

Know the signs of a heart attack

For a woman:

- Sudden onset of severe fatigue, like the flu, often with vague chest discomfort
- Discomfort, fullness, tightness, squeezing or pressure in the center of the chest that lasts for more than a few minutes or comes and goes
- Pressure or pain that spreads to the upper back, shoulders, neck, jaw or arms
- Shortness of breath and difficulty breathing
- Dizziness or nausea
- Clammy sweats, heart flutters or paleness
- Unexplained feelings of anxiety, fatigue or weakness, especially with exertion
- Stomach or abdominal pain

For a man:

- Uncomfortable pressure, fullness, squeezing, pain or discomfort in the center of the chest that lasts for more than a few minutes
- Pain or discomfort that spreads to the shoulders, neck or arms
- Pain, dizziness, sweating, nausea or shortness of breath
- Any chest discomfort that causes anxiety or concern
- Any of the above symptoms that disappear with rest, then return with exertion
- Pain that lasts for 10 to 15 minutes while you are resting should be evaluated immediately

If you experience these warning signs:

- Call 911 or have someone drive you to the nearest hospital ER.
- Tell the emergency team you're having a heart attack.

Saving lives with a quick, simple, non-invasive scan

Every year, millions of Americans suffer a sudden heart attack, with nearly one-third not surviving the event. Why does this happen?

Coronary artery disease, often known as the silent killer, is a slow, progressive condition that can begin early in life and go undetected for years. Fortunately, coronary artery disease can be treated if detected early enough.

Risk factors for heart attack include:

- Male over age 40
- Female over age 45
- Family history of heart disease
- High cholesterol
- High blood pressure
- Presence of another vascular disease
- Being overweight
- Cigarette smoking
- Diabetes
- Stressful lifestyle
- Inactive lifestyle

HEARTSMART CT could save your life

HeartSmart CT is a simple, non-invasive scan that can detect coronary artery disease in its early stages. No injections, special preparations or pain is involved in this 15-minute test.

HeartSmart CT takes a stop-motion picture of the beating heart and the coronary arteries, showing the calcified or hardened plaque — an early-warning sign of heart disease. The scan constructs a three-dimensional image of the heart that the cardiologist and radiologist can view from any angle.

Speak with your physician about obtaining a HeartSmart CT scan as part of your overall healthcare program. Your doctor can write an order for the scan, help you schedule it and provide follow-up as necessary. A HeartSmart CT scan is also available for \$50 without a physician's referral; fee is payable at the time of service.

Parkview LaGrange's HeartSmart CT services are under the medical direction of Parkview Physicians Group – Cardiology and FWRadiology. To schedule a HeartSmart CT scan at Parkview LaGrange Hospital, call Parkview Scheduling at (877) 225-5747.

COMMUNITY CALENDAR

All programs are free of charge and take place at Parkview LaGrange Hospital, 207 N. Townline Road in LaGrange. For more information about these and other community events, call (260) 463-9009 or toll free (877) 745-4441, ext. 49009.



Grains – a Great Start!

Thursday, March 15, 2012
4:30 p.m.

Conference Rooms A/B

Our mothers always told us that a good breakfast was important, and they were right! Join Doris Sandker, registered dietitian at Parkview LaGrange Hospital, and Debra Pontecorvo of the Purdue Extension Office in LaGrange as they help you identify the health benefits of eating breakfast and including whole-grains at every meal. Learn to identify whole grain food items from food labels and understand the value of fiber in your diet. Light refreshments will be served. Reservations are recommended.



Prenatal Education Classes

Tuesdays, March 6 and 20, 2012
Tuesdays, April 3 and 17, 2012
6 – 9 p.m.

Becoming a parent is a life-changing event. Prenatal education will help you and your support person explore the physical, emotional and social aspects of birth.

Each session will help you define your needs and desires by providing prenatal information, group activities to promote learning and a demonstration of skills useful during labor and birth. A tour of the Family Birthing Center is included.

Class size is limited to ensure personal attention for each participant. Early registration for all classes is recommended. Call (260) 463-9300 or toll free (877) 745-4441, ext. 49300.



