

# HeartBeat

THE PULSE OF  Heart



## Austin Heart Selected to Implement New Lifesaving Technique

### An alternative to open-heart surgery

The aortic valve regulates the flow of blood from the heart. When a progressive and fatal disease known as *aortic stenosis* causes the valve to narrow, blood cannot flow out from the heart properly.

This can cause chest pain, severe shortness of breath and fainting. Unfortunately, patients suffering aortic stenosis are at high risk of death without treatment. Previously, the only treatment to replace the aortic valve was lengthy open-heart surgery, but patients are often too weak to withstand the surgery.

### Dr. Zidar and team – Only group chosen in Central Texas

Recently, landmark research has been completed to address this dilemma. Austin Heart is the only practice in Central Texas approved to offer a non-surgical lifesaving intervention. In this study, a balloon-expandable valve was placed in the heart through a catheter inserted into the groin or through a small incision in the chest. This procedure lasts only about 90 minutes, compared to six hours of open-heart surgery.

“The Austin Heart cardiologists and The Heart Hospital of Austin are poised to become the only ones in Central Texas with access to this lifesaving technology,” said Dr. Frank Zidar, interventional cardiologist. “I foresee using this revolutionary procedure as an essential service to some of our most critically ill patients who would not otherwise tolerate open-heart surgery.”

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**FEATURED PHYSICIAN**  
Nationally-recognized  
Cardiologist

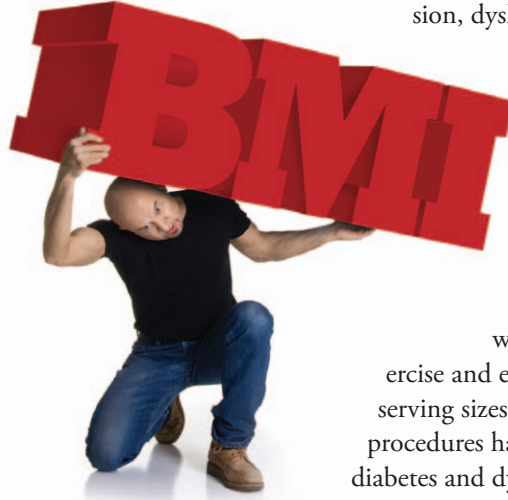
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# OBESITY – A Worldwide Epidemic, A Risk for CAD

Obesity is now considered a global epidemic by the World Health Organization. The American Heart Association has identified obesity as an independent risk factor for CAD (Coronary Artery Disease). Why has carrying a few extra pounds caused such an uproar? There are a number of factors associated with obesity that contribute to an increased risk of Coronary Artery Disease:

- Insulin Resistance
- Diabetes Mellitus (Type II) – It is estimated that 80% of all cases of Type II diabetes are attributable to obesity
- Hyperlipidemia (including hypertriglyceridemia, low HDL and elevated Apolipoprotein B)
- Hypertension
- Left Ventricular Hypertrophy
- Obstructive Sleep Apnea



taking into account your body mass divided by your height:

$$BMI = \text{weight (kg)} / \text{height (m)}^2 *$$

With increasing BMI there is increased risk for Coronary Artery Disease. The risk is compounded at each level of obesity by the co-existence of other risk factors such as tobacco use, hypertension, dyslipidemia and abnormal glucose metabolism.

The benefits of weight loss include the prevention, improvement and even reversal of many obesity related disorders like hypertension, dyslipidemia and glucose intolerance. In fact, intentional weight loss of more than 20lbs will decrease all causes of mortality (cancer, heart attack, stroke, etc.) by 25%! The best way to lose weight and keep it off is a regimen of daily exercise and eating a healthful diet that includes appropriate serving sizes. Recently, gastric bypass surgery and lap-band procedures have shown promise in reducing hypertension, diabetes and dyslipidemia.

If you are concerned about obesity and the potential life-saving benefits of weight loss therapy, talk with your doctor or visit the Austin Heart website at [www.austinheart.com](http://www.austinheart.com) for helpful links.

