

# Hard-hearted

## CONTROLLING HIGH CHOLESTEROL



Cholesterol is a soft, waxy substance found in all parts of the body. Your body makes some cholesterol and some cholesterol comes from the food you eat. Your body needs a little bit of cholesterol to work properly. But too much cholesterol can clog your arteries and lead to heart disease. This article focuses on cholesterol and your diet.

Cholesterol helps your body produce hormones, bile acid, and vitamin D and moves through your bloodstream to be used by all parts of the body.

### Foods high in cholesterol:

- Eggs
- Dairy
- Meat
- Poultry
- Egg yolks and organ meats (liver, kidney, sweetbread, and brain)

Fish generally contains less cholesterol than other meats, but some shellfish are high in cholesterol.

Vegetables, fruits, grains, cereals, nuts and seeds contain no cholesterol.

Fat content is not a good measure of cholesterol content. For example, liver and other organ meats are low in fat, but very high in cholesterol.

Your risk of developing heart disease or atherosclerosis goes up as your level of blood cholesterol increases.

### You can lower your cholesterol

- Limit total fat intake to 25 – 35% of total daily calories. Less than 7% of daily calories should be from saturated fat, no more than 10% should be from polyunsaturated fat, and no more than 20% from monounsaturated fat.
- Eat less than 200 mg of dietary cholesterol per day.
- Get more fiber in your diet.
- Lose weight, if you need to.
- Increase physical activity.

### Eating to lower cholesterol

(American Heart Association)

#### Oatmeal and oat bran

Soluble fiber is also found in such foods as kidney beans, apples, pears, psyllium, barley and prunes.

Soluble fiber appears to reduce the absorption of cholesterol in your body. Ten grams or more of soluble fiber a day decreases your total and LDL cholesterol.

#### Walnuts, almonds and more

Studies have shown that walnuts can significantly reduce blood cholesterol. Rich in polyunsaturated fatty acids, walnuts also help keep blood vessels healthy and elastic. Almonds appear to have a similar effect, resulting in a marked improvement within just four weeks.

Nuts can be fattening, so beware of your caloric intake.

#### Fish and omega-3 fatty acids

Research has supported the cholesterol-lowering benefits of eating fatty fish because of its high levels of omega-3 fatty acids. Omega-3 fatty acids also help the heart in other ways such as reducing blood pressure and the risk of blood clots.

In people who have already had heart attacks, fish oil — or omega-3 fatty acids — significantly reduces the risk of sudden death.

Doctors recommend eating at least two servings of fish a week. The highest levels of omega-3 fatty acids are in mackerel, lake trout, herring, sardines, albacore tuna and salmon. However, to maintain the heart-healthy benefits of fish, bake or grill it. If you don't like fish, you can also get omega-3 fatty acids from foods like ground flaxseed or canola oil.

### **Olive oil**

Olive oil, especially extra virgin olive oil, contains a potent mix of antioxidants that can lower your “bad” (LDL) cholesterol but leave your “good” (HDL) cholesterol untouched.

The Food and Drug Administration recommends using about 2 tablespoons (23 grams) of olive oil a day to get its heart-healthy benefits. To add olive oil to your diet, you can saute vegetables in it, add it to a marinade, or mix it with vinegar as a salad dressing. You can also use olive oil as a substitute for butter when basting meat.

### **Foods fortified with plant sterols or stanols**

Foods are now available that have been fortified with sterols or stanols — substances found in plants that help block the absorption of cholesterol.

Margarines, orange juice and yogurt drinks fortified with plant sterols can help reduce LDL cholesterol by more than 10 percent. The amount of daily plant sterols needed for results is at least 2 grams — which equals about two 8-ounce (237 milliliters) servings of plant sterol-fortified orange juice a day.

### **Sweet Tooth**

#### **Peach and Berry Crumble**

[www.americanheart.org](http://www.americanheart.org)

Serves 4; 1/2 cup per serving

Vegetable oil spray  
1 pound frozen unsweetened peach slices, thawed and halved, or 12 ounces peach slices and 4 ounces frozen unsweetened raspberries  
1/3 cup dried sweetened cranberries  
2 teaspoons cornstarch  
2 teaspoons fresh orange juice or water  
1/2 teaspoon vanilla extract  
1/3 cup uncooked quick-cooking oats  
1/4 cup sugar  
1 tablespoon flour  
1/4 teaspoon ground cinnamon  
2 tablespoons light tub margarine

Preheat the oven to 350°F. Lightly spray a nonstick 8 x 4-inch loaf pan with vegetable oil spray.

