship in Rutgers-Robert Wood Johnson Medical School in New Jersey and subspecialty fellowship in Interventional and Structural Cardiology at Scripps Memorial Hospital, La Jolla, San Diego.

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# How to Beat Cardiovascular Disease

Cardiovascular disease is the number-one killer of both men and women in America, killing around 600,000 Americans every year. The good news: It is largely preventable, and often reversible. By taking some simple steps and paying attention to the choices you make, you can significantly improve your health, and beat the odds.

## DO

### 1. Eat More Omega-3

“Good fats” found in tuna, salmon, trout, flaxseeds, walnuts, soybeans, and canola oils, give you heart-healthy Omega-3s while lowering triglycerides by 20 to 50 percent.

### 2. Embrace Fruits and Vegetables

Research shows that people who consume eight or more servings of fruits and vegetables per day are 22 percent less likely to die from heart disease than those who consume three or fewer servings a day. Try to choose fresh fruits and vegetables over canned or frozen, which can harbor sodium and added sugar.

### 3. Snack on Nuts and Seeds

Individuals should eat about 1½ ounces of nuts, or roughly 1/3 cup of nuts or seeds per day to help prevent heart disease. Nuts also contain high amounts of monounsaturated fat and polyunsaturated fat as well as antioxidants.

### 4. If You Drink, Do It Carefully

Some studies show that moderate consumption of red wine can actually be heart healthy. Drinking alcoholic beverages is fine, within reason. That means an average of one to two drinks per day for men and one drink per day for women.

### 5. Eat Oats

There is a lot of evidence that the soluble fiber in oatmeal and oat bran helps lower cholesterol. As soluble fiber becomes a gel in your intestines, it sticks to cholesterol and prevents it from being absorbed. All it takes is 1½ cups cooked oatmeal, each day.



### 6. Take Your Vitamins and Supplements

Taking 1,000 mg of Vitamin C daily can decrease levels of a biomarker used to predict heart disease. Vitamin B9 may decrease the risk of coronary heart disease and stroke; a suggested dose is 400 mg per day. Getting too little Vitamin D could cause premature death from heart disease, according to a recent study. A suggested dose is 1,000 IU of Vitamin D a day.

### 7. Exercise Daily

Exercise helps with circulation, lowers blood pressure, and generally strengthens the heart and cardiovascular system. Aim for at least 30 minutes of elevated heart rate each day, even if you need to break that into 10-minute chunks.

Sources for these tips include our own cardiovascular experts, plus statistical data from the Centers for Disease Control and Prevention, American Heart Association, National Institutes of Health, the Mayo Clinic, and European Society of Cardiology.

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## How to Beat Cardiovascular Disease (continued)

### 8. Sleep Problems Away

Sleep deprivation can lead to chronic health problems, including diabetes and cardiovascular disease. Eight hours of good, quality sleep each night also improves your ability to lose weight.

### 9. Laugh a Little

Laughter may help protect you from heart attack. A new study shows that laughter promotes a 30 to 50 percent expansion of blood vessels, helping blood to flow easier. Laughter also reduces stress hormones, a clear benefit for heart health.

### 10. Breathe Deeply

Take a few moments to stretch, breathe, and clear your mind. Not only will this help you focus, it will lower your stress level, blood pressure, and heart rate.

## DON'T

### 1. Smoke

Smoking is a major cause of heart disease for men and women, and almost 20 percent of all deaths from heart disease in the United States are directly related to cigarette smoking. If you can't stop on your own, get help.

### 2. Eat Processed Foods

High in sodium and trans fats, processed foods have no place in a heart-healthy diet. Aim for whole, basic foods and avoid those that have a long list of ingredients you cannot pronounce.

### 3. Eat Saturated or Trans Fats

Butter, margarine, red meat, packaged foods — all are loaded with unhealthy fats that clog your arteries with cholesterol.

### 4. Let Your Weight Get Out of Hand

Obesity is a major contributor to cardiovascular disease and diabetes, and even a 5 to 10 percent loss can have incredible health benefits.

### 5. Give Up

Every day is a new chance to live a healthier life.



**Take heart — you can reduce your risk and beat heart and vascular disease. For more information on our cardiovascular programs and services, or for a referral to one of our experts, please call 800-216-5556.**



American Heart Association.

Healthy for Good™

Life's Essential

8™



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

**Life's Essential 8** outlines a few easy steps you can take to live a healthier lifestyle.



#### ✓ EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.



#### MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.



#### ✓ BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.



#### CONTROL CHOLESTEROL

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.



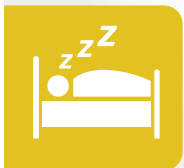
#### ✓ QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.



#### MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.



#### ✓ GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.



#### MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).



**Learn more at [heart.org/lifes8](https://heart.org/lifes8)**

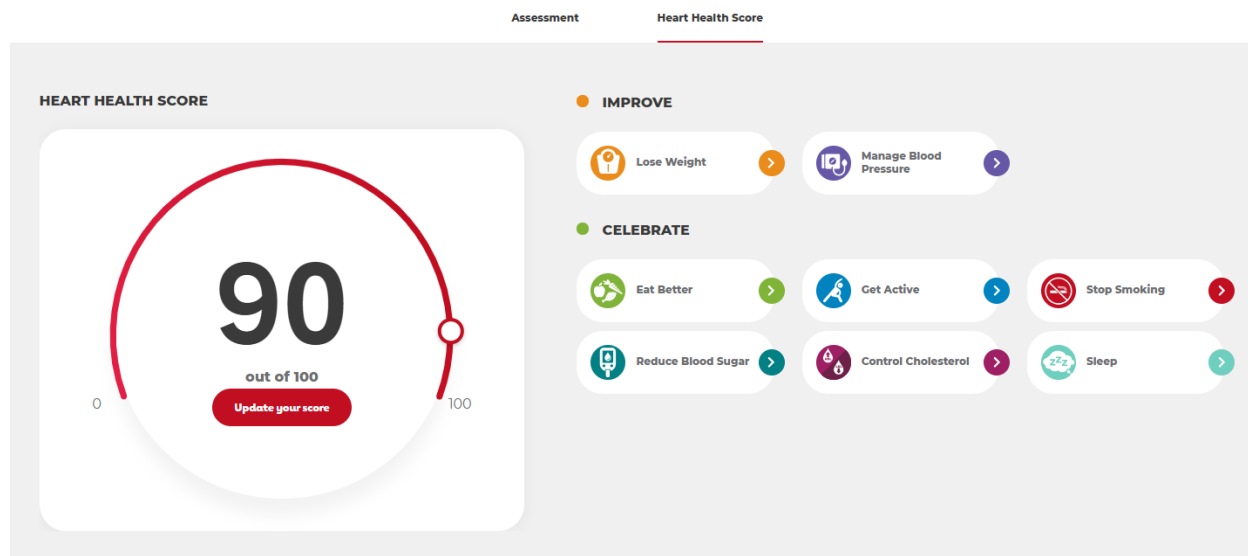
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# *What is your Heart Health Score?*



Now that you know about Life's Essential 8, use [My Life Check](#), an online tool to assess your own heart health and better understand your risk for heart disease and stroke.

