



CREDIT METROCREATIVECONNECTION.COM PHOTO

Obesity and Heart Disease

Nearly 70 percent of American adults are overweight or obese.

Per the Centers for Disease Control and Prevention, heart disease was the leading killer of Americans in 2016. One major contributor to heart disease is obesity. If you have been putting off losing those extra pounds, now is the time to commit to losing weight and improving your heart health.

Obesity describes anyone who is at least 20 percent over their ideal weight. This ideal weight is determined by BMI, or body mass index. The American Heart Association reports nearly 70 percent of American adults are overweight or obese.

DETERMINE YOUR BMI

A person's BMI is calculated by dividing weight in kilograms by the square of height in meters. A body mass index does not directly measure a person's body fat content. It is an easy-to-perform calculation for screening weight categories such as underweight, normal, overweight or obese.

Determining your BMI is simple. The CDC offers a tool that calculates your BMI based on your height and weight. An individual with a BMI result of 30 or more is obese. If you are at or above 30, you might be at a higher risk for heart disease.

HOW OBESITY HARMS YOUR HEART

Being obese can lead to serious diseases that will put you and your heart at risk. The National Institutes of Health has listed some of these common heart-related conditions to which obesity contributes.

- **Coronary heart disease:** CHD is a condition that causes plaque to build up in your arteries. Plaque may cause your arteries to narrow or become blocked, restricting blood flow to your heart muscle. This could lead to heart failure.
- **High blood pressure:** Obesity causes your body to require more blood to supply your tissue with the proper amount of oxygen. This causes your artery walls to be put under a dangerous amount of pressure that will harm your heart.
- **Diabetes:** Obesity is believed to change your body's metabolism. This change causes tissue to release fat molecules into your blood and reduce your body's responsiveness to insulin. Diabetes doubles your chances of experiencing heart disease.

Getting yourself out of the obese range as determined by your BMI will drastically reduce your risk for heart disease. A good place to start on this journey is to count calories and begin a regular physical regimen that challenges you to exercise daily.

HEART DISEASE

According to the Centers for Disease Control and Prevention in 2015 heart disease accounted for 614,348 deaths in the U.S.

Every 43 seconds, someone in the United States has a heart attack.

CHRISTINA MacNAMARA-SCHMIDT
For Health & Science

That means about 735,000 Americans have a heart attack every year, according to the Centers for Disease Control.

And in the Quad City area, our heart health stats may be even worse.



"Scott and Rock Island County both are **Saskowski** above the national averages for heart disease deaths per 100,000 people. Locally, we are higher than state and national levels," said Dan Saskowski, manager of Cardiac/Pulmonary Rehab at UnityPoint Health-Trinity.

While a heart attack may be the first thing that comes to mind when thinking of heart illnesses, there are many different types of heart problems.

"There are plumbing issues, where blood vessels are blocked and cause heart attack or angina. We also have patients with valves that don't open and close completely. Then, there are electrical problems, where the heart isn't beating in the right manner—either too fast, too slow, or just irregular," said Karen Doy, cardiac diagnostic manager at Genesis Medical Center.

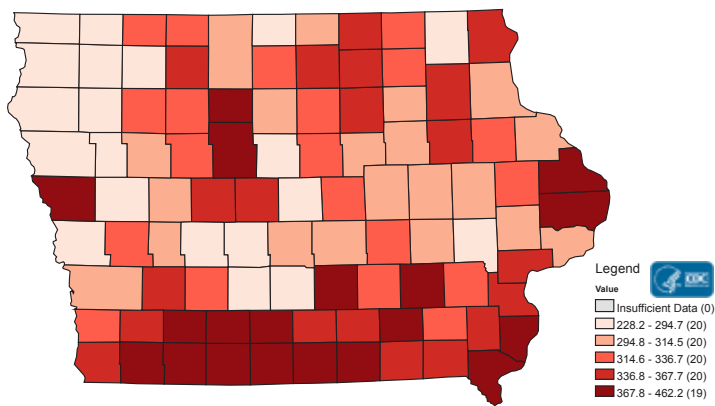
Here's a brief rundown of some of the major heart-related health issues:

Heart attack: A heart attack occurs when a part of the heart muscle doesn't receive blood flow. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle.