In a medium bowl, stir together the peaches, cranberries, cornstarch, orange juice, and vanilla until the cornstarch is dissolved. Pour the peach mixture into the pan. In a small bowl, combine the remaining ingredients except the margarine. Using 2 knives, cut the margarine into the oat mixture until it has a coarse texture and the pieces are about the size of small peas. Sprinkle over the peach mixture.

Bake for 25 minutes, or until the peaches are tender. Remove from the oven.

Preheat the broiler. Broil the crumble for 3 to 4 minutes, or until the topping begins to brown. Remove from the broiler and let stand for about 30 minutes to allow the flavors to blend.

#### **Per Serving**

|                 |       |
|-----------------|-------|
| Calories        | 191   |
| Total fat       | 3.5 g |
| Saturated       | 0.0 g |
| Polyunsaturated | 1.0 g |
| Monounsaturated | 1.5 g |
| Cholesterol     | 0 mg  |
| Sodium          | 46 mg |
| Carbohydrates   | 38 g  |
| Fiber           | 4 g   |
| Sugar           | 26 g  |
| Protein         | 2 g   |

**These two sample menus give you an idea of how you can achieve a low-fat diet.**

### **What you might be used to eating**

#### **Breakfast**

1 egg scrambled in 1 teaspoon of butter  
2 slices of white toast  
1 teaspoon of butter  
1/2 cup of fruit juice

#### **Snack**

1 cake donut

#### **Lunch**

1 ham and cheese sandwich (2 ounces of meat, 1 ounce of cheese) on white bread  
1 teaspoon mayonnaise  
1 teaspoon mustard  
1-ounce bag potato chips  
12-ounce soft drink  
2 chocolate chip cookies

#### **Snack**

Crackers, cheese or candy

#### **Dinner**

3 ounces of broiled sirloin  
1 medium baked potato  
1 tablespoon of sour cream  
1 teaspoon of butter  
1/2 cup of peas, 1/2 teaspoon of butter

Totals: 2,000 Calories, 84 grams fat, 34 grams saturated fat, 425 milligrams cholesterol. The diet is 38% total fat, 15% saturated fat.

### **A low-fat/low-cholesterol day**

For the same number of calories, a low-fat diet provides 190 mg of cholesterol, compared to 510 mg of cholesterol for an average American diet. Because fat is high in calories, the low-fat diet actually has more food than the typical American diet.

#### **Breakfast**

1 cup of toasted oat ring cereal or 1/2 cup cooked oatmeal  
1 cup of skim milk  
1 slice of whole-wheat bread  
1 banana

#### **Snack**

1 cinnamon raisin bagel, 1/2 ounce light cream cheese

#### **Lunch**

Turkey sandwich (3 ounces of turkey) on rye bread with lettuce  
1 orange  
3 Fig Newton cookies  
1 cup skim milk

#### **Snack**

Nonfat yogurt with fruit

#### **Dinner**

3 ounces of broiled chicken breast  
1 medium baked potato  
1 tablespoon of nonfat yogurt  
1/2 cup of broccoli  
1 dinner roll  
1 cup skim milk

Totals: 2,000 Calories, 38g fat, 9.5g saturated fat, 91mg cholesterol. The diet is 17% fat, 4% saturated fat.

Sample days' menus source:  
[www.healthline.com](http://www.healthline.com)

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Visit [www.americanheart.org](http://www.americanheart.org), click Healthy Lifestyle then Diet & Nutrition. You'll find more information about good-hearted eating.

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# Cardiovascular Services

AT TEXOMA MEDICAL CENTER



## CARDIOLOGY

Cardiologists diagnose and treat heart and vascular conditions using medications and interventional procedures including cardiac catheterizations, balloon angioplasties, Rotablation, atherectomies, bare metal and drug eluting stents. These cardiologists treat patients at TMC's Texoma Heart Center, the region's most established and comprehensive heart program.



