

alive

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*The Heart of
a Woman*
Cardiac Services at NFH

Dear Friends,

What would your loved ones do without you? Forget the terrible loss and accompanying grief a family goes through when a mother dies: What about the practical side?

Who would be there to make sure your children get to bed and wake up on time? Who would fix their lunches and think to buy the after-school snacks? Who would plan their play dates at a friend's house when they are young and their weddings when they're older?

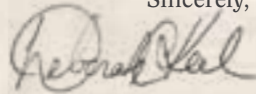
Stay heart-healthy, and those questions may never need to be answered. Heart disease is the number one killer of women in the United States, affecting about one woman out of every five.

February is American Heart Health Month, a reminder that all women should know the risk factors of heart disease. Some of these risk factors we can change; others we can't.

Watch for a new Women's Heart Program at North Fulton Hospital this year to help you learn about and assess your heart health risk. Also, you can always see your primary care physician and have a discussion about your heart disease risk factors with him or her, especially if you have a family history of heart disease.

Be good to your heart because women like you are the heart of your families.

Sincerely,



Debbie Keel, CEO



Debbie's three daughters, Corrie, Kelly, and Kim, make sure she keeps her heart healthy. They also work to ensure that they, too, know the signs and symptoms of heart attack in women.

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FIND THE HIDDEN OBJECT

Find the heart in this issue of *Alive* and win a gift card.

Simply call (770) 751-2660 and provide your name, address, and phone number, along with the page number and location of the heart.

All entries are due by Feb. 15. Correct entries will be entered into a drawing.

Congratulations to Danny Stanley of Marietta, the winner of the fall issue's hidden object contest!





PUTTING A FACE


on Breast Cancer Care

North Fulton Hospital recently appointed a medical director of its new Breast Care Program. Like NFH, Laura Rivers, MD, sees her patients as more than just a number.

DR. RIVERS, who is excited about the opportunity to care for women in the communities NFH serves, is proud to be part of a dynamic local program.

“Sometimes, women who have been recently diagnosed with breast cancer may feel helpless or like their voices aren’t being heard,” says Dr. Rivers. “I never want that for any of my patients. My goal is to help my patients understand they are more than just a number to me—they are individuals who will be treated with respect. NFH already provides compassionate care, so bringing personalized treatment into the Breast Care Program is a natural progression.”

Dr. Rivers officially took over the role of medical director on Oct. 1. She understands being diagnosed with breast cancer can be one of the most frightening times in a woman’s life and aims to build a program that focuses on high-quality medical treatment, as well as a compassionate approach to care.

 **To learn more about the Breast Care Program at NFH, visit www.nfultonhospital.com/breast.**



A GUIDING LIGHT

Meet Micah Brown, RN, breast nurse navigator for North Fulton Hospital.



Micah Brown, RN

Navigating the healthcare system can be difficult, but making sense of it after a diagnosis of breast cancer may seem impossible. This is where Brown comes in. She is here to essentially hold your hand and guide you through each step of your care and recovery.

Brown was most recently the women’s surgical unit clinical supervisor at Northside Hospital. She brings a wealth of experience working with surgical oncology patients, specifically women, to our program and will be an asset as we seek accreditation as a Breast Cancer Center. She will be working with all women who receive a breast cancer diagnosis and treatment at NFH to help them navigate the system and pursue the care that suits them best.

MEET DR. RIVERS

Laura Rivers, MD, breast surgeon, board-certified general surgeon, and medical director of the Breast Care Program at North Fulton Hospital, has a vast amount of breast health knowledge and is equipped to provide a high-level of treatment to her patients.



Laura Rivers, MD

Dr. Rivers’ areas of expertise include minimally invasive breast biopsy, breast surgery, breast disease management, and oncoplasty. She provides breast surgery consultations, as well as follow-up care after breast surgery.

Upon completing her general surgery residency, Dr. Rivers received fellowship training in surgery and breast oncology. She is a member of the American College of Surgeons, Association of Women Surgeons, American Society of Breast Disease, and the Tulane Surgical Society.