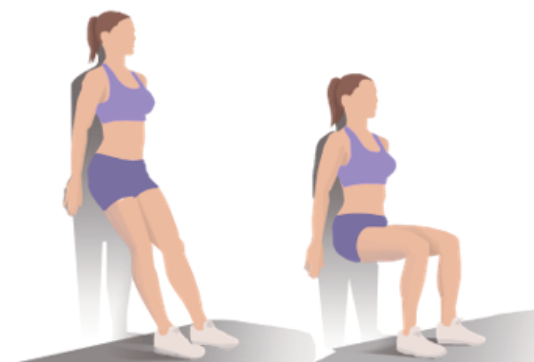
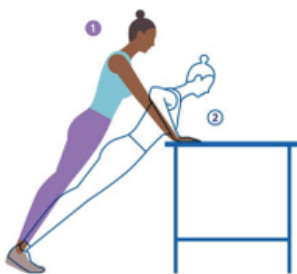
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# What is Exercise Snacking?

A workout, or movement, that lasts from 2 to 5 minutes, with an extended rest period of an hour or more in between.

## Examples of Exercise Snacking:



1. Stair climbing - Spend 1 minute going up and down the stairs.



2. Squats - Go as low as you can and push up to straight. Repeat for 1 minute.



3. Heel Raises - Push up as high as you can on to your toes and lower. Repeat for 1 minute.



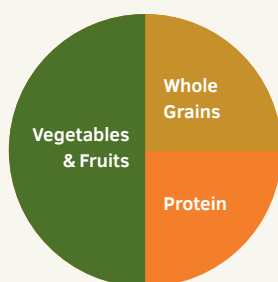
4. Marching on Spot - Lift your knees as high as you can one after the other. Repeat for 1 minute.

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# Plan Your Plate for Heart-Healthy Eating

You've probably heard about foods that are bad for your cardiovascular health. But did you know some foods are actually GOOD for your heart? A diet of heart-healthy foods can lower your cholesterol, triglycerides, even your blood pressure. Try the American Heart Association's recommendation for filling a healthy plate.

## The Key to a Well-Planned Plate



- 1. Heap half your plate with non-starchy vegetables** — Mix up the flavors and colors and get plenty of fiber, vitamins, folate and antioxidants. Accent your meal with orange, red and yellow peppers. Steam some carrots and green beans. Get your greens from arugula, spinach or kale, and your vitamin K from cruciferous vegetables like broccoli, cauliflower or brussels sprouts.
- 2. Fill a fourth of your plate with lean protein foods (about 3 ounces cooked)** — Plan a meal around fatty fish such as salmon, tuna, or trout, chicken, or turkey without the skin or lean cuts of red meat like round and loin cuts. Enjoy plant protein foods like tofu, tempeh, dried beans, lentils, split peas or garbanzos.
- 3. Finish off the final fourth your plate with whole grains or starchy vegetables** — Packed with B vitamins, minerals and phytonutrients, whole grains are a great source of energy and fiber. Barley, bulgur, oats, quinoa and 100% whole-wheat breads and pastas are tasty, filling options. Or make a side dish of sweet potatoes, yams or winter squash.

**Choose heart-healthy fats** — Cook with unsaturated canola, corn, olive, soybean, or safflower oils. Avoid unhealthy fats, such as butter, lard, coconut or palm/palm kernel oil. Other sources of healthy fats include avocado and unsalted nuts or seeds, but these are high in calories so do use moderation.

**Have fruit for dessert and snacks** — Whole, fresh fruit is an easy, portable pick-me-up. Watch for added sugar on frozen fruit. Canned fruit in its own juice is OK. Fruit juice is a source of hidden calories, so limit juice to 1/2 cup a day, and only drink 100% fruit juice.

**Quench your thirst with water** — It's the ultimate thirst quencher. Avoid sugary drinks like sodas, lemonade, fruity drinks or energy drinks. About 3–4 cups of coffee or tea a day are okay as long as you don't add sugar. Limit your alcohol consumption to one drink a day for women and 2 drinks a day for men. One drink = a 12 ounce beer, 5 ounces of wine or 1.5 ounces of liquor.

**Do dairy in moderation** — You don't need to consume a lot of fat to get your calcium. Look for fat-free or low-fat dairy foods. Choose skim or 1% milk and part-skim cheese. Make sure your yogurt is low-fat and has no added sugar (toss in some fresh berries for flavor). If you use dairy substitutes, select fortified soy and nut milks with no sugar.

**Limit sodium and sugar** — Read those food labels! Processed foods are often full of added salt and sugar. When you cook, cut back on the salt and soy sauce and add flavor with herbs, spices, or lemon and lime juice instead. Limit the sweet treats. Excess sugar consumption contributes to weight gain, raises your levels of LDL cholesterol, promotes chronic inflammation, and leads to insulin resistance and pre-diabetes.

## Help with Meal Planning

A registered dietitian nutritionist (RDN) can help you develop heart-healthy meal plans that work with your budget, cultural preferences, taste and lifestyle.

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# Heart-Healthy Fats

## Good Fats vs. Bad Fats

While fat has a lot of calories and contributes to weight gain, it can also be good for you. Fat helps your body absorb the “fat soluble” vitamins A, D, E and K. It adds flavor to foods and helps you feel satiated after a meal.

All fats are not created equal. Saturated fats (SFA) and trans fats raise your LDL-C — the “bad” cholesterol. Monounsaturated fats (MUFAs) and polyunsaturated fats (PUFAs), the so-called “healthy fats,” can lower your LDL-C, and with it, your risk of heart disease. Found in many plant- and fish-based foods, these types of fats are liquid at room temperature.

## Healthy Fats

Enjoy these healthy fats in moderation due to their high calorie content:

- Avocados
- Fatty fish like salmon, tuna, char, trout or sardines
- Raw and unsalted nuts
- Nut butters
- Seeds, such as flax, pumpkin seeds, or pepitas
- Liquid oils like canola, corn, olive, peanut, safflower, sesame, soybean and sunflower oil — choose these for cooking or salad dressings

## Unhealthy Fats

Avoid these foods except as an occasional treat:

- Fatty or processed meats like ground beef, bacon, sausage, salami, bologna, hotdogs and charcuterie
- Full-fat dairy foods like whole milk, cheese, yogurt, ice cream, sour cream, half-and-half and heavy cream
- Solid fats such as butter, lard, coconut and palm oils
- Partially hydrogenated oil, a manufactured form of trans fat found in commercial baked goods, shortening, microwave popcorn and frozen doughs

## Read the Nutrition Facts Label

Food labels list the grams of all fats in a single serving. Healthier foods are higher in MUFA and PUFA. Less healthy foods are higher in SFA and may also contain trans fat. Avoid foods with trans fat, labeled as partially hydrogenated oil in the ingredient list. The daily SFA limit for heart-healthy eating is less than 7% of your daily calorie total — about 12 grams for 1,600 calories a day diet. Even if you are mindful of sticking to healthy fats, pay attention to portion sizes to avoid weight gain.