## What is obesity?

A Body Mass Index (BMI) of greater than 30kg/m<sup>2</sup> constitutes the official definition of obesity. BMI is a simple calculation,

# SEA SALT & RED WINE – The Real Skinny

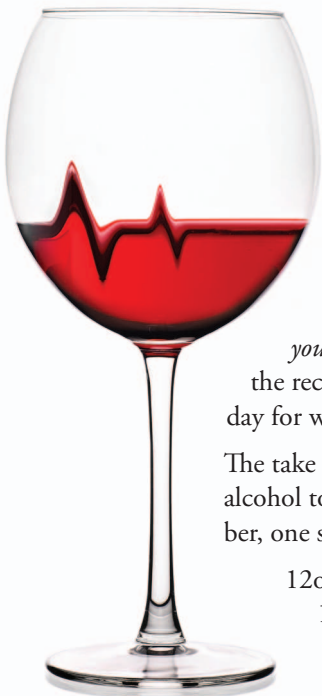
Have you heard the news? Red wine is good for the heart! Over the past decade there have been several studies that have touted the healthful benefits of moderate alcohol consumption, showing in some cases a 40-70% decreased risk for coronary heart disease when compared to no alcohol

intake or heavy consumption. Several compounds found only in red wine inhibit production of oxidized LDL (bad cholesterol) and have further anti-oxidant effects on the lining of the arteries.

In a recent survey conducted by the American Heart Association, 76% of respondents agreed with the statement: “*Wine can be good for your heart.*” However, only 30% knew the recommended dose of wine is 4oz per day for women and 6-8oz for men!

The take home message is for those who drink alcohol to be mindful of their intake. Remember, one serving of alcohol is equivalent to:

12oz beer **OR** 5oz wine **OR**  
1.5oz 80 proof spirits



## What about sea salt?

The same survey also indicates that Americans are confused about sodium. 46% of polled Americans incorrectly said that table salt was the primary source of sodium in an average diet. In fact, processed foods like soup, canned foods, packaged food, prepared mixes, condiments and tomato sauce account for up to 75% of sodium consumption in the U.S. Against popular belief, sea salt, kosher salt and table salt all have equivalent sodium content – about 40%.

The Centers for Disease Control (CDC) recently issued a statement that Americans should adopt a diet with less than 1,500mg of sodium daily to avoid increased risks associated with hypertension, which can exacerbate heart failure and increase the risk for coronary artery disease and stroke.

How can you help yourself? Look carefully at the nutrition information on each item you eat, including foods you buy in restaurants. Keep a daily diary of your sodium intake for one week and show yourself how much sodium you're really consuming!



## An **ASPIRIN** a Day...

*Has your doctor recommended that you take a baby aspirin every day?*

### HERE'S WHY!



Aspirin is a non-steroidal anti-inflammatory drug that can help treat fever, pain or inflammation. More importantly, low-dose aspirin is used to treat and prevent cardiovascular disease. Fatty deposits known as plaque can build up in the arteries of the heart (coronary arteries) or arteries leading to the brain (carotid arteries). If untreated, these plaques can rupture. Platelets in the bloodstream respond by forming a clot, blocking blood flow beyond that point, causing a heart attack or stroke. Aspirin inhibits the “clumping” ability of the platelets in your blood stream and can prevent these dangerous and often fatal events.

### Who needs aspirin?

Aspirin has a clear and well-known benefit in the prevention of a second cardiovascular event for any person who has already suffered a heart attack, transient ischemic attack (TIA) or stroke. Also, people who have peripheral artery disease (claudication), chronic chest pain (angina), or who have had stents or bypass surgery benefit from taking aspirin for primary prevention of heart attack or stroke. Men and women who have not had a heart attack or stroke, but who have risk factors for a heart attack or stroke—advanced age, diabetes, hypertension, hyperlipidemia, obesity or tobacco use—should be taking aspirin.