It's 8 a.m. You have already prepared the kids' lunches, fixed them breakfast, and started getting ready for work. All of your preparation is understandable: You do it to ensure your family's health and happiness.

But, have you paused lately to consider your own?

Make the Most

Protecting a Woman's Heart

Try solving this riddle: What pumps, keeps a steady beat, and is something everyone has in common? The answer is simple—a heart. North Fulton Hospital wants to educate women about ways to keep their hearts healthy.

Cardiovascular disease is a serious matter for women. In fact, it is responsible for nearly 37 percent of all female deaths in America. Join NFH on Wednesday, February 16, at the second annual **A Woman of Heart** event. Hosted by NFH, this free event at the hospital promotes heart health for women and includes:

- an informative and interactive physician presentation discussing women and heart health
- a Wear Red fashion show featuring styles fit for any woman
- fitness tips to keep your ticker in shape
- healthy cooking and nutrition demonstrations
- free blood pressure and total cholesterol screenings

"This event shows women how they can get with the guidelines while raising awareness about heart disease," says Vicky Carroll, director of cardiology services at NFH. "It enables us to reach out to women through different avenues and promote healthy living."

As the leaders of the household, mothers, employees, bosses, caregivers, and spouses, women are constantly caring for other people in their lives. However, women may use these roles as an excuse to overlook their own well-being—particularly when it comes to their heart health.

In fact, cardiovascular disease is the number one killer of American women. The American Heart Association (AHA) estimates nearly 432,000 women die annually from heart disease and other related cardiac events. In simple terms, that's nearly one life lost in the time it has taken you to read these paragraphs.

WEIGHING THE RISKS

As a woman, your first health threat is cardiovascular disease. The AHA reports women are more likely to develop heart disease later in life than men and often have worse outcomes. Also, women may not be aware of the more subtle symptoms of a heart attack common in females—they're less likely to report chest pain and more likely to report

other symptoms, such as fatigue or pain in the arms or neck, according to AHA.

The more risk factors a woman has, the greater risk she has for experiencing a cardiac event. Risk factors for heart disease and stroke that can't be modified include:

- ♥ a history of previous heart attack or stroke
- ♥ family history of heart disease
- ♥ gender—statistics show women experience more strokes than men annually
- ♥ increasing age

Factors that can be controlled through heart-healthy lifestyle changes include:

- ♥ being physically inactive
- ♥ being overweight or obese
- ♥ having diabetes
- ♥ having high blood pressure
- ♥ having high cholesterol levels
- ♥ tobacco use

of Every Beat



An Unconventional BITE OF HEALTH

You probably think you've heard all the expert advice for protecting your heart before. Eat a diet full of nutrient-rich foods that are low in fat and cholesterol. Get at least 30 minutes of moderate-intensity exercise five days a week. Stop smoking. Manage your diabetes. But, you can go beyond conventional wisdom by incorporating some of these tips into your diet.

- **MONOSATURATED FATS**, when used to replace saturated fats or trans fats, can help reduce bad cholesterol levels when used in moderation. These foods include vegetable oils, such as olive, canola, sunflower, and peanut oils; peanut butter; avocados; and a variety of nuts and seeds.

- **EAT A SERVING OF FATTY FISH**, such as salmon, tuna, mackerel, trout, or sardines, twice a week to get your recommended intake of omega-3 fatty acids. These omega-3s have been shown to decrease risk of heart disease. See page 7 for more information about omega-3 fatty acids.

- **CONSIDER SIMPLE, HEALTHY SUBSTITUTIONS** when snacking and preparing meals. Choose low-fat dairy products, whole grain breads instead of white, popcorn instead of cookies, and veggie sticks in place of crackers. By taking small steps toward eating a healthier diet, you can impact—and improve—your heart health.

By modifying her lifestyle through increasing exercise, quitting smoking, and eating more healthfully, a woman can take great strides in lowering the risk of developing cardiovascular disease. Experts also encourage women to speak with their primary care providers about ways to lower their heart disease risk.