Cardiac arrest: Cardiac arrest is the abrupt loss of heart function in a person who may or may not already have heart disease. A cardiac arrest is caused when the heart's electrical symptom malfunctions, and the heart suddenly stops working properly. Arrhythmia is common, and sudden death occurs within minutes after the heart stops. Cardiac arrest may be reversed with CPR and a defibrillator to shock the heart and restore function of heart rhythm.

Heart failure: Heart failure is

Heart Disease Death Rate per 100,000 in Iowa Age 35+, All Race, All Gender, 2012-2014



CREDIT CENTERS FOR DISEASE CONTROL AND PREVENTION

Iowa ranks 30th in the nation for heart disease death rate. Stats include all 50 states plus Washington D.C., Guam, U.S. Virgin Islands, Puerto Rico, American Samoa, and N. Mariana Islands.

This map was created using the Interactive Atlas of Heart Disease and Stroke, a website developed by the Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention. www.cdc.gov/dhdsp/maps/atlas

a chronic, progressive disease in which the heart can't pump enough blood to keep up with the body's demands. The heart may try to compensate by enlarging, which leads to fluid retention that can make the lungs congested and the heart to beat irregularly.

Stroke: Stroke is a disease that affects the arteries leading to and within the brain. It's the number five cause of death in the

U.S. A stroke happens when a blood vessel that carries nutrients and oxygen to the brain is either blocked or bursts. Then, part of the brain can't get oxygen and brain cells die.

Other heart issues can be related to vascular health. Peripheral artery disease is a condition with narrowing of the arteries going to the legs, stomach, arms, and head. Venous thromboembolism (TE) is a blood clot in a vein.

Women are not immune to heart disease

CHRISTINA MacNAMARA-SCHMIDT
For Health & Science

Heart disease is the leading cause of death in women over age 40, especially after menopause. Each year, more than 400,000 U.S. women die of heart disease—about one death per minute, according to the Centers for Disease Control

"It's not as common for a woman to have heart disease in her younger years because she's protected by estrogen. Usually 10 years post-menopause, their heart disease rates catch up with men. Women often don't realize they're at equal risk," said Karen Doy, cardiac diagnostic manager at Genesis Medical Center.

"Women also have smaller vessels than men, and that makes them more vulnerable," Doy added.

Symptoms of a heart attack can be quite different for women compared to men.

"Women's symptoms are more obscure. They might feel a little nauseous, fatigued, short of breath. Men's symptoms are usually more obvious, like chest pain and limited physical activity," Doy added.

"Warning signs may be a different. Women can have pain in the chest that radiates into arm, teeth,

jaw, and back, but they can have more vague symptoms without the chest pain," said Dan Saskowski, manager of Cardiac/Pulmonary Rehab at UnityPoint Health-Trinity.

Doy added that more women are starting to smoke, too. "Smoking is a big risk factor for heart disease. We're seeing the number of women smoking increasing, and the number of men smoking decreasing," she said.



Grab life by the horns PAIN FREE with Dr. Tyson Cobb, a pioneer in the latest hand and upper extremity minimally invasive techniques



ORTHOPAEDIC SPECIALISTS

Better experience. Better results.

New open surgery technique for Carpal Tunnel syndrome

Is hand pain or numbness keeping you up at night?

People who suffer from carpal tunnel syndrome often experience worse symptoms following sustained gripping activities, such as driving a car or holding a book or a newspaper. The most common complaint (when talking to patients) is waking at night with numbness and tingling or pain in one or both hands. This is thought to potentially be the result of abnormal wrist posture during sleep, which places increased pressure on the nerve in the wrist. This theory is supported by the fact that wrist splints used to hold the wrist in a more open, physiologic position during sleep are one of the most effective nonoperative treatments.

