

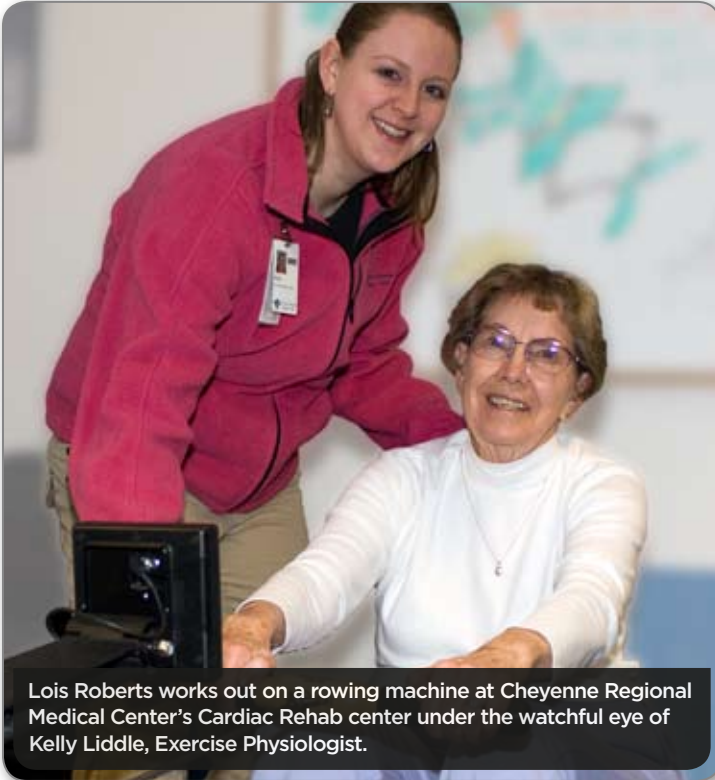
Rhythm of Life

Volume 1 • Issue 2

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Spring 2009

Lois Roberts regains active life



Lois Roberts works out on a rowing machine at Cheyenne Regional Medical Center's Cardiac Rehab center under the watchful eye of Kelly Liddle, Exercise Physiologist.

Lois Roberts, 80, loves to travel. She's been to Russia and China. In the past two years, she has toured Germany and France. Each summer, she and her husband also venture to mountain peaks across Wyoming to check on the telecommunications towers and transmitters used in her husband's pager business. How does Lois sustain the energy and enthusiasm needed to keep up such an active life? One reason, she believes, is her participation in Cheyenne Regional Medical Center's Cardiac Rehabilitation program.

Lois started attending the hospital's Cardiac Rehab program in late 2006 to help her regain strength after a heart attack requiring a heart catheterization with a stent placed to open a blocked artery. The catheterization and stent procedure were done in Cheyenne Regional's Cardiac Catheterization Lab.

On the advice of her cardiologist, Lois began attending the hospital's Cardiac Rehab program a few weeks after surgery. Lois graduated to the program's "maintenance" class a few months later and has been an active participant ever since.

Although she has always been on the go, Lois admitted that she didn't exercise on a regular basis before her heart attack. "Now, I exercise all the time," she said.

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When it comes to your heart, every minute counts – part 2 in a series

By Dr. Gerrie Gardner
Cardiologist

This is the second in a series of articles about making every minute count for the health of your heart. In the previous issue, I offered several suggestions – exercising, eating right, quitting tobacco use, getting regular medical check-ups and ensuring you call 9-1-1 immediately if you

are experiencing symptoms of a heart attack. In this issue, the focus is on the importance of taking time for heart-healthy activities.

How much exercise is right for you?

If you are in poor health or haven't exercised for a while, I strongly recommend that you consult with your healthcare provider before

starting. In general, though, it's recommended that you do some kind of moderate movement like walking (enough to generate a mild sweat) at least 30 minutes a day, five days a week. That's at a minimum. If you need to lose weight, it's recommended that you work out at a moderate pace for 45-60 minutes a day, five days a week.

One of my favorite activities is walking. Even in winter, I find time to walk around my neighborhood or the workplace several times a week. A brisk walk is a great way to start the day or unwind. Another benefit of walking is that you can do it with friends, children, your

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Every Minute Counts

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spouse, partner and pets. (Remember, you need to move at a brisk pace. If you can sing while exercising, you're not moving fast enough. On the other hand, you should be able to talk to ensure that you are breathing enough to keep up the pace.)

