

Vital Flow

News from the
Dignity Health
Heart and Vascular
Institute of Greater
Sacramento

WINTER 2020 | FOR THE COMMUNITY

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Vital Flow

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Classes for Your Health

Cardiac Education Forum & Support Group

Call 916-453-4521 for dates and location (free)

Cardiac & PAD Rehabilitation

| | |
|------------------------|------------------------|
| Mercy General | 916.453.4521 |
| Mercy San Juan | 916.537.5296 |
| Sierra Nevada Memorial | 530.274.6103 |
| Woodland Memorial | 530.662.3961 ext. 4531 |

CHAMP®

Telephone-based education and medication management program to treat heart failure.
Call 916.564.2880 for more information

Diabetes Management & Nutrition

Call 916.453.4521 (free)
Class offered every other month

Heart Healthy Diet Class

Call 916.453.4521 for monthly class (free)

Smoking Cessation Class

Help for those committed to quitting for good.
Cost of class is \$70.
Call 916.453.4521 to register.



New Research Finds More Evidence that Vaping Damages Lungs



As of January 14 of this year, the Centers for Disease Control reported 2,668 people hospitalized for lung illnesses related to the use of electronic cigarettes (known as e-cigarettes or “vaping”). The dramatic and damaging affect of vaping on lung health has led some to describe it as a health crisis.

Now, two new studies offer even more frightening evidence of vaping’s devastating long-term health consequences.

History of Vaping

E-cigarettes have been available for more than a decade. Touted as a safer alternative to smoking, many considered e-cigarettes to be a tool that could help them quit smoking.

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Simple ways to save yourself from stress

Our body’s response to stress is one of our best self-protection mechanisms – it can keep us from staying in a dangerous situation and help us to fight back.

However, left unchecked the same physical reaction to stress that protects us can also leave us at risk for health problems. When reacting to stress, the body releases the hormone cortisol. Research has shown that high levels of cortisol from long-term stress can increase cholesterol, blood sugar and blood pressure – all common risk factors for heart disease.

That’s why managing stress is one of the key components of improving your heart health (along with regular activity and a nutritious diet). If you find yourself fighting off stress, here are several tips to help you win the battle, from the American Heart Association.

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Rehab Shown to Help PAD

Medicare and many other health plans now cover supervised exercise therapy (rehabilitation) as a beneficial and safe treatment for patients diagnosed with Peripheral Artery Disease (PAD) experiencing symptomatic claudication. Studies have shown that PAD rehabilitation significantly improves quality of life.

PAD rehabilitation is proven to be beneficial and safe for people diagnosed with PAD who have leg pain during activity. The focus of PAD rehab is to build stamina and reduce symptoms through exercise therapy, medical monitoring, education, and risk factor modification.

The PAD rehab support team includes nurses, exercise physiologists, dietitians and social workers helping you to a better quality of life. Benefits of PAD rehab include relief of symptoms, improved limb function, enhanced mobility and improved quality of life.

PAD Rehab is offered at the locations below. Talk to your doctor about a referral.

Mercy General Hospital (Sacramento)
916.453.4521

Mercy San Juan (Carmichael)
916.537.5296

Sierra Nevada Memorial Hospital (Grass Valley)
530.274.6103

Woodland Healthcare (Yolo County)
530.662.3961, ext. 4531



Dignity Health at the Heart & Stroke Walk

Mark your calendars and make plans to join the Dignity Health Heart and Vascular Institute team at the 30th annual Heart & Stroke Walk on **Saturday, Sept. 26** at Sacramento's William Land Park. Dignity Health is proud to once again be a presenting local sponsor. Watch for details in coming months about how to join the Dignity Health team.

Last year more than 1500 walkers joined us for a fun morning of activities for the whole family. We hope to see you this year!

Save yourself from stress..(continued from first page)

Slow down: Plan ahead and allow enough time to get the most important things done without having to rush.

Get more sleep: Try to get six to eight hours every night.

Let worry go: Let go of what is overwhelming you and give yourself a break on everything else.

Laugh it up: Look for opportunities to share a laugh with someone every day.

Get connected: A daily dose of friendship is great medicine. Make your friends and family a priority.

Get organized: Use "to do" lists to help you focus on the most important tasks.

Practice giving back: Volunteer your time or spend time helping a friend.

Be active every day: Exercise can relieve mental and physical tension.

Give up bad habits: Too much alcohol or caffeine can increase blood pressure.

New Evidence...(continued from first page)

However, according to the National Institute on Drug Abuse, the reverse may actually be true: The NIDA found that 30.7% of e-cigarette users started smoking within six months of using, compared with 8.1% of non-users who started smoking.

Vaping-Related Illness Becomes Crisis

While vaping has long been anecdotally blamed for mild lung problems like chronic cough, increased phlegm and bronchitis, over the past year it became linked to a nationwide outbreak of life-threatening lung illness that has claimed 57 people of all ages and in all states.

Many of the illness have been linked to vaping products with THC, the component in marijuana that produces a high. The CDC says an additive called Vitamin E acetate that makes the THC last longer may be to blame.

Past studies have suggested the vapor may irritate airway cells, impair their ability to fight infection, and lead to destruction of lung tissue.

Now, one of two new studies, published in the American Journal of Preventive Medicine, found that e-cigarette users are also at significantly higher risk of chronic lung diseases such as asthma, bronchitis, emphysema and COPD.

The study looked at a database of more than 705,000 adults, some who smoked regular cigarettes and some who smoked e-cigarettes. In people who had never smoked regular cigarettes, e-cigarette use was associated with 75% higher odds of COPD. Daily users of e-cigarettes had 2.6 times higher odds of COPD than people who never smoked regular cigarettes.

The second study, published in the journal BMC Pulmonary Medicine, included more than 400,000 adults who never smoked regular cigarettes. The risk of asthma was 39% higher in those who vaped than those who did not. And the researchers reported that more people vaped, the more their risk for asthma increased.

While researchers from both studies recognize that their findings could not prove a direct connection between vaping and the lung illnesses, they did reiterate that the studies prove that neither smoking nor vaping is safe. And – both deliver nicotine, which, given the young age of vaping users leads them to believe that vaping will create a whole new generation of nicotine addicts.

According to the Truth Initiative (the nation's largest non-profit focused on ending tobacco use), the impact of vaping on cardiovascular health is still unclear. There are studies that show exposure to e-cigarettes has a negative impact on resting heart rate, blood pressure and the cells that line the blood vessels.

Welcome New Physicians



Cardiac electrophysiologist **Maheer Gandhavadi, MD**, has joined Mercy Medical

Group. Dr. Gandhavadi graduated from Duke University School of Medicine and served his internship and residency at University of California – San Francisco. He completed cardiology and cardiac electrophysiology fellowships at Harvard Medical School/ Beth Israel Deconess Medical Center. Dr. Gandhavadi has offices in Sacramento, Elk Grove, Folsom and Grass Valley.



Vascular surgeon **Moqueet Qureshi, MD**, has joined Mercy Medical Group. Dr. Qureshi

graduated from King Edward Medical University, Pakistan. He served his internship at New York Medical College and his residency at University of Massachusetts. He completed his complex aortic, vascular and endovascular fellowship at Cleveland Clinic. Dr. Qureshi's office is on Coyle Avenue, Carmichael.



Cardiologist **Bradley Stauber, DO**, has joined Capital Interventional Cardiology.

Dr. Stauber graduated from Touro University California College of Osteopathic Medicine.