If you think you may be suffering from carpal tunnel syndrome, it is important to understand what carpal tunnel syndrome is. Carpal tunnel syndrome is caused by pressure on the median nerve where it passes through the carpal tunnel along with the flexor tendons as they travel from the forearm to the hand and fingers. The carpal tunnel is a bony canal formed by the carpal (wrist) bones. A strong ligament, called the transverse carpal ligament or flexor retinaculum,

closes the palm side of the canal. This ligament serves as a pulley for the flexor tendons. The most common cause of the pressure causing carpal tunnel syndrome is "idiopathic," meaning the cause is not proven or known. Many believe that the synovial lining around the tendons proliferates, or thickens, resulting in increased contents in the carpal tunnel and thereby pressing the median nerve against the transverse carpal ligament.

WHAT TREATMENTS ARE AVAILABLE?

Nonsurgical treatments may include non-steroidal anti-inflammatories such as aspirin or ibuprofen, occupational therapy, chiropractic or other manipulative techniques, and cortisone injections. Patients that do not respond to these conservative treatments are usually treated surgically to relieve the pressure on the median nerve. Without surgery, permanent nerve damage may occur. Research has shown that nerve damage is a result of the length of time and amount of pressure on the nerve.

The most common surgery for carpal tunnel syndrome involves dividing the transverse carpal ligament to alleviate pressure on the median nerve. The ligament is cut to open the carpal tunnel about 5 mm; the larger passage



Dr. Cobb



CONTRIBUTED PHOTO

relieves the pressure on the median nerve. In about six weeks, the ligament heals, allowing for return of normal strength. This older, more traditional, open surgical procedure requires a large incision through the skin, subcutaneous tissues, nerves, and muscles in order to allow the surgeon to see and cut the transverse carpal ligament. This results in longer healing times and more scar tissue than the newer, minimally invasive approach.

A newer surgical technique is endoscopic carpal tunnel release.

Using an endoscope (tiny video camera smaller than a pencil), the surgeon is able to see and divide the transverse carpal ligament from inside the carpal tunnel through a very small incision called a "portal". The surgery is performed without having to cut through tissue overlying the transverse carpal ligament. The incision is so small that no stitches are required following the procedure. Patients recover faster and experience less postoperative scarring, pain, and stiffness than patients that undergo the older,

open surgical technique. Dr. Tyson Cobb of Orthopaedic Specialists is performing this newer open surgery technique. For more information on other procedures that Dr. Cobb performs or to learn more about Orthopaedic Specialists, visit our website at www.osquadcities.com. For a request for an evaluation, contact our office at 563-344-9292 or click here. Find us on Facebook and like us to stay up to date with treatment options and information: [facebook.com/osquadcities.com](https://www.facebook.com/osquadcities.com).

Life after a heart attack begins with rehab

Cardiac rehab usually lasts 4-6 weeks.

CHRISTINA MacNAMARA-SCHMIDT
For Health & Science

You or a loved one had a heart attack or are suffering from another heart-related illness. Now what?

CARDIAC REHAB.

"It's a process that starts in the hospital right after surgery. A nurse or exercise physiologist visits the patient, talks about beginning to exercise, and what is safe. They talk about diet, having sex, and so many things relative to life," said Marcia Brewer, director of the Genesis Heart Institute.

"Many patients are scared, but we are there to help them as they gain back confidence and strength," she said.

Cardiovascular fitness through walking, cycling, rowing, or even jogging and other endurance activities. You may also do strength training (lifting weights, for example) to increase your muscular fitness.

Cardiac rehab usually involves 3 sessions per week for 4-6 weeks. It usually includes an exercise program that may involve walking, cycling, rowing, and strength training, along with warm ups and stretches. Many patients choose to stay past the typical six-week timeframe.