Nutrition Facts	
Serving Size 1 cup (300g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 358</b>	<b>Calories from Fat 90</b>
% Daily Value	
<b>Total Fat 5%</b>	15 %
Saturated Fat 1.7%	25 %
Trans Fat 1%	5 %
<b>Cholesterol 50mg</b>	29%
<b>Sodium 300mg</b>	17%
<b>Total Carbohydrate 10g</b>	11%
Dietary Fiber 2g	5 %
Sugars 3g	
<b>Protein 10%</b>	

## Fat-Savvy Meal Planning

**Breakfast** — Choose whole-grain toast topped with 2 tablespoons of nut butter or a quarter of an avocado. Add berries to Greek or low-fat yogurt. Put skim or powdered skim milk in your coffee.

**Lunch** — Substitute the cheese in your salads or sandwiches with a quarter of an avocado. Top your salad with skinless chicken or turkey, salmon or tuna.

**Dinner** — Plan a meal around grilled fish or skinless chicken or turkey rather than eat red meat or pork. If you eat red meat, choose lean cuts like the round, loin or lean hamburger.

**Snacks** — Enjoy a piece of fruit, some hummus and raw veggies, an ounce of raw or unsalted nuts or seeds, or low-fat yogurt.

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# Heart-Healthy Eating for the Budget-Conscious

A diet that's good for your heart doesn't have to be bad for your budget. Heart-healthy eating helps lower your cholesterol and triglycerides, blood pressure, and blood sugar, and reduces your risk of stroke and heart attack. So, what's good — and good for you? Vegetables and fruits, whole grains, beans and legumes, unsalted nuts, lean protein, fatty fish and unsaturated fats like those found in avocados or vegetable oils such as olive, corn or peanut oil. Avoid sweets, sugary drinks, refined grains, fatty or processed meats and solid fats like butter or lard. Limit processed and precooked foods, many of which are high in salt, fat, sugar, artificial flavoring and additives.

## Plan Your Plate

Plan your plate the American Heart Association way! Heap half of your plate with non-starchy vegetables. Fill a fourth of your plate with lean protein such as meat, fish, tofu or plant proteins like lentils, split peas or garbanzos. Complete the final fourth of your plate with whole grains, whole-grain bread or pasta, or starchy vegetables like sweet potatoes or winter squash.

## Tips for Heart-Healthy Eating on a Budget

- Plan your menus for the week, write a grocery list and stick to it
- Check online and in the paper for store specials and coupons
- Shop at discount grocery stores and buy nonperishable items in bulk
- Buy generic or store brands
- Never shop hungry — that's when you are tempted to "impulse buy"
- The freezer is your friend — freeze meats and leftover grains or pasta
- Visit [choosemyplate.gov/budget](https://www.choosemyplate.gov/budget) for more ideas

**Grains** — Choose brown rice, whole-wheat pasta or quinoa. Buy smaller amounts to prevent spoilage. Buy whole-grain breads and cereals but watch out for granola which often contains a lot of sugar.

**Protein** — Plan more of your meals around plant proteins such as beans, chickpeas (garbanzos) or lentils. Choose lean chicken or turkey, without the skin. If you eat red meat, choose round, sirloin or lean ground beef. Limit the amount of meat to about three ounces. Canned tuna or salmon should be low-salt and water-packed. Buy value packs of lean meats and freeze what you don't use.

**Fruits and vegetables** — Buy fresh fruits and vegetables in season. Out of season produce is imported and will cost more, as will organic produce. Buy canned beans and vegetables with no added salt and plain frozen fruit or vegetables, without added sugars or sauces.

**Dairy foods** — Look for store-brand low-fat dairy foods. Buy plain yogurt in large containers and flavor it with fruits and nuts. Substitute non-fat dried milk for the regular milk in your coffee.

**Condiments and snacks** — Forget the bottled salad dressings and make your own with 1–2 tablespoons oil and vinegar or lemon. For a healthy snack, make unsalted air-popped popcorn, eat a piece of fruit or nosh on some raw or unsalted nuts.

**Quench Your Thirst with Waters** — Sodas, lemonade, fruity drinks or energy drinks are budget-busters and full of sugar. Water is the ultimate thirst quencher, with no extra calories. About 3–4 cups of coffee or tea a day are okay as long as you don't add sugar. Carry a reusable water bottle to stay hydrated.

## Help with Meal Planning

A registered dietitian nutritionist (RDN) can help you develop heart-healthy meal plans that work with your budget, cultural preferences, taste and lifestyle.

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# Laughter Yoga

## 10 Good Reasons to Laugh for No Reason!

### 1. Laughter is a stress buster.

It reduces the levels of stress hormones.

### 2. Laughter strengthens the immune system.

The immune system is crucial for maintaining good health.

Recent research by Dr. Lee Berk, a professor at Loma Linda University, California, shows that laughter can increase the number of natural killer (NK) cells (a type of white blood cell).

Laughter also helps to increase antibodies.

### 3. Laughter might have links to anti-aging.

It tones facial muscles and increases the blood supply to the face.

People often look and feel younger and have more fun when they laugh!

### 4. Laughter is aerobic exercise.

It stimulates your heart rate and blood circulation.

### 5. Laughter is internal jogging.

It massages the internal organs and enhances their blood supply.

Laughter exercises the abdominal muscles and helps improve muscle tone.

### 6. Laughter is a natural pain killer.

It increases the levels of endorphins, the body's natural painkillers.

Norman Cousins wrote a famous book, "Anatomy of an Illness," about his experience



with laughter. Suffering from incurable arthritis of the spine where painkillers were ineffective, he used laughter to dampen his pain. He claimed that 10 minutes of hearty laughter allowed him to sleep pain-free for two hours. Endorphins released as a result of laughter may help reduce pain.

### 7. Laughter may help manage high blood pressure.

It helps reduce stress-related hormones that elevate blood pressure.

### 8. Laughter can help with depression.

The stress and strain of life can take a heavy toll on the mind and body.

Laughter releases our natural mood elevators, the neurotransmitters serotonin and dopamine.

### 9. Laughter enhances our breathing.

It improves lung capacity and oxygen levels in the blood.

### 10. Laughter just makes you feel good.

Laugh and the world laughs with you!  
How you react to life is up to you.

**Live Life Laughing!!!**

**The more you laugh.... The more you laugh!**

[laughteryoga.org](http://laughteryoga.org)  
[osher.ucsf.edu](http://osher.ucsf.edu)

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## Ten Tips for the Sleep Deprived

### **“If only I could get a good night’s sleep!”**

If you can relate to that statement, you’re not alone. Approximately 40 million Americans have chronic sleep issues. Chronic lack of sleep is associated with a host of health problems, including high blood pressure, heart disease, cardiac arrhythmias, stroke, diabetes, dementia, weight gain, and depression.