AN AWARD-WINNING CENTER FOR CARE

As a leader in cardiac services, NFH provides comprehensive programs and services for diagnosing and treating cardiovascular conditions. With a complete diagnostic cardiac catheterization lab, outpatient cardiac rehabilitation services, and options including invasive and non-invasive procedures, we have your heart health needs covered.

Recently, NFH was recognized by AHA as one of two hospitals in Georgia to receive three Get With The Guidelines™ Achievement Gold Awards for Heart Failure, Coronary Artery Disease, and Stroke Care. These designations show the multidisciplinary effort NFH's providers

put forth in order to offer the highest level of care to patients in need of cardiac services.

“The goal of seeking these awards was to help NFH save more lives by optimizing patient care and providing the necessary education regarding proper medical care and a healthy lifestyle,” says Vicky Carroll, director of cardiology services at NFH. “We’re proud of our achievements in reaching these standards of excellence. The implications of these standards were born out of studies that show improved outcomes and fewer recurring events, which leads to fewer patients being readmitted to the hospital. We want to help patients lead healthy lifestyles outside of the hospital and contribute to their more-fulfilled quality of life.”



Vicky Carroll,
director of cardiology
services at NFH

 **To learn more about heart health services at NFH, visit www.nfultonhospital.com/hearthealth.**

With Cesarean sections (C-sections) accounting for approximately 31 percent of births in the United States per year, the number of families forgoing natural birth in favor of this method of delivery is on the rise.

EXPERTS ARE BEGINNING to explore the frequency with which C-sections are being performed in the United States. How many is too many? It's a question that has families and medical professionals across the nation engaged in heated discussion. While some contend women should have a choice in how and when they deliver their babies, others argue that doing so—especially as a tool of convenience—puts expectant mothers at unnecessary risk.

“C-sections fall under the category of major surgery, meaning women who undergo them are exposed to the same risks involved with any other serious operation,” says Angie Busch, director of women’s health services at North Fulton Hospital. “However, in some circumstances, the danger of delivering naturally outweighs the risk of having a C-section. In those situations, C-sections actually end up being the safest delivery option.”

WHEN A C-SECTION IS BEST

Typically, physicians encourage induced labor in women whose pregnancies progress abnormally, in those who experience complications during labor, and in those who develop infections or have conditions that could potentially harm their babies or themselves during natural delivery. But now, experts say some physicians have begun ordering labor induction more liberally, complying with wishes to have babies delivered on dates of the family’s choosing, often determined on the basis of preference and convenience.

According to the Centers for Disease Control and Prevention, the prevalence of C-section deliveries has more than doubled over the span of the last decade, an increase especially significant in light of the American College of Obstetricians and Gynecologists’



Angie Busch, RN,
director of women’s
health services at NFH

The C-SECTION Debate



Hughan Frederick, MD


(ACOG) 1982
guidelines advising
against early term induction.

WHY THE BOOM?

Still, some believe that because so many women who have C-sections experience no complications at all, the option should be theirs to elect. Further, others dismiss the rising percentage of C-sections as a reflection of a legitimately growing need. According to the ACOG, the growing rate of multiple births, a rising prevalence in obesity, and a higher number of women who give birth later in life may be factors also contributing to the swell.

Though the issue has many divided, most tend to agree on the importance of giving it thorough forethought for families who are expecting.

“When it comes to their own deliveries, patients should be thoroughly informed and actively participating in the decision-making process,” says Hughan Frederick, MD, obstetrician at North Fulton Hospital. “At our hospital, we provide patients with the resources and assistance they require to determine the method of delivery best-suited to their wishes and needs.”

 *To learn more about the maternity services offered at North Fulton Hospital or to locate a physician, call (770) 751-2660.*

Customize Your Birthing Experience

North Fulton Hospital’s maternity program is all about you: your wishes, your plan for birth, and your needs. Our clinicians do everything in their power to ensure your experience is truly that—yours! Log onto www.nfultonhospital.com/maternity to learn about new services available to help you customize your experience even more.

Your Kitchen: A Secret Fountain of Youth



Sid Sharma, MD

Before you invest in expensive cosmetics, consider making good use of the anti-aging products already available in your kitchen.