"They can go into a maintenance program for the rest of their life and stay exercising with us," said Brewer.

Dan Saskowski, manager of Cardiac/Pulmonary Rehab at UnityPoint Health-Trinity, says there's a great effort to provide a whole care plan for the patient.

"Our physicians are very engaged in recommending and prescribing rehab for patients. There are incremental gains in cardiac health over time. Some



© FOTOLIA PHOTO

benefit will come from participating for a month, but even more if a patient attends two or three months. The chance of another heart attack is substantially less if they come to rehab," he said.

In addition to exercise recommendations, care plans also include medication protocols, diet instructions, and education on stress, emotions, and depression. Smoking cessation can be another

topic for those who smoke. "It's very bad for the arteries and the whole body. Some chemicals in cigarettes damage the inside of arteries and cause plaque to build up over time," Saskowski said.

IN BRIEF

Heart Disease Risk Factors

Certain habits or pre-existing medical conditions can raise your risk of having a heart-related disease.

Known risk factors include: high blood cholesterol and triglyceride levels, high blood pressure, diabetes, obesity, smoking, inactivity, unhealthy diet, and stress. These risk factors are ones you can control.

Age, gender, and family history of heart disease are risk factors that you cannot control.

"If someone has the genes, they need to watch their risk factors. It's very important to exercise. I feel like it affects all of the risk factors--helps maintain healthy weight, controls blood sugar and blood pressure, and it's hard to smoke while you're exercising," said Karen Doy, cardiac diagnostic manager at Genesis Medical Center.

'Heart' Disease - It Can Also Affect Your Feet, Your Kidneys, and Your Brain

One In Five Americans Over Age 60 Have Peripheral Artery Disease

SOCIETY FOR VASCULAR SURGERY ASSOCIATED PRESS

CHICAGO, Feb. 9, 2017 In February, American Heart Month raises awareness about heart disease. But "heart disease" is a catch-all term that refers to numerous problems, many of which are related to hardening of the arteries.

Hardening of the arteries doesn't just happen in the heart, noted Dr. Ali AbuRahma, secretary of the Society for Vascular Surgery; it happens all over the

body. The progressive disease, also known as arteriosclerosis, causes plaque to start clogging up the arteries, making it more difficult for oxygen-rich blood to flow throughout the body. That is bad for the heart, but also dangerous for the legs, feet, kidneys and the brain.

For those who are healthy enough for exercise, regular activity is beneficial for the circulatory system in the legs, feet, heart and brain.

Arteriosclerosis usually doesn't affect every blood vessel uniformly, Dr. AbuRahma said. In most people with arteriosclerosis, there will be a general hardening of the arteries throughout the body, but some arteries will have more plaque than others.

When this disease gets worse in the legs and feet, it is called peripheral arterial disease, also known as PAD. Unfortunately, PAD is very common in the

U.S. According to the Centers for Disease Control, about 8.5 million Americans have PAD, including up to 20 percent of those older than 60. When not enough oxygen-rich blood is pumping through the legs and feet, the feet may develop wounds that won't heal. In advanced cases, patients may face amputation.

Hardening of the arteries may have no symptoms at all until the disease has become advanced. However, some people may have leg pain when they walk, a symptom of PAD. These patients should inform their physician, who may order a painless, non-invasive test called an ankle-brachial Doppler test that measures the blood pressure in the ankles.

The good news is that hardening of the arteries is manageable. "We recommend that everyone take a few sensible health measures to keep their veins

and arteries healthy," said Dr. AbuRahma. "First, know your 'numbers,' that is, manage your blood pressure, blood sugar and cholesterol. Don't smoke and get regular physical activity. Try to lower your stress level, too."

For those whose disease has advanced, there is still hope, he added.