If you are having trouble sleeping, the tips below could help. Talk to your doctor if your issues persist.

#### **1. Follow a healthy diet and eat lightly, if at all, before bed.**

Avoid fatty, fried, or spicy foods close to bedtime, as these can upset your stomach. Alcohol may make you drowsy, but it can actually make it harder to sleep deeply and continuously. Try not to consume caffeine within 8 hours of bedtime. In general, limit fluid intake before bed to avoid middle of the night bathroom breaks.

#### **2. Exercise regularly, but not too close to bedtime.**

A good workout can make you more alert, speed up your metabolism and boost your energy, but these benefits are best enjoyed during the day! The body needs time to cool off before sleep. Sleep experts recommend finishing exercise at least three hours before bedtime.

#### **3. Stick to a sleep schedule with a fixed wake up time, even on weekends.**

This helps regulate your sleep/wake cycle.

#### **4. Turn off bright lights, electronic devices and TVs an hour or two before bedtime.**

Nighttime exposure to light, especially blue light, can disrupt your body’s production of melatonin, which helps regulate your sleep cycle. Instead of LED or compact fluorescent bulbs, use incandescent or red bulbs to light your bedroom.

#### **5. Expose yourself to bright light during the day.**

This will energize you during the day while making it easier to sleep at night.

#### **6. Cut back on daytime napping.**

A long or late nap may impact the duration and quality of nighttime sleep. If you have trouble sleeping at night, napping could make matters worse.

#### **7. Create a relaxing bedtime routine.**

Try a warm bath, a cup of decaf chamomile tea, a good book, calming breathing exercises or mindful meditation. Any of these options can help relax you and prepare you for sleep.

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## Norma Melchor Heart & Vascular Institute

Sleep Disorders Program, Los Gatos Hospital

### Ten Tips for the Sleep Deprived (cont'd)

#### 8. Use your bedroom only for sleep.

This strengthens the association between your bedroom and sleeping. Try to avoid keeping a TV in the bedroom.

#### 9. Evaluate your room for temperature, noise and light.

Keep the temperature cool (between 60 and 67 degrees). Your room should be as dark as possible. If your neighborhood is really bright, consider black out curtains and eyeshades. If you must use a nightlight, choose a dim, red light. If noise is a problem, try ear plugs and/or white noise machines.



#### 10. Get out of bed if you haven't fallen asleep after 20 minutes.

Avoid staring at the clock to see how long you've been awake: It only makes it harder to get to sleep. Instead, get out of bed and do something distracting but calming, such as reading, listening to music, meditating or doing relaxation exercises.

### The El Camino Health Sleep Disorders Program

El Camino Health's comprehensive, hospital-based Sleep Disorders Program treats the full spectrum of sleep disorders. Typically, a patient is seen in consultation and a sleep study may be scheduled. Once a diagnosis is made, the patient is educated about treatment options and receives a customized treatment plan. For patients with obstructive sleep apnea, counseling on effective use of the CPAP device is available, as well as alternative treatments such as dental appliances and leading-edge surgical therapies.



*The Sleep Disorders Program at El Camino Health, Los Gatos Hospital has earned American Academy of Sleep Medicine (ASM) accreditation, the industry's gold standard for patient care.*

**Learn more about El Camino Health Sleep Disorders Program**

Call **408-866-4070** or visit [elcaminohealth.org/sleep](http://elcaminohealth.org/sleep)

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## Insomnia

### The facts

40 million Americans have chronic sleep issues and an estimated 95 percent go undiagnosed. A pattern of insufficient sleep can be associated to more serious health problems, making sleep an essential part of your wellbeing.

### What is insomnia?

Difficulty falling asleep, staying asleep, or enjoying a restful night's sleep. Insomnia is defined as the perception or complaint of inadequate or poor-quality sleep because of one or more of the following:

- Difficulty falling asleep
- Waking up frequently during the night with difficulty returning to sleep
- Waking up too early in the morning
- Non-refreshing sleep

### Two types of insomnia:

*Acute insomnia:* This type of insomnia lasts for a short time — from several nights up to three weeks — and goes away on its own without treatment.

*Chronic insomnia:* Insomnia that lasts more than three weeks is classified as chronic insomnia. Nearly one in 10 people have chronic insomnia, which often requires some form of treatment to go away.



### What causes insomnia?

Insomnia may be caused by many factors, including the following:

- Stress
- Depression
- Anxiety
- Physical illness
- Caffeine intake
- Irregular schedules
- Circadian rhythm disorders
- Drugs (including alcohol and nicotine)
- Occasional or chronic pain

### Common symptoms

- Daytime sleepiness
- Low energy or fatigue
- Anxiety or frustration about sleep
- Attention, concentration or memory problems
- Waking up tired or in pain

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## Insomnia (cont'd)

### Treatment options

A consultation with a sleep specialist is necessary to determine the best treatment option. They will review your history and symptoms and if needed, schedule an overnight sleep study, called a polysomnogram. The sleep specialist will evaluate your sleep issues and create a customized treatment plan.

- Cognitive behavioral therapy for insomnia (CBT-i) — a non-medication treatment that addresses the thoughts and behaviors that keep you from sleeping well and helps you learn new strategies to sleep better.
- Medications — reviewing current medications and prescribing hypnotics that may help.

### FIVE TIPS FOR BETTER SLEEP

- Stick to a sleep schedule with a fixed wake-up time.
- Reduce evening light exposure by turning off bright lights. This may help cue the body and mind for sleep.
- Create a bedtime ritual, such as taking a warm bath or reading a book.
- Keep a sleep diary.
- Avoid caffeine within 8 hours of bedtime — *try decaf chamomile tea instead.*

**Learn more about El Camino Health Sleep Disorders Program**

Call **408-866-4070** or visit [elcaminohealth.org/sleep](https://elcaminohealth.org/sleep)

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# Take Care of Your Mental Health!

**It's important to recognize the signs and symptoms** of depression and anxiety, as well as know what steps you can take to seek help when needed. Here are some common things to look for:



## Signs of Depression

- Persistent sadness or emptiness
- Loss of interest in activities you once enjoyed
- Changes in appetite or weight
- Fatigue or loss of energy
- Changes in sleep
- Difficulty concentrating or making decisions
- Feelings of worthlessness or guilt
- Thoughts of death or suicide

## Signs of Anxiety

- Excessive worrying or irrational fears
- Restlessness or feeling on edge
- Muscle tension or trembling
- Difficulty sleeping or staying asleep
- Sweating, shortness of breath, or rapid heartbeat
- Panic attacks (sudden episodes of intense fear)

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**Remember, you're not alone, and there is help available. Taking small steps towards self-care can make a big difference in how you feel.**

**What You Can Do:**

- **Talk to Someone:** Reach out to a trusted friend, family member, or mental health professional. Sharing your feelings can help.
- **Seek Professional Help:** Consider seeing a therapist who can provide support and guidance tailored to your needs.
- **Take Care of Your Body:** Engage in regular exercise, eat well-balanced meals, and prioritize sleep. Physical health and mental health are interconnected.
- **Practice Relaxation Techniques:** Explore mindfulness, meditation, deep breathing exercises, or yoga to reduce stress and promote relaxation.
- **Limit Alcohol and Caffeine:** These substances can exacerbate symptoms of depression and anxiety so it's best to consume them in moderation.

