

by JASON HODGE



# KATY HEART HEALTH

Local Women are Starting to Pay Attention to the Disease That Kills More Women than Breast Cancer

The American Heart Association recommends at least 30 minutes of physical activity on most or all days of the week

Many women across the U.S. know the signs and risks of breast cancer all too well, yet not as many women are familiar with an even greater health threat: heart disease. This year, heart disease will claim more women's lives than all forms of cancer combined. Although it is mistakenly thought of as a man's disease, more women than men in the United States will likely die from it, according to the American Heart Association (AHA). In light of this, every woman should educate herself about the risk factors and symptoms of heart disease, as well as the preventative steps.

## Are You at Risk for a Heart Attack?

Knowing that you are at risk of developing heart disease is a crucial first step. "The things that puts you at risk for heart disease are high cholesterol, high triglycerides, if you are a smoker, obese, or have diabetes," explains Jon-Cecil Walkes, M.D., a cardiologist at The Methodist Hospital and Board Member for the Houston Division of the American Heart Association. If you have any of these risk factors, make sure you are under the care of a physician.

## Check Your Own Risk Factors

### ☑ Smoking

Women who smoke have an increased risk for heart problems. Women smokers who also use birth control pills have a higher risk of heart attack and stroke than nonsmokers who use them.

### ☑ High Cholesterol

High levels of LDL (the "bad" cholesterol) raise the risk of heart disease and heart attack. High levels of HDL (the "good" cholesterol) lower the risk of heart disease.

### ☑ High Blood Pressure

Women have an increased risk of developing high blood pressure if they are obese, have a family history of high blood pressure, are pregnant, take certain types of birth control pills or have reached menopause.

Continued on page 80

Although it is often thought of as a man's disease, more women than men in the United States will likely die from it, according to the American Heart Association (AHA).

## Warning Signs for a Heart Attack

- Chest pain or chest discomfort is a common signal of a heart attack, but few of us know the less obvious signs of heart failure in women.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath
- Breaking out in a cold sweat, feelings of indigestion, nausea or vomiting, lightheadedness, and back or jaw pain

If you experience any signs of a heart attack, seek medical help immediately.



Cindy Hanan working out at Lifetime Fitness

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# YOUR HEALTH *Heart Health*

## ☑ Physical Inactivity

Various studies have shown that lack of physical activity is a risk factor for heart disease and indirectly increases the risk of stroke. The American Heart Association recommends accumulating at least 30 minutes of physical activity on most or all days of the week.

## ☑ Obesity or Too Much Fat

If you have too much fat — especially if a lot of it is located in your waist area — you're at higher risk for health problems, including high blood pressure, high blood cholesterol, high triglycerides, diabetes, heart disease and stroke.

## ☑ Diabetes

Women with diabetes have from two to six times the risk of heart disease and heart attack and are at much greater risk of having a stroke. People with diabetes often have high blood pressure and high cholesterol and are overweight, increasing their risk even more.\*

The best thing you can do is to communicate with your physician to understand your own genetic predisposition to heart disease and work on eliminating all the risk factors that you can. "These are all things that you can modify to some degree with your lifestyle. The one thing we can't control are the genes that God gave you," says Walkes.

## Cinco Ranch Ladies Club Hosts Heart Healthy Living Event



The Cinco Ranch Ladies Club brought attention to "Heart Healthy Living" by hosting a fun event with more than 120 members in attendance. The event featured several local chefs with healthy and delicious entrees for the ladies to sample. The ladies also enjoyed a discussion on the effects of heart disease by Cardiologist, Dr. Anil Odhav who is Physician of the Year at Memorial Hermann Katy Hospital. The event drew attention to the stark reality that heart disease is still the number one killer of women and gave suggestions and ideas on how to keep the heart healthy.



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## Be an Advocate for Your Heart

We are persistent about brushing our teeth, getting regular dental check ups, but when it comes to taking care of our heart, we often don't make the time or even think about it. The first thing you should do is see your doctor and ask him or her if you are at increased risk of developing heart disease and have a discussion about your genetics and lifestyle. Your doctor may perform some tests and see what you he or she recommends for your particular situation.

## Start Today! What You Can Do Now

The first thing you can do right now is to begin eating heart-healthy meals and snacks instead of foods that are high in fat. Once you get the okay from your doctor, you can also begin a regular exercise or walking program. If you need motivation to get started, enroll in the American Heart Association's Start! program. Start! is free program that helps track your nutrient intake and caloric expenditure through exercise. It also provides heart-healthy recipes, fitness tips, diet advice, and assistance in starting a walking program. Visit [www.americanheart.org/start](http://www.americanheart.org/start).

*Jason Hodge is a ten year veteran to personal training who is employed at Life Time Fitness. He is also a volunteer on the Katy Chamber of Commerce's Health and Wellness Committee. His passion is to help the residents of Katy with the health and fitness needs.*

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by JASON HODGE

# Take a Dip & Get Fit

## Katyites Swim to Stay Fit and Keep Cool This Summer



Alain Zubizarreta swimming at Lifetime Fitness

Photo by Jason Hodge

Summertime is here, and along with it comes the sweltering Texas heat. But before you lower the thermostat and lock yourself indoors, why not consider the refreshing cool of the swimming pool? Not only is swimming a great way to escape the heat, but it's one of the best forms of exercise. It provides a host of health benefits that will make you feel better and look better too.