"Vascular specialists are trained to restore blood flow," he said, "but most of our long-term patients never need anything other than medication and good health habits. But if non-invasive treatments no longer work, we can install minimally invasive balloons or stents to unblock blood vessels, or perform open procedures, in which we create bypasses around a blocked artery."

SOURCE Society for Vascular Surgery/ PRNewswire-USNewswire

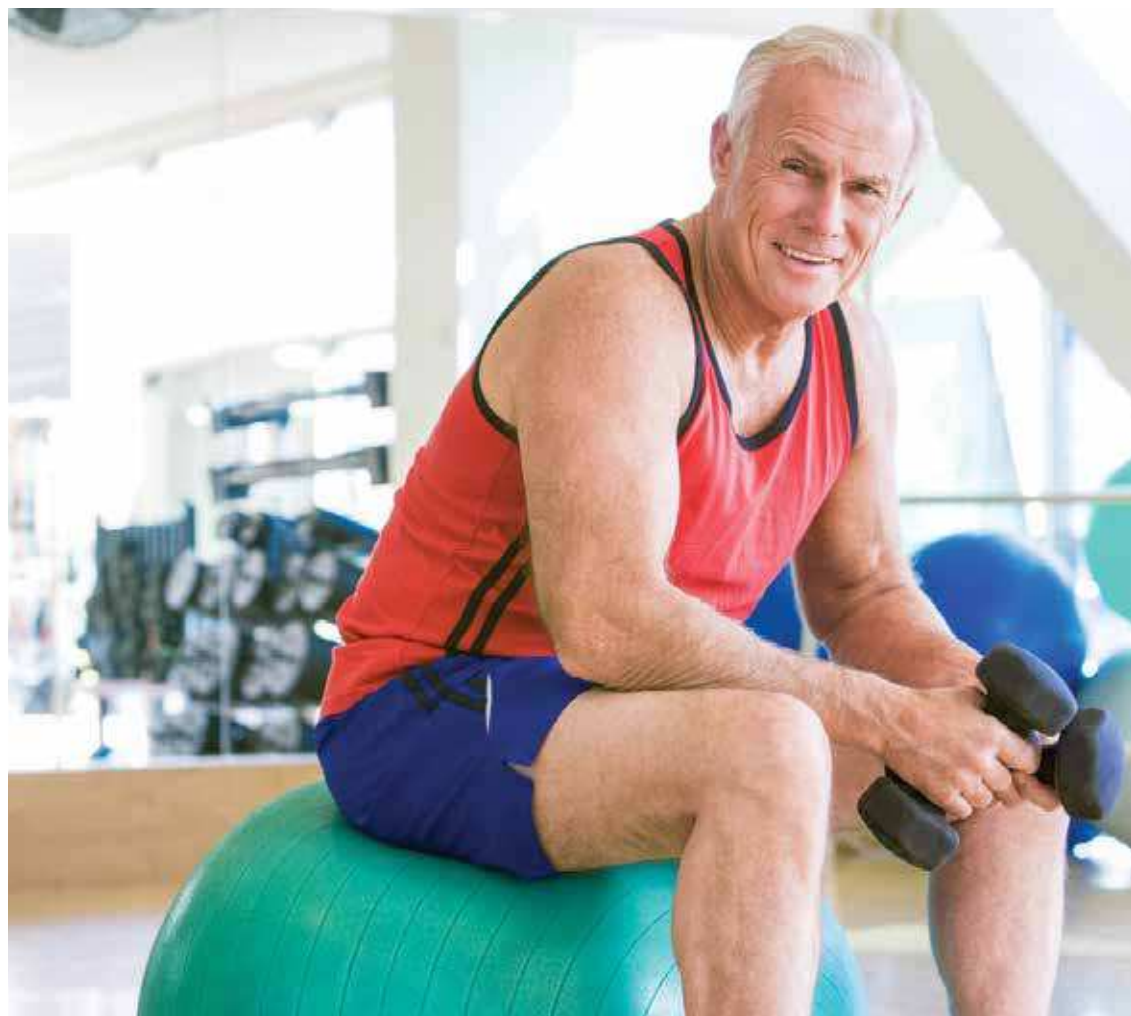
'Heart disease' describes a number of different conditions

Few people are unaware of heart disease and its potentially devastating effects. But many people may not know that the term "heart disease" is a blanket term used to describe several health problems related to the heart.

