

Aultman announces Health Talks for March

Aultman Hospital presents the following free Health Talk programs during the month of March:

March 3 — “Joint Resurfacing/Replacement for Hip and Knee Arthritis” will be presented by Rodney Miller, M.D., orthopedics, from 6 to 7:30 p.m. at Aultman Orrville. Learn about joint resurfacing, which only replaces the damaged surfaces of the joint.

March 5 — “What’s New with Varicose Veins?” will be presented by Stephen Sanofsky, M.D., cardiothoracic surgeon, from 6 to 7:30 p.m. at Aultman North Canton Medical Group. Learn techniques to reduce discomfort and progression of varicose veins, as well as when to seek medical assistance.

March 6 — “Mobility through Yoga & Massage” will be presented by Lyn Sabino, licensed massage therapist, from 2 to 3:30 p.m. at Aultman West. Learn about the benefits of yoga and massage in aiding the healing process.

March 11 — “Diabetes — The Basic Facts” will be presented by Cheryl Michaels, RN, certified diabetes educator, from 6 to 7:30 p.m. at Aultman West. Complications from diabetes can be devastating. Find out the facts and learn how to get your blood sugar under control and keep it under control.

March 12 — “Restoring Smiles: A Medical Mission in Vietnam” will be presented by Keshav Magge, M.D., plastic surgeon, from 6 to 7:30 p.m. at Aultman North Canton Medical Group. Magge will give a firsthand account of his medical mission trip to Vietnam, where his volunteer group performed more than 80 surgeries for children in need.

March 13 — “Urinary Incontinence in Women” will be presented by Amy Hughes, FNP, Urology One, from 6 to 7:30 p.m. at Aultman North Canton Medical Group. Find out about surgical options for stress urinary incontinence and the latest non-invasive treatments for urinary frequency and urgency.

March 19 — “Sleep Apnea” will be presented by Clifford Johnson, M.D., internal medicine, from 6 to 7:30 p.m. at Aultman North Canton Medical Group. Sleep apnea is a sleep disorder in which breathing repeatedly stops and starts. Learn more about the symptoms, causes and treatment for sleep apnea and other sleep disorders.

March 20 — “Heart-healthy Diet” will be presented by Terry Tegtmeier, M.D., cardiologist, from 6:30 to 8 p.m. at Aultman North Canton Medical Group. Learn how coronary artery disease develops and how plant-based nutrition has been shown to prevent, stop and even reverse heart disease.

March 24 — “What is a Hospitalist?” will be presented by Robert Sabota, M.D., internal medicine, from 6 to 7:30 p.m. at Aultman Orrville. A hospitalist is a doctor who specializes exclusively in the care of patients in the hospital. Learn about this relatively new trend in health care and the many advantages of hospitalists.

March 26 — “Living a Diabetic Lifestyle” will be presented by Bobbie Randall, RD, LD, certified diabetes educator, from 6 to 7:30 p.m. at Aultman North Canton Medical Group. Learn tips to better understand the disease and help you get (and keep) your blood sugar under control.

Presentations are held at the following locations: Aultman North Canton Medical Group, 6046 Whipple Ave. N.W., North Canton; Aultman Orrville Hospital, 832 S. Main St., Orrville; Aultman West, 2021 Wales Ave. N.W., Massillon. (Note: Health Talks have moved from Aultman North to Aultman North Canton Medical Group.)

Presentations are for educational purposes only and do not in any way constitute professional advice. All programs are free and open to the public. Seating is limited and reservations are required. For more information or to make reservations, call 330-363-TALK (8255) or sign up online at www.aultman.org.

Alliance Goes Red

ACH, AHA partner for women’s heart disease program

By SHANNON HARSH
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From the healthy food and dark chocolate candies helping to decorate tables to the educational information provided by a panel of physicians, Alliance Goes Red was all about healthy hearts.

Approximately 55 people attended Thursday’s seminar in the Alliance High School cafeteria, the first event of its kind that paired Alliance Community Hospital (ACH) and the American Heart Association (AHA) to help raise awareness concerning women and heart disease.

Jennifer Ewing, Go Red For Women director for the AHA of Canton, gave some of the astounding statistics about women and heart disease — the No. 1 killer of women — to begin the program. She said one in three women are living with heart disease and do not know it, and 90 percent of women have one or more risk factors and don’t know it.

Ewing, who served on the event committee, said since Go Red for Women started a decade ago there has been a 34 percent decrease in death. “We have been able to save many, many women’s lives, and some of you might even be here tonight that have been saved from the wonderful research and education of the American Heart Association.”

Other committee members who put the event together were Dr. Debra Lehrer, senior vice president of Planetree leadership at ACH; Susan Lucas, director of Public Relations/Foundation at ACH; Mariah Gibbons, e-communications specialist at ACH; Theresa Lattanzi, director emerita of Alliance City Schools; and Betsy Engles, 2014 Go Red For Women chair in Stark County.

Lehrer introduced each expert and stressed that the event was meant to empower women. “Knowledge is power. The more we know about our lives, about our bodies, about our health ... the better we are prepared,” she said. “If we know the signs and the risk factors, the better we are to be saved, to



Review Photos/Kevin Graff
ABOVE: Theresa Lattanzi welcomes a good crowd to the Alliance Goes Red event on Thursday at Alliance High School. **BELOW:** Ashraf Ahmed, M.D., talks at the Alliance Goes Red event. In back is John Prodafikas, M.D., who also spoke during the event.