**For information on mental health & addiction services available at El Camino Health, contact us:  
650-988-8468  
or visit us on our website at:  
[elcaminohealth.org/mentalhealth](http://elcaminohealth.org/mentalhealth)**

# Helping Women and their Hearts Stay Healthy

Heart disease kills more women than men every year, so it's important for women to be aware of their risk factors and symptoms. Our specialized center provides advanced cardiac and wellness care for women with a focus on prevention.

## We Offer Evidenced Based Care for Women Who:

- Have heart disease or are at high risk
- Have hypertension (high blood pressure), high cholesterol, diabetes or other risk factors
- Have congenital heart defects
- Are pregnant and at risk for pregnancy-related heart conditions or risk factors, such as:
  - Pregnancy-related hypertension
  - Gestational diabetes
  - Peripartum cardiomyopathy (a rare type of heart failure that can happen during pregnancy or just after giving birth)
- Have (or are at risk for) heart problems caused by treatment for breast cancer or other cancers affecting women



Medical Director  
Jane Lombard, MD  
Cardiologist

## Complete Care for Your Heart — and You

The Women's Heart Center offers a comprehensive approach to caring for women and their hearts. We use the latest evidenced-based treatment options and medical expertise to help you and your heart stay as healthy as possible.

We can help you find ways to reduce your risk for heart disease and help you manage chronic conditions that could eventually lead to cardiac problems. We can guide you in making lifestyle changes, such as staying active, eating right, managing stress and getting plenty of rest, to help reduce your risk. We can also help manage medications and help coordinate any procedures you might need. We'll work with you and your other healthcare providers to meet your needs.

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**For expert preventative care in managing cardiovascular risk factors, call 650-988-4171 for an in-person or virtual appointment.**

# Heart Attack and Stroke Warning Signs

## Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some signs of a heart attack:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort** in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This may occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

## Stroke Warning Signs

As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back or jaw pain.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

**F.A.S.T.** is an easy way to remember how to recognize a stroke and what to do: **F**ace drooping. **A**rm weakness. **S**peech difficulty. **T**ime to call 911.

## Dial 911 Fast

Heart attack and stroke are life-or-death emergencies — every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke, **immediately call 911 or your emergency response number** so an ambulance can be sent. **Don't delay — get help right away!**

**For a stroke**, also note the time when the first symptom(s) appeared. If given within 3 to 4.5 hours of the start of symptoms, treatment may result in better outcomes.

# Heart-Healthy Eating, South Asian Style

If you trace your origins to India, Pakistan, Bangladesh, Bhutan, Nepal, Sri Lanka or the Maldives, you could have an elevated risk for heart attack and diabetes. South Asians, including those who are at a healthy weight, vegetarian, and nonsmoking, have heart attacks at much younger ages than the general population. They are also four times more likely to develop diabetes. While you can't change your genetics, a heart-healthy diet can help you manage your other risk factors for heart attack: cholesterol, high blood pressure and weight. Use the substitutions and modifications listed below to cook tasty, heart-healthy South Asian meals your whole family will enjoy.

## Switch to Whole-Grain Foods

Substitute brown rice for white rice. Instead of white flour, use 100% whole-wheat flour, barley, bulgur, millet or ragi (pearl millet) flour.

For extra health benefits, add ground oatmeal, soy or amaranth flour to your flour of choice.

## Choose Plant Over Animal Protein

- Use tofu in place of paneer, which has a high amount of animal fat — a 100 gram serving of tofu has only 62 calories compared to 265 for the same amount of paneer
- Get your protein from lentils (dal) or legumes such as chickpeas, kidney beans or black-eyed peas
- If you prefer animal protein foods, choose fish, skinless chicken and non- or low-fat dairy foods

## Avoid Foods That are Not Heart-Healthy

- Don't cook with ghee, vanaspati, butter, cream, palm/palm kernel oil and coconut oil, all sources of unhealthy saturated fats
- Avoid refined carbohydrate foods like white rice and white flour
- Drink water or unsweetened tea instead of sugary drinks like sweet lassi, shikanji, or rooh afza
- Limit sweet desserts
- Reduce your salt intake to less than 2,300 mg per day

## Plan Your Plate

The American Heart Association's recommendation for filling a healthy plate can help you balance your meals and control portion size to avoid overeating:

- Fill 1/2 of your plate with leafy greens and other vegetables, such as okra and broccoli
- Fill 1/4 of your plate with brown rice, chapatis or potatoes
- Fill the remaining 1/4 of your plate with protein such as tofu, lentils, legumes, fish or chicken
- For cooking, use a small amount of liquid plant oils such as olive, canola, corn, safflower or soybean oils
- To give foods a creamy texture, use pureed almonds (or other nut butters) or non-fat yogurt

## Stay on Track When Dining Out

- Choose fruit chaat, roasted papad served with mint chutney, or tandoori appetizers
- Order fish or chicken entrees cooked in a tandoor
- Ask for foods to be cooked with liquid plant oils like canola and olive oils
- Ask for naan to be made without butter
- Avoid dishes made with cream or butter, coconut oil, palm/palm kernel oil and fried foods

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## Heart-Healthy Eating, South Asian Style (continued)

### Heart-Healthy South Asian Meal Planning

**Breakfast** — Try one of these four tasty options tomorrow morning, along with one piece of fruit or serving of berries and tea or coffee with non-fat or 1% milk:

- 1 cup oatmeal with 1/2 cup non-fat milk
- 2 slices of whole-wheat toast with 2 teaspoons of almond butter
- 1 steamed idli with sambar
- 1 cup cracked wheat upma with tomato or mint chutney

**Lunch or Dinner** — Follow this general guide to plan your meal:

- 3 ounces fish or chicken OR 1 cup legumes (dal, sambar)
- 1 cup vegetable curry (bhindi, green beans or lauki)
- 1 cup mixed vegetable salad with lemon juice
- 1/2 cup non-fat plain yogurt, lassi or raita
- 2/3 cup cooked brown rice or 2 small whole-wheat chapatis
- For cooking, use 1 tablespoon canola, olive, sunflower or soybean oil
- 1 serving fresh fruit for dessert

**Snacks** — These healthy snacks will tide you over until your next meal:

- An ounce of raw or unsalted almonds or seeds
- Raw fresh fruit or vegetables
- 1/2 cup namkeen made with puffed rice or puffed wheat flavored with herbs and spices of your choice



### Help with Meal Planning

A registered dietitian nutritionist (RDN) can help you develop heart-healthy meal plans that work with your budget, cultural preferences, taste and lifestyle.