We live in one of the sunniest states in the country – with tons of wide open spaces. In Cheyenne, we are also fortunate to have several parks, a botanic garden and a greenway. For the sake of your heart and mental health, I encourage you to carve out a few minutes each week to enjoy the wonders of this amazing city and state—either by walking, biking, jogging or doing some other outdoor activity that you enjoy.

How else can you incorporate heart-healthy movement into each day?

- Climb stairs (instead of taking the escalator or elevator).
- Park away from store, restaurant or movie theater entrances so that you have to walk farther.
- Take an extra lap or two around a mall when shopping (a complete circuit around the inside of Frontier Mall is just over half a mile).
- Enroll in a fitness class – lots of options and levels are available at Cheyenne Regional Medical Center's Health & Fitness Center.
- Try something new – take tennis or golf lessons.

- Go swimming or take a water aerobics class.
- Work out with an instructor on TV or a DVD.
- Consult with a personal trainer (available at local fitness centers).
- Play outside with your kids or grandkids.
- Take up Frisbee golf (There's a course on the east side of town, along the greenway).
- Tend your garden, mow the lawn, rake leaves.
- Do strenuous housework (mopping, vacuuming, scrubbing).

If you are just beginning your exercise program – or have a busy day ahead – you can still gain health benefits by exercising for 15 consecutive minutes, twice a day; or for 10 consecutive minutes, three times a day. Evidence suggests that several 15-minute bouts of vigorous exercise might be more beneficial to your health than one long moderate session. You must, however, keep your heart beat elevated for at least 10 minutes at a time and a daily total of 30 minutes for you to get any significant cardiovascular benefits.

Cheyenne Regional Medical Center's Cardiac Rehabilitation program assists people who have heart disease or who have experienced heart attacks regain and maintain healthy, active lifestyles through a monitored program that includes aerobic conditioning, strength training, nutrition counseling and tobacco cessation. For more information, call (307) 633-7060. You can also call one of the cardiology specialists at Cheyenne Cardiology Associates if you have concerns or questions: (307) 637-1600.

You've got to move it, move it: A Quiz

More and more, Americans seem to be moving—less and less. But research shows that to stay heart healthy, you must remain active. This past year, the recommendations for how much Americans should be moving increased. Take this quiz to test your knowledge about how much exercise is really enough to maintain good heart health:

1. The number of steps it takes to walk a mile:
 - a. 1,000-1,200
 - b. 2,000-2,200
 - c. 4,300-5,000
 - d. 10,000
 - e. 12,000
2. True or false? One-quarter of Americans don't exercise at all.
3. In general, people should get at least 30 minutes of moderate exercise:
 - a. one day a week
 - b. two days a week
 - c. three days a week
 - d. four days a week
 - e. five days a week
4. True or false? Aerobic exercise is more important than strength/resistance training, flexibility and balance for overall good health.
5. Exercise training has been shown to help reduce:
 - a. total cholesterol
 - b. low-density lipoproteins (LDL-bad cholesterol)
 - c. body mass
 - d. blood pressure
 - e. all of the above
6. True or false? Regular exercise should be avoided after a heart attack.

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Lois credits much of her newfound enthusiasm to the encouragement she has received from medical professionals working at Cheyenne Cardiology Associates and Cheyenne Regional's Cardiac Rehab program. "The nurses and staff here really encourage you to keep moving, including the days you don't come to class. Everyone here is great," she said after a recent workout at the center. As part of maintaining her heart health, Lois also has checkups with Maria Kidner, DNP, an advanced practice practitioner at Cheyenne Cardiology Associates.

**"I'm stronger now...
than I was a few
years ago."** ~ Lois Roberts

Lois attends classes at the Cardiac Rehab center three mornings a week. Each class includes more than 45 minutes of aerobic exercise and weight lifting in addition to a cool-down session and education on nutrition, stress reduction, tobacco cessation and other topics. All the sessions are supervised by nurses and exercise physiologists. Lois also participates in the program's M.I.ers walking club, which meets the first Saturday of each month. In addition, Lois walks on her own several times a week.