Francine's Friends Mobile Mammography

Tuesday, March 27, 2012
Parkview Physicians Group –
Family Medicine

8175 W. U.S. 20, Shipshewana

The best protection is early detection. The Francine's Friends Mobile Mammography coach makes getting a screening mammogram quick, easy and convenient. Many insurance plans are accepted, and funding is available to cover expenses for women who do not have sufficient financial resources. Call (800) 727-8439, ext. 26540 for an appointment. Walk-in appointments may be available depending on the schedule.

The mobile mammography program is a partnership of the Parkview Comprehensive Cancer Center, the Breast Diagnostic Center and Francine's Friends.

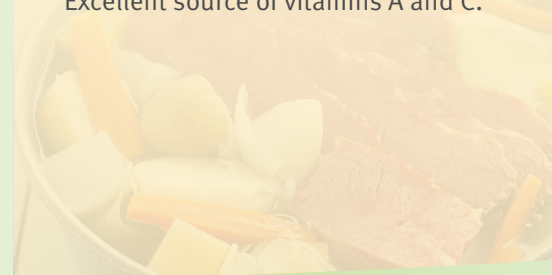
“Corned” Beef and Cabbage

A flavor-filled remake of a St. Paddy's Day favorite – now low-sodium and gluten-free!

- 4 lbs. lean beef brisket
- ¼ cup dark brown sugar
- 1 cinnamon stick
- 1 tsp. black peppercorns
- 10 whole cloves
- 2 bay leaves
- 1 tsp. each: dill seeds, mustard seeds, ground ginger
- ½ tsp. each: ground allspice, cardamom, mace
- 1 head cabbage, quartered
- 6 red potatoes, quartered
- 4 large carrots, peeled and quartered
- 2 parsnips, peeled and quartered
- 2 onions, chopped

1. Trim visible fat from brisket. Place in a large pot with spices and add water to cover. Bring to a boil and then reduce to a simmer. Cover and cook for 4 hours.
2. Add potatoes, carrots, parsnips and onions to the pot. Let beef and vegetables simmer for another 40 minutes. Add cabbage and cook for 20 minutes more.
3. Transfer corned beef to platter and slice across the grain. Drain vegetables and add to platter. Serves 12.

Nutrition per serving:
489 calories; 16 g total fat;
6 g saturated fat; 140 mg cholesterol,
153 mg sodium; 36 g carbohydrate,
7 g fiber; 11 g sugar; 50 g protein.
Excellent source of vitamins A and C.



Endometriosis, a common health problem in women

More than five million women in the United States have endometriosis. It can affect in any teen or woman who has menstrual periods, but it is most common in women in their 20's and 30's. Endometriosis occurs when the tissue that lines the uterus grows on other organs or structures in the body.

“There are three classic symptoms indicative of endometriosis: menstrual cramping, pain during intercourse, and infertility,” says David Baghdassarian, MD. “The hallmark of endometriosis is pain that is usually cyclic and most severe during a woman's monthly period.”

The symptoms of endometriosis may stop during pregnancy. Symptoms also tend to decrease with menopause, when menstrual periods end for good. Occasionally, women who take menopausal hormone therapy may still have symptoms of endometriosis.

There are no definite ways to lower your chances of getting endometriosis. Yet, since the hormone estrogen is involved

in thickening the lining of the uterus during the menstrual cycle, you can try to lower levels of estrogen in your body. To keep lower estrogen levels in your body, you can:

- Exercise regularly
- Keep a low amount of body fat
- Avoid large amounts of alcohol and beverages with caffeine

“While these growths of endometriosis are rarely cancerous,” adds Thomas Miller, MD, “they may contribute to other health problems. This scar tissue may cause pelvic pain and make it hard for women to get pregnant. The growths can also cause problems in the intestines and bladder.

“If you have symptoms of this disease, talk with your doctor. Sometimes endometriosis is mistaken for other health problems that cause pelvic pain, and the exact cause might be hard to pinpoint.”

“Finding out whether or not you have endometriosis is the first step

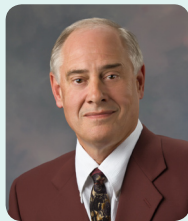


in taking back your life,” continues Baghdassarian. “There is no absolute cure for endometriosis, but there are many treatments for the pain and infertility that it causes, including hormonal and surgical treatments. Talk with your doctor about what option is best for you.”