According to the World Health Organization, ischaemic heart disease, which is characterized by a reduced blood supply to the heart, is the leading cause of death across the globe. Though many conditions are characterized as ischaemic heart disease, many others are not, and the WHO notes that other heart conditions, including stroke, are also among the top 10 most deadly diseases in the world. The following is a rundown of some of the more common heart conditions, many of which can be prevented if men and women make the right lifestyle choices.

ANGINA

Angina occurs when a person has chest pain or discomfort around their heart because the muscle is not getting enough oxygen-rich blood. Angina can be a byproduct of elevated levels of stress or overexertion and may even be caused by clogged arteries. All cases of angina are not the same. Stable angina is the most common form, and usually follows a pattern that is common among patients. Unstable angina is less predictable, while variant angina, the rarest form of the condition, occurs while a person is at rest. Rest and medicine are at the root of treating angina, which is more easily treated once its cause has been determined.



METROCREATIVECONNECTION.COM PHOTO

Daily exercise is one way men and women can prevent the onset of heart disease.

ATHEROSCLEROSIS

Atherosclerosis is characterized by the buildup of fatty materials in the arterial walls. This fatty material can harden over time, restricting blood flow and resulting in calcium deposits. Daily exercise and a healthy diet void of high-fat, high-cholesterol foods are two ways to prevent or treat atherosclerosis.

CARDIAC ARREST

Cardiac arrest is a culmination of several heart conditions, including angina and atherosclerosis. Also known as a heart attack, cardiac arrest occurs when blood and oxygen are unable to reach the heart.

Chest discomfort; discomfort in other areas of the upper body, including the arms, back, neck

or jaw; shortness of breath with or without chest discomfort; and nausea or lightheadedness may all be indicators that a person is going into cardiac arrest.

HYPERTENSION

Also known as high blood pressure, hypertension is a relatively common heart condition. Nearly every adult has likely received

a blood pressure reading at one point in his life. That reading measures the systolic pressure, which is the pressure created when the heart beats, and the diastolic pressure, which is the pressure in the heart when it is at rest. A blood pressure above 120 over 80 is considered high, and that high figure might be caused by salt and water levels in the body and the condition of the body's kidneys, nervous system and blood vessels, as well as the body's hormone levels. Treating hypertension is relatively simple, as a doctor will typically recommend some dietary changes and may even prescribe medication for those patients with especially high blood pressure.

STROKE

Stroke occurs when the blood supply to any part of the brain is interrupted. Potentially deadly, stroke can cause paralysis as well. Trouble speaking, loss of coordination and trouble moving limbs may be indicative of stroke, which is considered a medical emergency that requires immediate medical help. The longer a person goes between the onset of a stroke and seeking treatment often determines the severity of the consequences.

More information on heart disease is available at www.heart.org.