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# Overnight Refrigerator Oatmeal

## Blueberry Maple

### INGREDIENTS

1/4 cup uncooked old fashioned rolled oats  
1/3 cup skim milk  
1/4 cup low-fat Greek yogurt  
1 tablespoon ground flax seed  
2 teaspoons maple syrup  
1/4 cup fresh blueberries



### DIRECTIONS

1. In a half pint mason jar, add oats, milk, yogurt, flax seed and maple syrup.
2. Put lid on jar and shake until well combined.
3. Remove lid, add blueberries and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight. Eat chilled.

## Strawberries and Almonds

### INGREDIENTS

1/4 cup uncooked old fashioned rolled oats  
1/3 cup unsweetened almond milk  
1/2 cup nonfat Greek yogurt  
1 tablespoon wheat germ  
2 teaspoons honey  
4 large strawberries, cored and thinly sliced  
1 tablespoon toasted almonds

### DIRECTIONS

1. In a half pint mason jar, add oats, almond milk, yogurt, wheat germ and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add strawberries and stir until mixed throughout. Add toasted almonds.
4. Return lid to jar and refrigerate overnight. Eat chilled.

*Courtesy of Chef Jacques Wilson, CEC, AAC, CDM, executive chef, El Camino Health*

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# Grilled Vegetable Platter

Prep time: 20 minutes plus marinating

Grill time: 10 minutes

Yield: 6 servings

## INGREDIENTS

- ¼ cup olive oil
- 2 tablespoons honey
- 4 teaspoons balsamic vinegar
- 1 teaspoon fresh parsley
- 1 teaspoon fresh oregano
- 1 teaspoon garlic, minced
- 1/8 teaspoon pepper
- 1 pound fresh asparagus, trimmed
- 3 small carrots cut in half lengthwise
- 1 large sweet red pepper, cut into 1-inch thin strips
- 1 medium yellow summer squash, cut into ½-inch slices
- 1 medium red onion, cut into wedges
- ¼ cup fresh basil



## DIRECTIONS

1. In a small bowl, whisk the first seven ingredients.
2. Place 3 tablespoons marinade in a large resealable plastic bag. Add vegetables; seal bag and turn to coat. Marinate 1 ½ hours at room temperature.
3. Transfer vegetables to a grid, and place grid on grill. Grill vegetables, covered, over medium heat 8–12 minutes or until crisp-tender, turning occasionally.
4. Place vegetables on a large serving plate. Drizzle with remaining marinade and basil.

*Courtesy of Chef Jacques Wilson, CEC, AAC, CDM, executive chef, El Camino Health*

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# Farro Salad

with Asparagus, Spinach and Tomatoes

## INGREDIENTS

6 ounces asparagus, trimmed and cut into 1-inch lengths  
6 ounces baby spinach  
Salt and pepper  
3 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
2 tablespoons minced shallot  
1-teaspoon Dijon mustard  
1 recipe Simple Farro, room temperature  
6 ounces tomatoes, chopped  
3 tablespoons chopped fresh dill



## Simple Farro

1 1/2 cups Farro  
2 quarts salted water (or low sodium broth)  
Bring liquid to a boil, add farro and boil for up to 20 minutes, checking consistency as you go.  
Drain, cool, and use in recipe above.

## DIRECTIONS

We prefer the flavor and texture of whole-grain Farro in this recipe. Pearled farro can be used, but cooking times vary, so start checking for doneness after 10 minutes. Do not use quick-cooking Farro.

1. Bring 2 quarts water to boil in large saucepan. Add asparagus, snap peas, and 1 tablespoon salt. Cook until vegetables are crisp tender, 2 to 3 minutes. Using slotted spoon, transfer vegetables to rimmed baking sheet and let cool for 15 minutes.
2. Whisk oil, lemon juice, shallot, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper together in large bowl. Add the chilled vegetables, Farro, tomatoes, dill, and 1/4 cup feta to dressing and toss to combine. Season with salt and pepper to taste, transfer to serving bowl. Sprinkle salad with remaining 1/4 cup feta and serve.

*Courtesy of Chef Jacques Wilson, CEC, AAC, CDM, executive chef, El Camino Health*

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# Seared Halibut

## with Basil Cucumber Salsa

Serves 4

### INGREDIENTS

- 1/2 English cucumber, stripped, then halved lengthwise and thinly sliced
- 1 cup (6oz) cherry tomatoes, quartered
- 1/2 yellow or orange bell pepper, seeded and cut into 1-inch julienne
- 1 medium shallot, sliced
- 4 Kalamata olives, sliced
- 2 tablespoons chiffonade fresh basil
- 1 tablespoon fresh lime juice
- 1 ½ teaspoons olive oil
- 1 teaspoon honey
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 4 halibut (or snapper) fillets, each 5oz



### DIRECTIONS

1. In a bowl, combine the cucumber, tomatoes, bell pepper, shallots and basil.
2. Toss gently to mix. In a small bowl, whisk together the lime juice, 1 teaspoon of the olive oil, the honey, and red pepper flakes.
3. Pour the lime juice mixture over the cucumber mixture and toss gently to mix and coat evenly. Set aside.
4. Sprinkle the halibut fillets on both sides with salt.
5. In a large, non-stick frying pan, heat the remaining ½ teaspoon olive oil over medium-high heat. Add the fish to the pan and cook, turning once (4 minutes on each side).
6. Transfer the halibut fillets to warmed plates and top each with one-fourth of the salsa.
7. Serve immediately.

*Courtesy of Chef Jacques Wilson, CEC, AAC, CDM, executive chef, El Camino Health*

*Continued on next page.*

# Lentil Ragout

Serves 4

## INGREDIENTS

1 teaspoon olive oil  
1 cup chopped onions  
4 cloves garlic, minced  
5 cups water  
1 cup raw green lentils  
1 tablespoon fresh thyme, chopped  
6 medium tomatoes, chopped  
1/4 cup fresh parsley, chopped  
2 ounces baby spinach



## DIRECTIONS

1. Heat a medium saucepan on medium-high heat.
2. Add the oil, sauté the onions and garlic for 2 to 3 minutes.
3. Add the water, lentils and thyme; cook until most of the water is absorbed, about 20 minutes.
4. Stir in the tomatoes, parsley and spinach. Set aside and keep warm.