WHILE MANY FACTORS contribute to aging, eating a diet rich in nutrients can help you maintain that youthful glow for years to come—and even ward off certain diseases, such as heart disease, diabetes, and osteoporosis.

Incorporate these four nutrient-rich foods into your diet to ensure you remain youthful and vibrant:

- **Yogurt** is full of calcium, which prevents osteoporosis and contains “good bacteria” that helps support your digestive health.

- **Fish** is a great source of omega-3 fats, which help maintain the health of your heart by blocking cholesterol build-up in your arteries and protecting against abnormal heart rhythms. If you’re looking for a good way to incorporate fish into your diet, see the tasty recipe on this page.

- **Blueberries** are rich in antioxidants that help stave off memory loss.

- **Pomegranate** has been shown to lower blood pressure and cholesterol.

“In addition to incorporating nutrient-rich foods into your diet, avoid eating fried foods, as well as foods that are high in sodium,” says Sid Sharma, MD, family

practitioner at North Fulton Hospital.

“Exercise is another important component to staying young. Try to get at least 20 minutes of exercise every day.”

Help yourself stay young longer with regular checkups. Call (770) 751-2600 or visit www.nfultonhospital.com/referral for a free referral to a primary care physician.



BAJA-BATTERED Fish Tacos

Want to enjoy a new take on traditional tacos? Try these delicious baja-battered fish tacos. In addition to tasting great, the omega-3 fatty acids found in fish will keep your mind sharp.

INGREDIENTS

- ¾ cup beer
- ½ cup all-purpose flour
- ¼ cup whole-wheat pastry flour
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon fresh ground pepper
- 3 tablespoons canola oil, divided
- 1 ¼ pounds of a firm white fish, such as halibut

DIRECTIONS

Mix beer, all-purpose flour, whole-wheat flour, salt, oregano, mustard, cayenne, and pepper in a blender until smooth.

Transfer the batter to a shallow baking dish. Then add fish, coating on all sides. Heat 1 tablespoon oil in a nonstick skillet over medium-high heat. Cook about one-third of battered fish until golden brown. Set aside and keep warm. Add 1 tablespoon of oil and half of the remaining fish to pan and cook as directed above. Finally, cook remaining fish with remaining oil. Serve immediately with tortillas and your favorite taco toppings for a family-style treat.

NUTRITIONAL INFORMATION

Servings: 8

Calories: 120

Fat: 6 g

Cholesterol: 33 mg

Carbohydrates: 4 g

Protein: 11 g

Sodium: 112 mg

Potassium: 180 mg

» SOURCE: EATINGWELL.COM



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

North Fulton Hospital Community Calendar | *Winter 2011*

For more information about any of these events, classes, or support groups or to register, call **(770) 751-2660**.

SUPPORT GROUPS

- LOOK GOOD, FEEL BETTER® (CANCER)
- TAKING CARE OF ME: LOSS, GRIEF, & RESOLUTION
- CAREGIVER
- STROKE AND TRAUMATIC BRAIN INJURY

COMMUNITY EDUCATION

Babysitting Workshop

SATURDAYS, MARCH 26; 9 A.M. TO 2 P.M. SUNDAY; FEBRUARY 27, 1 TO 5 P.M.

Teaches children ages 11 to 14 how to be prepared and responsible babysitters. Bring a doll or stuffed animal and a sack lunch and drink. \$30

American Heart Association Heartsaver CPR

SATURDAYS, FEBRUARY 12; MARCH 5

CPR course of the community.

Adult and child CPR, 9 a.m. to 12 p.m. \$35 per person.

Adult, child, and infant CPR, 9 a.m. to 2 p.m. \$45 per person.

*You may sign up for the adult/child portion only, but infant CPR will not be offered separately.

Healthcare Provider CPR

SATURDAYS, JANUARY 29; MARCH 12; 9 A.M. TO 1 P.M.

CPR course for healthcare professionals. \$55 per person.

First Aid

SATURDAY, FEBRUARY 5; 9 A.M. TO NOON

Learn basic first aid procedures and techniques. \$25 per person.