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## CARDIAC, THORACIC AND VASCULAR SURGERY

Cardiac surgeons specialize in heart surgery, vascular surgery (surgery of the arteries) and they also perform thoracic surgery (surgery of the chest and neck). These physicians are at the core of TMC's Texoma Heart Center – offering the region's most established and comprehensive heart care program.



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# Heartache

## IS IT INDIGESTION OR HEART ATTACK?



**If you have these symptoms, seek medical care immediately. Call 911 – It could save your life.**

**Heart attack possible warning signs:**

- Chest discomfort – uncomfortable pressure, squeezing, fullness or pain – which can last for several minutes
- Upper body discomfort – in one or both of your arms, back, neck, jaw or stomach
- Anxiety
- Sweating
- Shortness of breath
- Breaking out in a cold sweat
- Nausea
- Lightheadedness
- Fatigue (especially in women)

Heart attack signs may vary from person to person.

In general, warning signs last longer than a few minutes. They may come and go or be very mild.

Women are more likely than men to have mild signs.

All signs may not happen during an attack. Some heart attacks happen with no warning signs.

**If you think you're having a heart attack:**

- Act fast. Do not ignore possible warning signs or hide them from others.
- Dial 911 – Don't attempt to drive yourself to a hospital. That's dangerous for you and others on the roads.
- Do what the 911 dispatcher tells you to do, such as loosening tight clothing or they may ask you to chew an aspirin or take nitroglycerin (if previously prescribed).
- Stay calm – breathe evenly and visualize pleasant times, places and people of your life – focusing on your breathing.

**If someone else is having possible warning signs:**

- Act fast but with calm and reassurance.
- Dial 911 and follow their instructions.
- Begin CPR if necessary only if you've been properly trained and certified.

**Indigestion symptoms can include:**

- Burning in your stomach
- Abdominal pain
- Bloating
- Gas
- Nausea and vomiting
- Acidic taste
- Growling stomach

It may also be heartburn. Because indigestion symptoms may increase in times of stress and can indicate an underlying problem, see your primary care physician.

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# Close to your Heart

## WHAT YOU SHOULD KNOW ABOUT STROKES



Stroke is the third leading cause of death for Americans and occurs when there is an interruption in the flow of blood to cells in the brain. When the cells are deprived of oxygen, they die.

### A stroke occurs when:

- Blockage of an artery prevents blood from reaching cells in the brain
- An artery ruptures inside or outside the brain, causing hemorrhage

### Warning Signs of Possible Stroke

- Sudden numbness or weakness in the face, arm or leg, particularly on one side of the body
- Sudden confusion, trouble speaking or understanding
- Loss of balance or coordination, sudden dizziness or trouble walking
- Sudden severe headache with no known cause
- Sudden double vision or trouble with vision

Time lost is brain lost. If you suspect you or someone with you is having a stroke, dial 911 immediately. The sooner a stroke victim receives clot-busting drugs, the better their chances of recovery.

Texoma Medical Center is certified by The Joint Commission as a Primary Stroke Center.

### What are “clot buster drugs?”

Clot buster drugs (thrombolytic therapy) are medication administered intravenously in a hospital. These are powerful drugs which work to prevent damage from ischemic stroke and to break up blood clots.

Chances of recovery from stroke are greatly improved when a clot buster drug has been given soon after the first onset of symptoms. Because the faster blood can flow to the brain, the fewer brain cells are lost or damaged.

Unfortunately, clot buster drugs don't agree with everyone. Please tell your physician if you are taking a blood thinner, an anti-inflammatory or a painkiller. Also, tell your physician if you have any of the following:

- Previous hemorrhagic stroke or bleeding in the brain
- Known cerebral vascular lesion or tumor
- Previous allergic reaction to a clot buster, or other allergies
- Active bleeding (excluding menses)
- Pregnancy
- Uncontrolled hypertension
- Bleeding disorder, or recent history of bleeding in any part of the body
- Severe liver disease
- Recent surgery (less than 2 weeks)
- Recent trauma, falls, or blows to the head within the past 3 months
- Recent CPR
- Active peptic ulcer
- Other drug interactions

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# Heart throb

## LOWERING YOUR BLOOD PRESSURE



### Be active.

All it takes is 20 – 30 minutes a day. Dance, walk, get up from your desk and stretch.

### Limit your alcohol.

Current guidelines suggest no more than two drinks per day for men and one for women.