*Courtesy of Chef Jacques Wilson, CEC, AAC, CDM, executive chef, El Camino Health*

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# Mediterranean-Style Grilled Salmon

Serves 4

## INGREDIENTS

4 salmon fillets, each 5 ounces\*  
4 tablespoons julienned fresh basil  
(reserve 1 tablespoon for later)  
2 tablespoon chopped fresh parsley  
(reserve 1 tablespoon for later)  
1 tablespoon minced garlic  
2 tablespoons lemon juice  
4 teaspoon extra-virgin olive oil  
Cracked black pepper, to taste  
1 clove garlic, finely chopped  
1 cup diced tomatoes,  
4 Kalamata olives, pitted and chopped  
1 tablespoon capers



## DIRECTIONS

1. Place the salmon fillets in a shallow bowl. Toss well with basil, parsley, garlic, lemon juice,  $\frac{1}{2}$  the olive oil, and pepper. Let rest for 15 minutes.
2. Cook the salmon, skin side down in a nonstick skillet over medium-high heat for 2 to 3 minutes, shaking the pan and carefully lifting the salmon with a spatula to loosen it from the pan.
3. Reduce the heat to medium. Cover the pan and cook until the salmon is cooked through, 3 to 4 minutes more. The skin should be crisp and the flesh medium rare.
4. Combine the remaining olive oil, the herbs, tomatoes, olives and capers in a bowl and mix well.
5. When the salmon is ready place on a plate and top with the herb-tomato mixture. Serve with your favorite whole grains and vegetables.

*\*Chef's Note – The Salmon may be substituted for skinless boneless chicken breast or tofu.*

*Courtesy of Chef Jacques Wilson, CEC, AAC, CDM, executive chef, El Camino Health*

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# Mediterranean Diet and Lifestyle Tips

As a health-savvy individual, you likely know that good heart health includes consuming a diet of vegetables, fruits, fish and whole grains. These parts of a healthy diet remain true but changing the oil you cook with, adding more beans and legumes to your diet and even enjoying an occasional glass of red wine may make a difference in your risk of heart disease and lower your risk for lung, breast, colon, prostate and pancreatic cancers. Here are tips for following the Mediterranean Diet and Lifestyle.

**Read the Nutrition Facts label.** Look for the total amount of carbohydrates and be sure to notice the serving amount that is indicated. If you need help understanding how to read labels, consider meeting with a dietitian or visiting [FDA.gov/food](https://www.fda.gov/food).

**Eat Breakfast.** Consider starting your day with steel cut oats. Buy organic oats and be sure they are free of sugar add-ins and flavorings. Steel cut oats are coarsely chopped and less processed than rolled oats, making them have a lower glycemic index.

**Consume more monosaturated fats than saturated fats.** Saturated fats come mainly from animal sources (dairy, red meat and poultry). Monosaturated fats are found in many foods and oils such as olive oil and avocados. Studies have shown that eating foods rich in monosaturated fats improve blood cholesterol levels.

**Shop your local farmers' market.** Buying local not only supports small businesses and independent farmers, it also lowers the amount of synthetic chemical pesticides you consume. For hundreds of years, the working class in countries surrounding the Mediterranean Ocean ate only what they could catch on land or in the sea and grow on their farms. Fish was easier to come by and so they consumed less red meat. By doing this they exercised daily and ate a balanced diet.

**Choose olive oil.** Olive oil's monosaturated fatty acids can help lower cholesterol levels and balance blood sugars. It also contains anti-inflammatory properties, which helps reduce inflammation. When buying olive oil, look for Extra Virgin in a dark green glass and consume the bottle within a year. After a year many of the nutrition properties are lost.

**Spice it up!** Adding spices and herbs to foods you prepare adds flavoring to your dish without the calories. Consider using spices and herbs popular in the Mediterranean such as basil, cloves, bay leaves, mint, fennel and pepper.

**Switch up your snacks.** Snacking on low-fat dairy and nuts instead of processed snack foods is a great way to eat whole foods. Try plain Greek yogurt or almonds.

**Rethink dessert.** Dessert doesn't have to be full of sugar and saturated fats. Next time you're in the mood for a sweet, slice up an avocado and blend with unsweetened dark cacao powder, vanilla extract, coconut milk and cinnamon. You'll get a creamy pudding and keep your blood sugars sensitive.

**Have a glass of red.** Consider inviting your friends over for a glass of wine – you'll have the laughs and red wine, both good for your heart.

**Boost your exercise.** Physical activity five days a week for thirty minutes a day is recommended by many physicians.

Sources: The Cardiovascular Benefits of the Mediterranean Diet and Lifestyle presentation by Dr. Neal Scott, February 10, 2016, [MayoClinic.org](https://www.mayoclinic.org), [Health.gov](https://www.health.gov)

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# Cardiovascular Health Glossary

**Angina:** An inadequate blood supply to the heart that causes chest pain.

**Anticoagulation:** Used to prevent the formation of new blood clots, and to treat existing clots by preventing them from growing larger in size.

**Artery Disease:** Disease of the main artery that supplies blood from the heart can be extremely life threatening, and includes aneurysms, tears in the inner lining, and penetrating ulcers.

**Aortic Valve Stenosis:** One of the most common and most serious valve disease problems, aortic stenosis is a narrowing of the aortic valve opening. Aortic stenosis restricts the blood flow from the left ventricle to the aorta and may also affect the pressure in the left atrium.

**Aortic Valve Replacement (AVR):** A procedure in which a patient's failing aortic valve is replaced with an artificial heart valve. The aortic valve can be affected by a range of diseases; the valve can either become leaky (aortic insufficiency) or partially blocked (aortic stenosis). Current aortic valve replacement approaches include open heart surgery via a sternotomy, minimally invasive cardiac surgery (MICS), and transcatheter aortic valve replacement (TAVR).

**Atherosclerosis:** A disease of the arteries characterized by the deposit of plaque or fatty material on their inner walls.

**Atrial Fibrillation (Afib):**

An irregular heart rhythm that begins in your heart's upper chambers that can lead to blood clots.

**Calcium Score:** Amount of plaque observed in the CT scan. The purpose of the test is to understand your risk of heart attack or disease and taking preventive or corrective measures based on the results.

**Cardiac & Pulmonary Wellness Center (CPWC):**

Program at El Camino Health designed to help you reduce your heart disease risk factors, limit the progression of disease, improve your physical functioning, and cope with stress more effectively. After a heart attack or other cardiac event, regaining strength and fitness is an ongoing process that takes time, persistence, and medical supervision and support.

**Cardio-Obstetrics:** Care and expertise around pregnancy planning with women who have cardiac disease, or previous pregnancy complications.

**Cardio-Oncology:** A program at El Camino Health where specialized trained cardiologists and other professionals work with patients before, during and after cancer treatment, to help ensure the treatment plan is as heart-safe and effective as possible.

**Cardiomyopathy:** Chronic disease of the heart muscle which makes it harder for the heart to pump blood to the rest of the body.

**CHA2DS2-VASc:** Score is a system that predicts the risk of stroke in people with atrial fibrillation (AFib). The score is based on several factors, including age, blood pressure, and whether the patient has had a stroke.

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## Norma Melchor Heart & Vascular Institute

**Cholesterol:** A waxy, fat-like substance that's found in all cells of the body.

**Clinical Research:** Aims to advance medical knowledge by studying people, either through direct interaction or through the collection and analysis of blood, tissues, or other samples.

**Computerized Tomographic (CT) Angiography:** A radiological test that creates detailed images of the blood vessels in the body.