"There is a lot of variety in what you can do here," Lois said. Although she prefers the treadmill and ellipticals, Lois has recently started using the rowing machine. She grinned as

she pointed out loose skin on the underside of her arm. "My grandkids tease me about this. I'm hoping the rowing machine will help fix that."

A longtime resident of Cheyenne (she's lived in the same house with her husband for 56 years), Lois expects to be around for a lot longer, she said, thanks in part to her participation in Cardiac Rehab and her checkups at Cheyenne Cardiology Associates: "I'm stronger and in overall better shape now than I was a few years ago."

Welcome – Jim Chapman, MD

Cheyenne Cardiology Associates would like to welcome Dr. Jim Chapman to the practice. He brings his knowledge of interventional cardiology to the area to help us become the premier provider of cardiology healthcare in our region.

Education:
Medical School: Indiana University School of Medicine, Indianapolis, IN

Internal Medicine Internship Residency and Fellowship:
Internal Medicine and Cardiology at St. Vincent Hospital and Health Care Center, Indianapolis, IN

Primary Specialty:
Interventional Cardiology

Board Certifications:
Internal Medicine
Cardiovascular Disease
Interventional Cardiology



Quiz Answers

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- B.** It takes between 2,000 and 2,200 steps (depending on your stride) to walk a mile. It is generally recommended that you walk at least 10,000 steps a day for good health – equivalent to about 5 miles. A good way to keep track of your steps is by using a pedometer, a small gauge that hooks onto your waistband and counts your footsteps.
- True.** One-fourth of all Americans don't exercise at all, putting them at increased risk for a host of health problems that include obesity, heart disease, diabetes, back and neck pain, and joint injuries.
- E.** It's recommended that people get at least 30 minutes of moderate daily exercise at least five days/week. To lose weight, you need to exercise at a moderate pace between 45 and 60 minutes/day for at least five days/week.
- False.** For best overall health, you should include aerobic (cardiovascular) conditioning, strength/resistance training, stretching /flexibility and balance exercises every week. This includes at least 150 minutes of walking or other aerobic exercise each week and two to three sessions of weight

lifting or resistance training for a minimum of 45 minutes to an hour each week. Stretching and balance exercises can be done at the end of each aerobic or resistance workout – at least 30-45 minutes each week.

- E.** All of the above. Controlled trials of exercise training have shown to reduce total cholesterol, LDL, blood pressure and body fat – all risk factors for developing heart disease.
- False.** Research shows that a moderate amount of regular exercise is the best way to strengthen the heart after a heart attack. Heart attack survivors who regularly exercise usually require less medication, are less likely to need additional heart surgeries and are less likely to die of a second heart attack than those who don't exercise. It is important to consult your physician before starting any kind of exercise program if you have experienced a heart attack or have heart disease or other health problems.



Cheyenne Cardiology Associates

Enhancing quality of life through excellence in cardiovascular care.



Cheyenne Cardiology Associates offers comprehensive, experienced and compassionate cardiology care to the residents of Southeastern Wyoming, Western Nebraska and Northern Colorado. Our team of cardiology professionals includes: Gerrie Gardner, DO; Andrew M. Rashkow, MD; Amanda Diefenderfer, PA-C; Jim Chapman, MD; Muhammed Khan, MD (arriving this summer); Michael B. Higginbotham, MD; Maria Kidner, DNP; and Gene Fioretti, MD.

Quality

Cheyenne Cardiology Associates offers patients a full range of services, from prevention to testing, treatment and follow-up. With an expert team of cardiologists, Cheyenne Cardiology Associates provides experienced and compassionate care for all phases of heart-related conditions.

Easy Access

Cheyenne Cardiology Associates is conveniently located in the Medical Office Building in the heart of downtown Cheyenne at 2301 House Avenue, Suite 301.

Prevention

Heart disease prevention and education are a priority for the physicians and staff at Cheyenne Cardiology Associates. Community awareness events and programs that strengthen our community's knowledge about heart disease, while offering strategies to prevent it, are important to us. We offer individualized screenings, education and preventive treatments – all designed to keep you and your heart as healthy as possible.

Office hours:

7:30 a.m. – 5 p.m., Monday-Friday • 2301 House Ave., Ste. 301
(307) 637-1600 • cheyennecardiology.com



Cheyenne Cardiology
Associates

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