### Swimming for Exercise

Swimming burns calories like no other cardiovascular activity. "Swimming is an exercise that uses 94% of our body, which is more than any other sport" states Victor Gomez, Assistant Director of the Learn to Swim Program for the American Red Cross of the Greater Houston Chapter Area. You can shed as many calories swimming as you can running. The difference, of course, is that swimming eliminates joint strain. Moreover, as your cardiovascular conditioning improves, your blood pressure and resting heart rate should decrease accordingly. And since swimming burns calories, you should see a reduction around your waistline!

If you already have an exercise routine, incorporate swimming as a new way to challenge your body. You'll begin using muscles you never knew you had, and you'll also have fun. Even if you are new to exercising, don't be afraid to try swimming. It may be just the activity you need to jumpstart a healthier lifestyle.

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**Water Workouts**

Though often overlooked, one of swimming's most unique benefits is its positive effect upon flexibility and posture. If you sit in an office chair or in the car for long periods of time throughout the week, a tremendous amount of pressure is placed on your neck, shoulders, and lower back. However, swimming stretches tight muscles and strengthens muscles that have weakened due to inactivity. What's more, your core muscles are strengthened, leaving you standing taller and breathing better.

Swimming is also a great activity for those who are pregnant, overweight, or rehabilitating from injuries.

—Jason Hodge, Trainer

**A Low Impact Activity**

Swimming is also a great activity for those who are pregnant, overweight, or rehabilitating from injuries because buoyancy of the water greatly reduces the stress placed on your body. However, for those uncomfortable with swimming in the usual sense, there are other water activities. You can hold onto the side of the pool and kick or even walk/run in the water. When walking/running in the pool, you may feel lighter on your feet, but as you propel yourself, you will get a great workout as the water seemingly pushes back against you. No matter which activity you choose, you should find swimming to be a comfortable form of exercise that will reap many health benefits.

Sure, no one expects you to be as fast as an Olympic athlete your first time out, but take one stroke at a time and gradually increase the amount of time you spend swimming in the pool. If

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*Jason Hodge is a 10 year veteran to personal training and is employed at Life Time Fitness. His passion is to help the residents of Katy with the health and fitness needs.*

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**American Heart Association's Heart Rock Ball**

Katy's Heart Rock Ball recently held at the Safari Texas Ranch. CHRISTUS St. Catherine Hospital was a special honoree at this event benefiting the American Heart Association. Guests enjoyed a live and silent auction and music by Molly & The Ringwalds.



Nikki Donaldson, Dr. Ryann Donaldson, Dr. Brett Donaldson, Fatima Donaldson

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**Javier A. Lafuente, MD Leads New Cardiovascular Surgery Service at CHRISTUS St. Catherine Hospital**

After two years of intense preparation, CHRISTUS St. Catherine Hospital is opening the new Cardiovascular Surgery Service in June. From now on, patients from the area no longer have to travel to the Medical Center for treatment of cardiovascular problems. Dr. Lafuente, who has been very closely related with the development of the program, has accepted the position of Chief of Cardiovascular Surgery. He brings 22 years of expertise in the field, and with the collaboration of the Medical Staff and support personnel, expects to provide top of the line patient care to this community. Some of the procedures that will be performed are: coronary artery bypass, valve repair and replacement, management of aneurysms of the aorta and a wide range of vascular surgery.



**Mustang Engineering Opens On-Site Employee Healthcare Center**

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evaluations and treatment, allergy shots, blood pressure checks, immunizations, laboratory work, drug testing and medical surveillance exams. The Center is open to Mustangers, spouses and dependents ages 2-25. The facility will have a medical team that includes a medical director/physician, full-time nurse practitioner, registered nurse, licensed vocational nurse and certified medical assistant.

**Candy Unwrapped Exhibit at The Health Museum**

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## Katy Pediatric Medicine Joins Memorial Hermann Medical Group

Katy Pediatric Medicine, established by Alexander Gonzalez, M.D., Ph.D., F.A.A.P., is the latest component of Memorial Hermann Medical Group, a physician-led subsidiary of Memorial Hermann Healthcare System.



Practicing within Katy Pediatric Medicine will allow Dr. Gonzalez to focus on patients' personal healthcare needs while enjoying access to the resources and innovations of a respected healthcare system. Dr. Gonzalez will continue to grow his practice while Memorial Hermann provides business office and technology support services, including deploying an integrated electronic medical record, billing and collecting, insurance reimbursement contracting and information technology. Board-certified in pediatrics and fluent in Spanish, Dr. Gonzalez graduated from the University of St. Thomas and received his Ph.D. in chemistry from Rice University. He completed his medical degree and pediatric residency at the University of Texas Medical School. Dr. Gonzalez has been practicing in the Katy community since 2002. Katy Pediatric Medicine is located on the campus of Memorial Hermann Katy at Medical Plaza One, 23920 Katy Freeway, Suite #560. For appointments, please call 281-644-7868.

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