Some amazing facts about the human heart

Hearts symbolizing love can be traced back to the Middle Ages

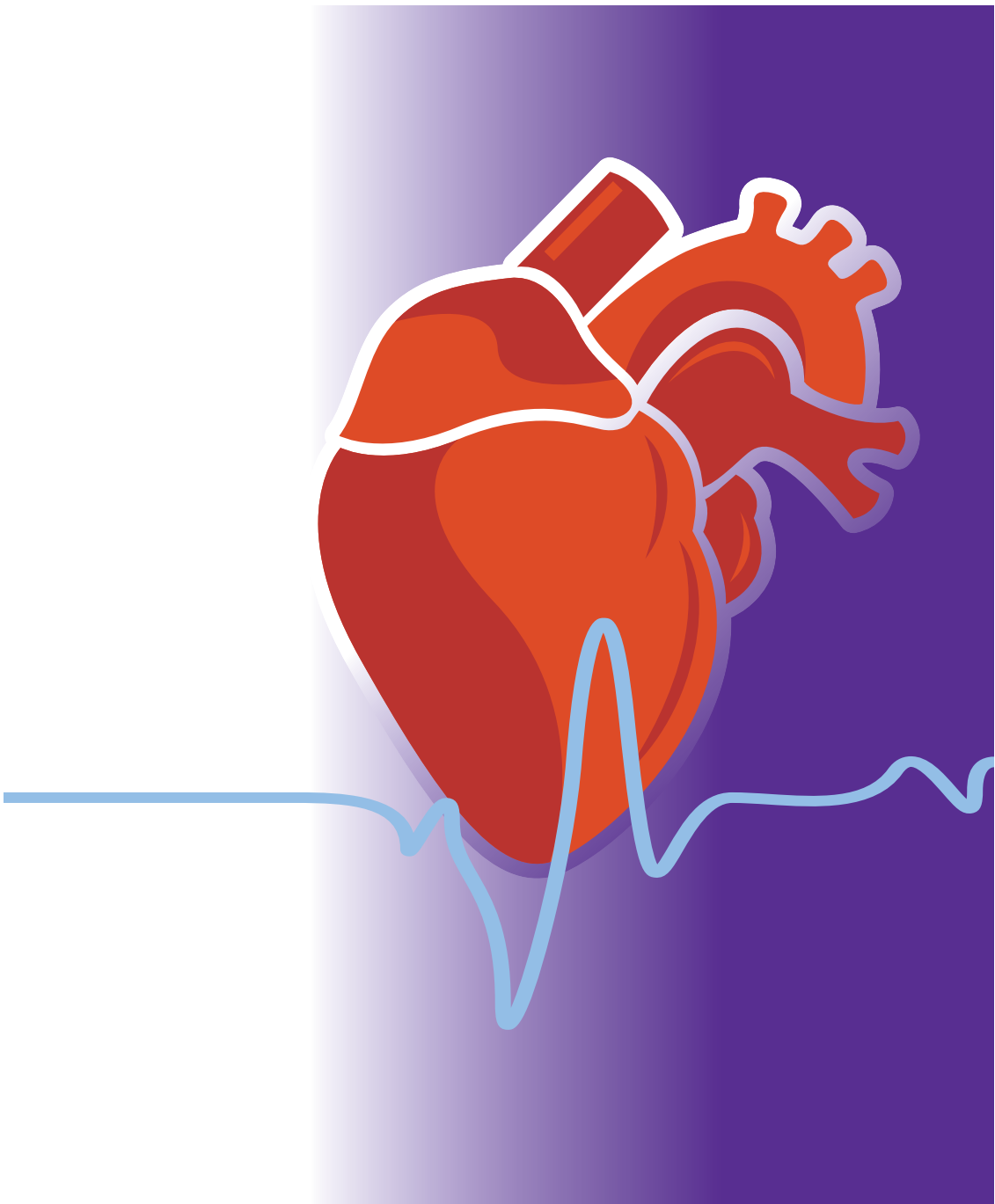
Every Valentine's Day homes and businesses dress up the decor with cupids and hearts to celebrate a day all about love and affection. The heart shape has been used to symbolically represent the human heart as the center of emotion and romantic love. Hearts symbolizing love can be traced back to the Middle Ages.

Those familiar with human anatomy realize that an actual heart bears very little resemblance to the ideographic heart shape used in art and imagery. Similarly, the human heart really has nothing to do with human emotions. Despite this, there are many interesting components of the heart, and a man or woman truly cannot love or live without one.