HEART ATTACK SYMPTOMS

Women tend to have vague symptoms that slowly intensify, can be mild, and can come and go. Atypical symptoms in women can include:

- Anxiety.
- Dizziness.
- Cold sweats.
- Nausea.
- Vomiting.
- Heartburn.
- Trouble breathing.
- Upset stomach.
- Fatigue.
- Arm/shoulder/back pain.



live longer, to live more healthy, prosperous lives.”

The first speaker was Dr. Amber Somerville, a newcomer to the ACH staff who began her OB/GYN practice in October. Somerville spoke on the healthy heart, which she said is the master pump of the body and No. 1 key to overall health. “Heart disease kills more women every year than breast cancer, cervical cancer, ovarian cancer and uterine cancer combined,” she said. “So, to me as an OB/GYN and seeing women, this is one of the main things I worry about, not just the other things that you typically think of.”

Somerville spoke about things that can be done to keep the heart healthy, such as eating a healthy diet; controlling cholesterol, blood pressure and blood sugar; avoiding smoking and stress; and exercising 30 minutes five times per week. “By doing all that extra activity, it keeps your heart healthy,” she said. “It’s going to increase the fitness of your body, but also of your heart as well.”

She said she wanted people to know their risk factors and make a plan to reach appropriate goals through a heart-healthy diet and increase in exercise and physical activity.

Dr. Ashraf Ahmed, internal medicine physician, centered his talk on risk factors for heart disease. “This topic is very dear and near to my heart,

not because of the huge gap between diagnosing and finding and managing in men, but because of the lack of early diagnoses, attention and awareness in women.”

He called the statistics “unsettling” and said since 1984 more women than men have been dying from heart disease. “Unfortunately the gap is still widening, so we have tons of work to do,” he said. “We have tons of work with regard to awareness, education, talking about it, understanding it, trying to prevent it and how we can bend this curve.”

Ahmed said some risk factors — genetics, family history and age — cannot be changed, but there are plenty of modifiable risk factors. These include things Somerville touched on, such as cholesterol numbers, blood pressure, smoking and exercise. He also spoke about metabolic syndrome and diabetes, which put patients at high risk for heart disease.

Other than doing your best to tackle any modifiable risk factors, Ahmed said the best thing you can do is just be aware of your health. “Just paying attention to any early signs, paying attention to your family history, paying attention to how you feel,” he said. “You guys are so in tune with your bodies, the smallest of change, that you feel you’re different — you’re not yourself. Let your doctor know right away.”

Dr. John Prodafikas, cardiologist, said despite the statistics and seriousness of the issue of heart disease in women, the numbers continue to rise, and it continues to be a huge health care problem. While general awareness has gone up, he said the female perception of their biggest risk is still off, as many women still think it is cancer rather than heart disease.

Profadikas showed numerous graphs and discussed many of the statistics and trends in heart disease. He also spoke about the treatment and testing involved in finding it.

“If I had an answer to all of this, we wouldn’t have this problem. The answer is not simple. It’s very complex,” he said.

Profadikas said not only are there anatomical differences in males and females when it comes to plaque forming in arteries, but female perception, atypical symptoms and female reaction are all part of the problem.

He said women often don’t take action because of the stereotype that men get heart disease, they are more concerned with other diseases like breast cancer, they think they aren’t old enough to get heart disease, they are too busy being a caregiver to others and don’t put their health as top priority, or their symptoms are blamed on other things, so they don’t access health care when they should.

Profadikas reiterated risk factors and said that lifestyle intervention is the best thing that can be done to lower risks. “You have to take charge of your health, you have to take preventive measures, and you have to have open communication with your physician, and your physician should be willing to sit down with you; if they do not, find yourself another physician,” he concluded.

ACH will hold a free community luncheon on the topic of women’s heart health at noon Friday in Conference Room 1-A presented by Karen Campf, RN, BSN, CCRN. Contact the hospital at 330-596-7575 by Thursday to RSVP.

For more information about heart disease, visit www.heart.org.



Review Photo/Kevin Graff
Amber Somerville, M.D., talks at the Alliance Goes Red event on Thursday.

THE KEY TO A HEALTHY HEART

■ **Eat a healthy diet** — A heart-healthy diet includes one that decreases sodium (salt) intake, decreases saturated fat and avoids trans fats. Avoid processed foods and instead use fresh vegetables and things that can be made at home.

■ **Exercise** — It is important to exercise at least 150 minutes per week (30 minutes five times a week) doing anything aerobic that increases the heart rate.

■ **Quit smoking** — Smoking increases the risk of heart disease five times compared to base-

line, and it’s the leading cause of heart attacks of those under the age of 40. Quitting smoking immediately decreases risk of heart disease.

■ **Control cholesterol** — Know your cholesterol, set a goal and work with your doctor to achieve it through lifestyle changes and medications only if necessary.

■ **Control blood pressure** — When your blood pressure is high, your heart has to work harder to beat and carry blood to the rest of your body, which puts stress on it. Similar to managing cholesterol, work with your doctor to

reach the goal level for your individual health. Some options that help lower blood pressure are decreasing your salt intake, increasing your exercise and losing weight.

■ **Don’t stress** — Identify what is causing stress and your coping behaviors and find healthy stress-management techniques.

■ **Work toward a healthy blood sugar** — Diabetes, pre-diabetes and metabolic syndromes drastically increase risk of heart disease. Better control over blood sugar can decrease risk of heart disease.