**Congenital Heart Disease:** A problem with the heart's structure and function due to abnormal heart development before birth.

**Congestive Heart Failure:** A weakness of the heart muscle that leads to a buildup of fluid in the lungs and surrounding body tissues.

**Echocardiography:** A noninvasive ultrasound test that shows an image of the inside of the heart.

**Endothelial Dysfunction:** Caused by diabetes, hypertension, obesity, smoking or inactivity, it happens when damage occurs in the thin layer of cells that line blood vessels.

**Exercise:** Americans tend to think of how much time we have to dedicate to exercise, but exercise can include any activity that involves movement. Walking is a common way to get exercise in most communities that are not car reliant. The minimum recommended weekly amount of exercise is 150 minutes, but 300 minutes is recommended for folks who want to lose weight. It is also recommended that people over 50 engage in 2 hours of strength training (weight) per week to prevent muscle loss as we age. An hour of balance training per week is also recommended.

**Food as Medicine:** Using the natural healing powers of nutrient packed vegetables, fruit, whole grains, and legumes to prevent, delay, and possibly reverse disease.

**Healthspan vs. Lifespan.** As we live longer, we want to focus on healthspan, how we can maintain functionality and wellness in our advanced years. Lifespan is just how long you live.

**HeartFlow:** The HeartFlow analysis is an advanced test that assesses coronary artery disease. It shows how each blockage impacts blood flow to your heart.

**Heart Valve Disease:** One or more of the four valves of the heart may not close completely, causing blood to flow backward instead of forward, or the valve(s) opening may become narrowed or fail to form properly, inhibiting the flow of blood out of the ventricle or atria.

**HIT or High Intensity Training** involves short bursts of exercise at high cardio levels interspersed with recovery periods.

**Hypertension:** Abnormally high blood pressure and especially arterial blood pressure. The systemic condition accompanying high blood pressure.

**Interventional Cardiology:** Catheter-based treatment for heart disease.

**Ischemia:** An inadequate supply of blood to an organ or part of the body, especially the heart muscles, caused by partial or total blockage of an artery.

**Laughter Yoga:** A form of exercise that combines laughter with yoga poses and breathing techniques. It aims to promote physical and mental well-being through laughter and relaxation.

**Left Atrial Appendage Occlusion (LAAO) or Watchman:** A treatment strategy to reduce the risk of left atrial appendage blood clots from entering the bloodstream and causing a stroke in patients with non-valvular atrial fibrillation (AF).

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**Lipoproteins:** Cholesterol travels through your bloodstream in small packages called lipoproteins (lip-o-PRO-teens). These packages are made of fat (lipid) on the inside and proteins on the outside. Two kinds of lipoproteins carry cholesterol throughout your body — low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

**MitraClip (Mitral Clip):** A percutaneous method of heart treatment that is targeted to fix mitral valve regurgitation. The MitraClip is a small clip that is attached to your mitral valve. It treats mitral regurgitation by allowing your mitral valve to close more completely, helping to restore normal blood flow through the heart.

**Mitral Regurgitation:** Leakage of blood backward through the mitral valve each time the left ventricle contracts.

**Mitral Valve Replacement:** A surgical procedure in which the diseased mitral valve of the heart is replaced by a mechanical or biological tissue valve.

**Moderate Sedation:** A drug-induced depression of consciousness during which patients respond purposefully to verbal commands, either alone or accompanied by light tactile stimulation.

**Pericarditis:** A swelling and irritation of the thin saclike membrane surrounding the heart (pericardium).

**Peripheral Vascular Disease (PVD):** PVD involves disease in any of the blood vessels outside the heart and diseases of the lymph vessels. Narrowed arteries reduce blood flow to limbs, most commonly the legs and feet.

**Spontaneous Coronary Artery Dissection (SCAD):** A tear forms in an artery in the heart and causes blood to pool in the area between the layers. The blood trapped between the layers can form a blood clot which can reduce or block blood flow through the artery and cause a heart attack.

**Statin:** Drugs that can lower cholesterol, by working to block a substance that your body needs to make cholesterol. Lowering cholesterol isn't the only benefit of taking a statin. These medicines also have been linked to a lower risk of heart disease and stroke.

**Step count:** The 10,000 step count originated from the 1964 Japanese Olympics. That number was chosen arbitrarily as the Japanese character for 10k looks like a man walking. The data now shows any amount of steps are helpful, but targeting 7,000 appears to have the most benefit per step. The benefit plateaus after 7,000 but there is still an increasing benefit.

**Structural Heart Disease:** When the heart anatomy becomes damaged, blood flow can be altered, which can lead to stroke, heart failure or sudden cardiac arrest.

**Takotsubo Syndrome:** Condition where your heart muscle becomes suddenly weakened. The left ventricle, one of the heart's chambers, gets larger and changes shape. It can be caused by the heart's reaction to a surge of stress hormones.

**Transcarotid Artery Revascularization (TCAR):** Minimally invasive procedure that can clear blockages and open a narrowed carotid artery. The surgeon makes an incision over the common carotid artery to perform the repair.

**Transcatheter Aortic Valve Replacement (TAVR):** A procedure for select patients with severe symptomatic aortic stenosis (narrowing of the aortic valve opening) who are not candidates for traditional open chest surgery or are high-risk operable candidates.

**Transesophageal Echocardiography (TEE):** An alternative way to perform an echocardiogram. A specialized probe containing an ultrasound transducer at its tip is passed into the patient's esophagus.

**Valve Replacement:** An operation to replace a heart valve that is either blocking normal blood flow or causing blood to leak backward into the heart (regurgitation).

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### **El Camino Health Cardiovascular Physicians and Locations**

#### **Find a Cardiovascular Doctor**

#### **Cardiovascular Locations**

##### **Advanced Care and Diagnostics Center and Women's Heart Center**

Sobrato Pavilion, 2495 Hospital Drive, Suite 450 & 460, Mountain View, CA 94040

Phone: 650-988-4171

##### **Cardiac & Pulmonary Wellness Center**

El Camino Health

2500 Grant Road, Suite 1F68, Mountain View, CA 94040

Phone: 650-940-7130

##### **Melchor Cardiology**

El Camino Health Specialty Care Melchor

2490 Hospital Drive, Suite 309, 311, Mountain View, CA 94040

Phone: 408-871-3400

##### **Norma Melchor Heart & Vascular Institute**

El Camino Health

2500 Grant Road, Suite 1F62, Mountain View, CA 94040

Phone: 650-962-4580

##### **Cardiology Willow Glen**

El Camino Health Primary and Specialty Care Willow Glen

625 Lincoln Avenue, San Jose, CA 95126

Phone: 408-871-3400

##### **Cardiology Morgan Hill**

El Camino Health Primary and Specialty Care Morgan Hill

16130 Juan Hernandez Drive, San Jose, CA 95037

Phone: 408-871-3400

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For more information or referral to one of  
our experts, please call or visit our website.

[elcaminohealth.org/heart](https://elcaminohealth.org/heart)