Childbirth Preparation

SATURDAYS, FEBRUARY 19; MARCH 19; 9 A.M. TO 4 P.M.

Active class consisting of both lecture and discussion/sharing. Topics include: anatomy and physiology; nutrition and fitness; discomforts of pregnancy; stages of labor and what to expect; cesarean birth; medications; possible complications; postpartum care; and comfort, relaxation, breathing, and coping techniques for labor support. \$100 per couple. Registration required.

Oh Baby! Fitness

Mom & Baby Fitness Class

SATURDAYS, 9:30 TO 10:15 A.M.
Four-Week Sessions: February 12–March 5; March 12–April 2

Get ready for a great workout! This class incorporates cardio, strength training, and focused abdominal work. Your baby can get in on the fun or simply stay close to you on your mat. Class ends with a gentle baby massage. \$60 per session or \$18 per class.

Call (678) 528-1390 or register online at www.ohbabyfitness.com. *Medical consent required if baby less than 12 weeks old.

Prenatal Toning, Fitness & Yoga Combo

SATURDAYS, 10:30 TO 11:30 A.M.

Four-Week Sessions: February 12–March 5; March 12–April 2

This specially designed combo gives you a taste of everything Oh Baby! Fitness has to offer in a prenatal class. We start out with 20 minutes of aerobic, cardio, and strength training. That's followed by 20 minutes of stability/birthing ball exercise. Class finishes with a 20-minute yoga cool-down including relaxation, stretching, and meditation.

\$60 per session or \$18 per class.

Call (678) 528-1390 or register online at www.ohbabyfitness.com. *Medical consent required.

Water Birth

JANUARY 27; FEBRUARY 10; FEBRUARY 24; MARCH 10; MARCH 24; 7 P.M.

For couples desiring to learn about the option of a water birth delivery. Completion of the class is required to be considered for water birth at NFH.

\$30 per couple. Registration required. Call (770) 751-2660.

SPECIAL EVENTS

AARP Safe Driver Class

WEDNESDAY, FEBRUARY 2; 9 A.M. TO 4:30 P.M.

Geared to the safety needs of the older driver. Topics include laws, handling special situations, freeway traffic, aggressive drivers, how medication may affect driving, and much more. Cost is \$14 (\$12 with AARP card). Registration is required.

A Woman of Heart

WEDNESDAY, FEBRUARY 16; 5:30 P.M.

Activities to include heart healthy cooking demonstrations courtesy of Harry's Farmers Market, blood pressure and cholesterol screenings, Wear Red fashion show, and helpful information from clinicians about how to live the best heart healthy life you can! Held at NFH. FREE, but registration is required.

Taking Steps to Wellness

MONDAY, JANUARY 24, 5:30 P.M.

Blood pressure checks and refreshments begin at 5:30 p.m.; the presentation begins at 6 p.m. Get yourself out of the holiday health slump and back into thinking

about eating healthfully, exercising regularly, maintaining a healthy work/home balance, and more. Join us as a health professional shares ways you can stay healthy on the go. We're all busy, but let's not forget about our health in the rush. FREE, but registration is required.

Annual 50+ Health Expo with NFH and Georgia State Gerontology Institute

FRIDAY, FEBRUARY 25; 9 A.M. TO 1 P.M.

Alpharetta Campus of Georgia State University

Screenings to include blood pressure, bone density, total cholesterol, glucose, and more; also enjoy various health presentations, information, and door prizes.

FREE, but registration is required for some screenings.

Mothers and Daughters Only

SUNDAY, MARCH 6; 2 TO 3:30 P.M.

Join a healthcare provider for an informative presentation on puberty and what to expect.

\$10 per family; registration required.

Think Green and Healthy

MONDAY, MARCH 14; 5:30 P.M.

Held at Harry's Farmers Market. Blood pressure checks and refreshments at 5:30 p.m.; presentation begins at 6 p.m. Get information from a North Fulton healthcare professional and Harry's Farmers Market representatives about being "green" for your health. FREE, but registration is required.