The heart as an organ is relatively small in size. It is roughly the size of a fist and weighs only 11 ounces on average. Although diminutive, the heart is responsible for pumping 2,000 gallons of blood through 60,000 miles of blood vessels each day. It accomplishes this by beating 72 times a minute in a healthy adult. All of the cells in the body receive blood except for the corneas in the eye.

The heart works harder than any other muscle in the body. In a fetus, it begins beating at four weeks after conception and will not stop until a person's time of death. Even then, sometimes the heart can be revived. A heart can also continue to beat outside of the body provided it has an adequate oxygen supply.

Although many people refer to all of the blood vessels in their body as "veins," they're actually a combination of veins and arteries. Veins carry fresh, oxygenated blood to the body through arteries. The main artery leaving the left heart ventricle is



PHOTOS.COM PHOTO

called the aorta, while the main artery leaving the right ventricle is known as the pulmonary artery. Blood traveling back to the heart flows through veins after it has passed the lungs to pick up oxygen. The thumping noise that is heard while the heart is beating is actually the chambers of the heart closing and opening as blood flows through.

While the heart may not be the cornerstone of emotions, it can be affected by feelings. Studies have

shown that a "broken heart" is a real occurrence, according to Live Science. Bad news can put a person at increased risk for heart attack. This type of trauma releases stress hormones into the body that can stun the heart. Chest pain and shortness of breath ensue but can be remedied after some rest.

Conversely, laughter and positive feelings can be beneficial for the heart. Research has shown that a good laughing fit can cause

the lining of the blood vessel walls -- called the endothelium -- to relax. This helps increase blood flow for up to 45 minutes afterward.

Although having a big heart colloquially means that a person is loving and goes out of their way for others, physically speaking, a big heart is unhealthy. An enlarged heart can be a sign of heart disease and compromise the heart's ability to pump blood effectively. Left untreated, it can lead to heart failure.

A "Broken Heart" is a serious matter

CHRISTINA MacNAMARA-SCHMIDT
For Health & Science

You may have heard the phrase, "she died of a broken heart".

Now doctors are saying that's no joke, and that you really can die from a sudden shock to the system.

"It's real. Your risk of having a heart attack goes up when someone very close to you passes away. Stress associated with grieving is hard on the heart," said Dan Saskowski, manager at Cardiac/Pulmonary Rehab at UnityPoint Health-Trinity.

"Broken Heart Syndrome", also known as Takotsubo cardiomyopathy, is caused by emotions like panic, grief, or even happiness that can lead the body to a fatal heart condition.

"It's related to a huge surge in adrenaline," said Marcia Brewer, director of the Genesis Heart Institute.

Brewer says they've seen cases of it in the Quad Cities.

"Patients come in with chest pain, and have elevated enzyme levels and ischemia, or lack of oxygen going to the heart muscle. But, when we take them into the cath lab and expect to see a blockage, and their vessels are clean but the left ventricle may be swelling out," said Brewer.

Doctors say the paralysis usually recovers, but the stress can lead to a cardiac arrest during the episode.

Most cases of "Broken Heart Syndrome" occur in post-menopausal women, and are thought to be responsible for about 2% of heart-related deaths.



Saskowski



Brewer

Is PAIN limiting your ability?

Grab life by the horns PAIN FREE with Dr. Tyson Cobb, a pioneer in the latest hand and upper extremity minimally invasive techniques.



**Tennis/Golfers
Elbow**



Thumb Arthritis



Carpal Tunnel



Wrist Arthritis



Dr. Tyson Cobb is the area's leading Board Certified and Fellowship trained Hand & Upper Extremity Surgeon.

Call 563-344-9292 to schedule an appointment at one of these locations:

Clinton
2635 Lincoln Way
(near Culver's)

Davenport
3385 Dexter Ct.
(off Elmore Ave., near Best Buy)

 Visit osquadcities.com and like us on Facebook at facebook.com/OSquadcities

**ORTHOPAEDIC
SPECIALISTS**

Better experience. Better results.