### No smoking.

### Listen to music more often.

### Watch your stress levels.

Even just ten minutes a day of sitting quietly and moving your mind to a place and time you found relaxing will help you manage stress.

### Eat new foods

Low salt. Low fat. High taste. Cooking can be fun.

### Get your weight appropriate

Ask your physician and use this chart as a rough guide.

### Healthy weight for adults (in pounds)

| height | minimum weight | maximum weight |
|--------|----------------|----------------|
| 4'8"   | 89             | 112            |
| 4'9"   | 92             | 116            |
| 4'10"  | 96             | 120            |
| 4'11"  | 99             | 124            |
| 5'0"   | 102            | 128            |
| 5'1"   | 106            | 132            |
| 5'2"   | 109            | 137            |
| 5'3"   | 113            | 141            |
| 5'4"   | 117            | 146            |
| 5'5"   | 120            | 150            |
| 5'6"   | 124            | 155            |
| 5'7"   | 128            | 160            |
| 5'8"   | 132            | 164            |
| 5'9"   | 135            | 169            |
| 5'10"  | 139            | 174            |
| 5'11"  | 143            | 179            |
| 6'0"   | 147            | 184            |
| 6'1"   | 152            | 189            |
| 6'2"   | 156            | 195            |
| 6'3"   | 160            | 200            |
| 6'4"   | 164            | 205            |
| 6'5"   | 169            | 211            |

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# Good-hearted

## HEART-HEALTHY EXERCISE



Exercise is probably the best thing you can do to take care of your heart. Here are some exercises that are good for your cardiovascular system.

Walking is easy and 20 minutes will do wonders. Start slowly and build your speed as your body dictates.

### Easy exercises

#### Wall push-ups – to be done slowly and smoothly

- Stand facing a wall with your feet parallel and at shoulder width, 1 – 2 feet away from the wall.
- Put your hands on the wall just a little wider than your shoulders.
- Bend your elbows, lowering yourself toward the wall then push yourself away.
- Keep your body stiff and straight during this exercise.

#### Standing Rows – from a standing position

- Loop a towel around a vertical pole or column so the ends of the towel point towards you and the towel is wrapped around the far side of the pole.
- Place your feet close to the pole and lean back gripping the ends of the towel and keeping your body stiff and straight.
- Pull yourself up with both arms – extending your elbows out as if you are rowing.
- Keep your back arched and row with your back.

#### Calf stretch and build

- Do this exercise on the edge of a stair – both legs at the same time until you're strong enough to do one leg at a time.
- Stand on the edge of the stair with only the balls of your feet.
- Keeping knees stiff and bending only at the ankles, lower your heels down towards the floor.
- Go down until you feel a stretch in your calves.
- Reverse direction and push up as high as you can on your toes.
- Repeat ten times until you're strong enough to do 15 repetitions.

#### Find more easy exercises:

#### American Heart Association

[www.americanheart.org](http://www.americanheart.org)

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# Sweetheart

## GOOD-HEARTED FOODS



### Count calories

**www.nutrition.gov** then click on **Look Up Calories or Nutrients in Food**

Did you know that carrots have more sugar per ounce than raisins?

Calories from yams have more nutrition than calories from white potatoes.

Vitamin B is necessary for your body to absorb calcium – eat broccoli and dark, leafy green vegetables.

### Find the fat

**www.mypyramid.gov/pyramid/meat\_why\_print.html**

Bad fats build plaque in your arteries and can clog passageways to and from your heart. Good fats can help keep your heart healthy.

Bad fat: pre-packaged/prepared foods and fried foods

Good fat: avocado, olive oil, canola oil

### Salt & sodium

**www.mypyramid.gov**

Too much sodium can raise your blood pressure and harm your heart. Replace salt with herbs and spices. Be patient. Your taste buds will adjust and your body will thank you.

### Blender breakfast

½ frozen banana

¼ cup frozen raspberries or blueberries

1 slice cantaloupe cut in pieces

A couple of spoonfuls of plain low-fat yogurt

Toss everything in the blender until you like the consistency. Now you've got low sugar, low fat, potassium and antioxidants. What a nice way to start the day.

### Everything yogurt sauce

16 oz Greek-style thick, plain, nonfat yogurt (twice the protein and lower in carbohydrates than regular yogurt)  
a pinch of salt  
a generous drizzle of olive oil  
one-half squeezed fresh lemon

Stir and use it instead of mayonnaise. It also makes a nice sauce for vegetables. With finely chopped dill, it's super over fish or mixed into a can of tuna.

