

# Heart disease is the No. 1 killer of women in Iowa, as well as in the nation.

# heart<sup>12</sup>

**When it comes to heart disease, what you don't know CAN hurt you.**  
Heart disease is the number one killer of men and women in the United States. Even more alarming is that you can have heart disease, yet experience no symptoms at all.  
That's why it's so important to know your level of risk for heart disease. And that's why Mercy Medical Center started the Heart2Heart screening program. With Heart2Heart, we'll help you learn what your risk of heart disease is, and show you what to do about it.  
The program is quick, easy and inexpensive. And it could save your life.

**Heart attack symptoms for BOTH men and women.**  
Recognizing a heart attack early can make all the difference in the world. If you experience any of these symptoms, seek emergency medical treatment as soon as possible:  
• Chest pain or discomfort, tightness, pressure, squeezing sensation or a feeling of fullness  
• Pain or discomfort in arm(s), shoulder(s), back, neck, jaw or stomach  
• Shortness of breath or difficulty breathing  
• Breaking out in a cold sweat  
• Nausea and vomiting  
• Lightheadedness, weakness or dizziness

**Additional symptoms for women.**  
Women are somewhat more likely to experience the following symptoms with or without chest discomfort and often during exertion:  
• Unexplained fatigue  
• A feeling of anxiety, panic or doom

**Heart-to-Heart Fact**  
You can give someone you love a gift certificate for a Heart-to-Heart screening.

**Heart-to-Heart Fact**  
A Heart-to-Heart screening only takes about an hour.

**Heart-to-Heart for women.**  
Many women believe heart disease is something that only happens to men. The truth is heart disease kills more women than anything else, including all forms of cancer, diabetes, pneumonia and accidents. Mercy's Heart-to-Heart screening will show you what your risk of heart disease is.

**Heart-to-Heart for men.**  
As with women, heart disease is the number one killer of men. Many men are reluctant to see their doctor on a regular basis, and this can lead to the disease not being detected until later stages. A Heart-to-Heart screening is a simple, easy way to determine if you're at risk for heart disease.

**Heart2Heart. An hour that saves years to your life.**  
Heart2Heart screening will take only one hour and includes:  
• Blood pressure and cholesterol screening  
• ECG (heart rate and rhythm) assessment  
• Questionnaire to review your results  
• Personalized heart healthy lifestyle plan  
• X-ray of your elementary neck and spine if needed

**What is a CT Calcium Scoring test?**  
CT Calcium Scoring test is a screening exam for people who do not yet exhibit symptoms of heart disease. This is a quick, non-invasive calcium scoring screening exam; it detects the presence of calcium in the arteries leading to the heart indicating that atherosclerosis, or narrowing of the arteries, has begun. A 64-slice CT (computerized tomography) scanner is used to perform the exam.  
While the importance of early detection and active risk management is critical to your heart health, the exam is not covered by your health plan.  
**The cost of the exam is \$99,** payable at the time of your scheduled appointment. Checks, VISA and MasterCard are accepted.  
**Your doctor must order this exam** and can do so by calling Radiology. Scheduling at: (319) 398-6821. Appointments are available between the hours of 9 a.m. - 3 p.m., Monday through Friday.

**701 10th Street SE  
Cedar Rapids, Iowa 52403  
mercyiowa.org**

**Eight times as many women die of heart disease than breast cancer** and mortality rates for women in their 30s and 40s are rising, primarily due to lack of awareness.

Mercy Women's Center offers heart disease information, education, screening and treatment for women of all ages through its Heart2Heart program. The program helps raise awareness and educate women about heart disease, and identify -

and even prevent - women's heart disease through screenings and early detection.

The Heart2Heart assessment gives women a personalized print-out with information to use and guidelines to follow. For \$35 and one hour of your time, you can find out if you are at risk of heart disease. Call the Mercy Women's Center for an appointment or more information at (319) 398-6821.

## sally ROBINSON

There were none of the usual tell-tale signs of heart disease, but Sally Robinson, 47, knew something was wrong in November 2004.

"I'd been tired for several weeks. Not just 'normal' tired, but more tired than I'd been before. I was sweating most of the time and frequently felt short of breath. I thought I might have a flu bug, so

I saw my doctor, Roxanne Dunn," says Sally.

"The patient's heart exam was normal at that time," says Dr. Dunn. After a round of antibiotics, however, Sally's condition did not improve.

When Sally returned Nov. 30, Dr. Dunn detected an irregular

heartbeat and sent her to

Mercy ED "for a few hours on the heart monitor." Six days later Sally woke up in Mercy's Cardiac Care Unit after surviving five instances of cardiac arrest. The official diagnosis was dilated nonischemic cardiomyopathy, an enlarged heart not due to blockage.

"It was determined Sally would benefit from an ICD, a device implanted in the body that consistently monitors the heart rhythm and restores it to normal if a dangerous life-threatening heart rhythm occurs. The procedure to implant the ICD initially was unsuccessful as were follow-up procedures," explains electrophysiologist Dr. Todd Langager.

Ultimately, consultation with colleagues at Mayo Clinic and UCLA Medical Center resulted in a final - and successful - procedure performed by Dr. Langager and cardiac surgeon Dr. Mark Barnett.

"I walked out of the hospital on Jan. 23, 2005 - 55 days after I checked in for those 'few hours on a heart monitor' - with my heart pumping at about 55 percent (70 percent is deemed excellent) and 55 pounds lighter," says Sally.



Dr. Todd Langager  
Cardiologist PC

## gwen BUCHHEIM

Be proactive! Make changes now... You're worth it! If I can do it, anyone can!

This is Gwen Buchheim's urgent call to action so others begin making heart-healthy lifestyle choices today. At age 48, the self-proclaimed workaholic woke up with pressure and discomfort across her chest.

As she puts it, "It wasn't fall-on-the-floor kind of pain, but very uncomfortable, especially when I took a breath."

Antacids and a heating pad didn't alleviate the pain, so Gwen's husband brought her to Mercy Medical Center where she was promptly sent to the Catheterization Lab. Tests revealed she'd had a heart attack, but did not have any significant blockages to require any further surgical interventions.

That experience was the Marion elementary school teacher's "BIG wake-up call."

**"I have totally changed my lifestyle!"**

Gwen Buchheim

"While lying flat on my back, I decided I was going to do everything I could to prevent this from happening again. With the constant and continued support of family, friends and Mercy Rehabilitation staff members, I have totally changed my lifestyle! I follow a low-fat, low-salt diet, exercise at the Fitness Center every day and am trying to reduce stress and watch my work hours. I've lost over 60

pounds and look and feel so much better!" says Gwen. She now takes a daily aspirin, as well as cholesterol and blood pressure medications.

"35 percent of women and 18 percent of men heart-attack survivors will have another heart attack



Dr. Boothapuri Venkatesh  
Cardiologist PC

within six years. Lifestyle modification and medications will prevent progression of cardiovascular disease," says Cardiologist Boothapuri Venkatesh, MD.