David Baghdassarian, MD, and Thomas Miller, MD, are members of Parkview Physicians Group – OB/GYN and are on the medical staff of Parkview LaGrange Hospital. Both are welcoming new patients at the hospital. Dr. Baghdassarian may be reached at (260) 463-9470. Dr. Miller's office number is (260) 347-8030.

New specialties coming to LaGrange: Urology, Colon & Rectal Surgery

Craig W. Hamilton, MD, is a board-certified urologist and a member of Parkview Physicians Group – Urology. He completed his residency at Methodist Hospital in general surgery in 1977 and a residency in urology at Indiana University Medical Center in Indianapolis in 1979. He received his degree from the Indiana University School of Medicine. Dr. Hamilton is a member of the American Urological Association and the Indiana State Medical Association (ISMA). His special areas of interest include female urology,



Craig Hamilton, MD

incontinence, interstitial cystitis, penile prosthesis and minimally invasive prostate and stone surgery.

Dr. Hamilton will offer clinic hours in LaGrange two Monday mornings each month. For information, or to make an appointment, call toll free (888) 933-8681.

James W. Edlund, MD, is board-certified in colon and rectal surgery and a member of Parkview Physicians Group – Colon & Rectal Surgery. He received his medical degree from the University of Michigan in Ann Arbor, Mich., in 1973. He completed his residency in general surgery at Blodgett Memorial Medical Center in Grand Rapids, Mich. in 1978 and a residency in colon and

rectal surgery at the Ferguson Clinic in Grand Rapids in 1979. Dr. Edlund is a fellow of the American College of Surgeons and the American College of Colon and Rectal Surgeons. He is a member of ISMA and serves as a preceptor to family practice residents in the Fort Wayne Medical Education Program.



James Edlund, MD

Dr. Edlund will hold clinics on Friday afternoons twice a month. For more information or to schedule an appointment, call (800) 801-8898.

You're invited

Public Tours of
Parkview Regional
Medical Center

Saturday, March 3, 2012
11:30 a.m. – 2:30 p.m.

Sunday, March 4, 2012
12:30 – 3 p.m.

Please enter through Entrance 1.
Then enter at the main entrance and
lobby area for the tours.

11109 Parkview Plaza Drive
Fort Wayne

*Near the intersection of I-69
and Dupont Road*



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Snoring — a sign of something more than fatigue

Does your spouse complain about your excessive snoring or tell you that you toss and turn a lot and sometimes seem to stop breathing at night? Do you find that you are always tired during the day, even after as much as 8, 10, even 14 hours of sleep? You may be suffering from obstructive sleep apnea, a condition that affects nearly 20 percent of the American population.

Sleep apnea builds slowly over the years, causing sufferers to become accustomed to lower energy levels and blame their fatigue on getting older. Left undiagnosed, sleep apnea can be very dangerous. Excessive tiredness is often the cause of drivers' dosing off while driving, putting themselves and others at risk of injury or even death.

The primary cause of the condition is

excess tissue at the back of the throat. These tissues collapse on themselves as the person falls into REM sleep, preventing airflow to the lungs. The sudden shuddering movement and loud snoring that are common to sleep apnea sufferers result as the body recognizes the loss of oxygen and reflexively shakes the person out of deep sleep to restart breathing. This may occur hundreds of times during the night, causing morning headaches, high blood pressure and shortness of breath during waking hours.

“Although sleep apnea is a chronic condition, diagnosis and treatment are relatively straight forward and typically do not require invasive measures,” says Srinivasan Devanathan, MD, medical director of the Parkview LaGrange Hospital sleep lab. Patients are referred to a sleep lab, where a technician will

monitor their vital signs throughout the night.

“Treatment most commonly involves the use of a continuous positive airway pressure device, or CPAP,” Devanathan continues. “A mask that gently blows air into the throat is worn to bed each night. This helps to keep the windpipe clear and allows air to flow freely into the lungs. Patients who use the CPAP are able to achieve deep, restorative sleep on a regular basis. Other methods of therapy, such as a dental mouthpiece, could also be used in the right set of circumstances.”

Srinivasan Devanathan, MD, is a member of Parkview Physicians Group – Sleep Medicine and serves as medical director of the Sleep Disorders Program at Parkview LaGrange Hospital. For additional information, call (260) 463-9009.