### Lean protein

Because we know you're already controlling your consumption of fatty protein such as eggs, pork and dairy, we're going to define "lean protein" as: lean beef, fish, soy and poultry.

Your body needs protein to keep muscles strong. But too much can be hard for your body to process.

- Don't eat protein too soon before going to bed at night or before a nap
- Wait at least 30 minutes after eating protein before going swimming
- Exercising regularly means that your body needs protein throughout the day in small portions

How much protein you should eat every day varies from person to person, especially if you're in the process of losing weight or exercising intensely.

Recommended Daily Allowance (RDA) of protein per day, according to the American Heart Association, should be approximately 15% of your total day's calories.

[www.americanheart.org](http://www.americanheart.org)

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# Warmhearted

BE ACTIVE. BE HAPPY.



Swimming, jogging, skiing, walking the dog ... these can all be fun. But what else can you do to keep your heart healthy while having a good time?

- **Dance**
- **Sing at a Karaoke night**
- **Sit on an exercise ball while you watch TV**
- **Play on a trampoline**
- **Head out to Lake Texoma**
- **Go bike riding**
- **Take a dance class**
- **Play tennis**
- **Get out on the golf course (and walk instead of riding in a cart)**
- **Go for a hike**
- **Shoot a few baskets**
- **Throw a football with the kids**

Did you know that moderate, general house cleaning can use approximately 240 calories per hour? And you get double the benefit. Now there's motivation to tidy up and get that vacuum out.

Did you know that bowling can use approximately 200 calories an hour? The same as light effort canoeing.

Did you know that horse grooming can burn up as much as 500 calories per hour? And if you get on that horse and take a good trot, you're using another 450 calories per hour.

Did you know that moving can be beneficial for your heart? From carrying boxes, loading cars, toting boxes upstairs, you can burn anywhere from about 300 to 600 calories per hour.

Are you a musician? Go for percussion. Drummers can burn as much as 345 calories per hour. But playing the flute or piano uses more than 150 calories per hour. Practice makes healthy.

Why are your skateboarding kids so fit? They use upwards of 250 calories an hour when they're rolling.

## **Work or play, make it fun.**

You'll feel better and your heart will thank you.

## **Get out of the house now and then.**

There are lots of great opportunities in the Texoma area. Check with the local Chamber of Commerce for things to do.

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# Dearheart

## LOWER YOUR STRESS



- Get some fresh air and exercise
- Get a hobby
- Volunteer somewhere – even if it's just a few hours a month
- Get a pet if you don't have one
- Play music
- Organize your life – home and office
- List and prioritize everything that's worrying you then cross out the issues that really aren't that important
- Make time for play
- Take a walk
- Simplify your life
- Take time to pray
- Make "to-do" lists and cross out your accomplishments
- Learn Yoga or Tai Chi
- Take a break – five minutes
- Keep a journal and get that stress off your back and onto paper
- Avoid too many changes at one time
- Be realistic about your goals
- Have a good cry – a sad movie can help get you started
- Have a good laugh – you can use a movie as an aide here, too
- Hug someone who cares about you
- Get a good night's sleep, regularly, 7 – 9 hours/night
- Eliminate physical pain
- Try counseling with a trained, credentialed counselor to help discover the source of your stress and how it can be alleviated

### Try some relaxation techniques:

#### Progressive muscle relaxation

Focus on slowly tensing (for about 5 seconds) and then relaxing (for about 30 seconds) each muscle group – starting at your toes and working up through your face and top of your head. This exercise will help you recognize physical tension and help you become more aware of your own reactions to stress and pleasure.

#### Visualization

With your eyes closed and in a relaxed sitting or lying down position, create mental images to take a journey to a peaceful, calming place or situation. Be sure to include not just visual images, also include smells, sounds, textures ... If you're in a kitchen baking pies, how does the cinnamon smell? Are the apples tart as you taste a slice? Is the oven radiating warmth in a cool room? Try this for 10 – 20 minutes a day. Stay focused with as much detail as possible and you'll not only reduce your stress, you'll probably find new energy.

#### Autogenic relaxation

(Autogenic: coming from inside yourself.) To help reduce stress, this exercise uses both imagery and body awareness. Try repeating words or suggestions in your mind to help you relax and reduce muscle tension. You may want to imagine a peaceful place while you focus on your breathing, heart rate. Incorporate relaxing your arms, legs, hands, feet ... one by one.

Warm baths and warm showers (not hot) do wonders to take away stress.

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This kit is not a substitute for the advice of a qualified healthcare professional. So see your physician for a wellness exam – once a year. In an emergency, get medical help as soon as possible.

# Heart sick



When fatty materials build up inside an artery and cause artery walls to thicken and harden, it's called atherosclerosis. This narrowing of the artery can slow or stop blood flow.

## Atherosclerosis can lead to:

- Stroke
- Angina pectoris
- Heart attack

Do what you can to keep your arteries clear and clean. Eat a low-fat/low-salt diet. And exercise.

And if you suspect that you have a heart/cardiovascular problem, go see your physician and get checked out.

Monitor your blood pressure, your cholesterol and check for diabetes. Do this once a year at your annual wellness exam.

Write your annual wellness exam on your calendar and keep the appointment.

## Seek medical treatment which may include:

- Medications – especially for people with diabetes
- Special diet – be sure your nutrition and supplements, if any, are appropriate for you
- Control your weight
- Limit alcohol intake
- Don't use tobacco products

## Tips on how to quit smoking

- There's cold turkey, nicotine replacement, graduating down ... find a method that works for you and remember you've got lots of company. Nicotine addiction is one of the most difficult obstacles one can overcome in life.
- Make a list of each and every cigarette you smoke during the day, the time and the reason you lit that match.
- Change your patterns – even change the hand you use for any given task i.e., answer the phone with your left hand if you usually use your right.
- Keep your cigarette hand busy doing other things.
- Keep your mouth busy with things like celery or sugarless gum.
- Get rid of reminders like ashtrays and matches.
- Exercise instead of smoking – adrenalin works wonders.
- Find a partner to quit with.
- Ask your physician if there are any medications that might be right for you.

Need a specialist? Call our friends at Direct Doctors<sup>SM</sup> Plus 1.800.960.3893.

Remember there's a light at the end of your nicotine addiction tunnel. Once the substance is cleaned out of your body, the rest is behavioral modification. And if you're concerned about weight-gain, keep exercising through your quitting stages.

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# Heartfelt



## Angina Pectoris

This severe chest pain can be caused by reduced blood flow to your heart. Angina may be brought on by overexertion or emotional stress. It may be a warning sign of heart disease. If you feel any chest pain, call 911 immediately and get to an emergency room. That's the only way to find out if you're really having a heart attack.

## Mitral Valve Prolapse

Possible symptoms of Mitral Valve Prolapse:

- Racing or irregular heartbeat (arrhythmia)
- Dizziness, lightheadedness
- Difficulty breathing or shortness of breath, often when lying flat or during physical exertion
- Fatigue
- Chest pain that's not associated with a heart attack or coronary artery disease

Mitral valve prolapse is a common heart disorder for more than two percent of adult Americans. It occurs when the valve between your heart's left upper chamber (left atrium) and the left lower chamber (left ventricle) doesn't close properly. It can sometime cause blood to leak backward into your left atrium which is often what causes the irregular heartbeat you may feel.

Mitral valve prolapse is a lifelong disorder. For most people, mitral valve prolapse isn't even felt. For many, it's harmless and doesn't require treatment or changes in lifestyle. It doesn't shorten your life expectancy. In some people with mitral valve prolapse, however, the progression of the disease requires treatment.

If you have mitral valve prolapse and you are planning a medical or dental procedure, talk with your primary care physician or dentist about possible pre-procedure medications to protect your heart from bacteria.

## Heart Murmurs

A heart murmur is very much like mitral valve prolapse in that valves aren't functioning properly. And like mitral valve prolapse, people with heart murmurs aren't bothered by them.

A murmur can happen during your heart's beats, in-between beats, or when your heart's at rest.

If you hear gurgling of your heart or any other unusual sound, contact your primary care physician and get it checked out.

## Learn CPR

Especially if you have children or older people living with you. Local community centers, American Red Cross, American Heart Association and YMCA's have free programs. It doesn't take long to learn and it's really very easy. You could save a life you love.

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