If you think you may be having a heart attack or stroke, aspirin can save your life. Anyone who believes they may be having a heart attack should **chew** 325mg of aspirin immediately and call 9-1-1.

### What are the risks of aspirin?

The two main side effects of aspirin use are stomach upset (nausea, vomiting, heartburn, stomach pain) and bleeding. To help prevent stomach upset, experts recommend that aspirin be taken with food. People who take aspirin may notice that they may bleed longer than normal after a minor cut or scrape, and that bruising of their skin occurs more easily. Of greater concern is bleeding from the gastrointestinal tract (stomach or colon) or, rarely, the brain. Experts recommend the use of aspirin among men and women when the benefit of preventing heart attack outweighs the risk of unnecessary bleeding. It is very important to discuss the risks and benefits of aspirin with your primary physician or your cardiologist before you undertake treatment with aspirin.

### Asprin and Ibuprofen

There is information that shows that taking ibuprofen in conjunction with aspirin may inhibit the effectiveness of aspirin to stop platelets from forming blood clots. For this reason, it is prudent to take aspirin about two hours prior to taking ibuprofen, if you take it on a regular basis.

Whether you take aspirin everyday for heart health or just occasionally for that nagging headache, it's important to understand the medication's benefits and risks. For more information about keeping your heart healthy, visit the Austin Heart website at [www.austinheart.com](http://www.austinheart.com).

## FEATURED PHYSICIAN



### Frank J. Zidar, MD, FACC, FSCAI

*Dr. Zidar is featured in this month's newsletter as leading the Austin Heart team in bringing trans-cutaneous aortic valve replacement to Central Texas.*

Frank Zidar, M.D. is Medical Director of the Cardiac Catheterization Laboratories at The Heart Hospital of Austin and is the Director of Interventional Services at Austin Heart. His training and research have led to his appointment as Principal Investigator in many clinical trials involving advanced interventional devices and technology. He is recognized nationally as a leader in the field of Carotid Artery Stenting.

Other areas of expertise and interest include complex coronary and peripheral vascular intervention and catheter therapies for aortic valve stenosis.

A native of Michigan, Dr. Zidar enjoys swimming, boating and trying to keep up with his three daughters.

#### SPECIALTY

Interventional Cardiology

#### FELLOWSHIP

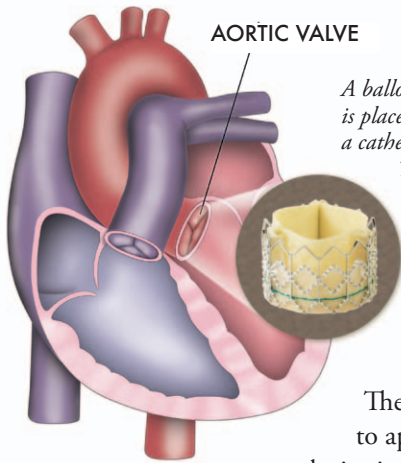
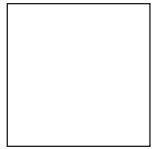
Cleveland Clinic Foundation, Cleveland, OH; Duke University Medical Center—Durham, NC

#### INTERNSHIP AND RESIDENCY

University of Michigan Health System—Ann Arbor, MI

## Austin Heart Selected to Implement Lifesaving Technique, *continued*

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*A balloon-expandable valve is placed in the heart through a catheter or a small incision.*

*This technique is a safer alternative for patients who may not tolerate open-heart surgery. (Image courtesy Edwards Lifesciences, Irvine, California)*

The FDA is expected to approve use of this device in the United States by the fall of 2011. Interventional cardiologists at Austin Heart have been working closely with the team from the manufacturer, Edwards Lifesciences, and received extremely specialized training to implant these heart valves in patients with end-stage aortic stenosis.

This technique has proven successful in Europe and some large U.S. institutions.

*HeartBeat, The Pulse of Austin Heart | Elissa Thompson, MD, Editor*

*HeartBeat is a free publication of Austin Heart, the largest provider of cardiac and vascular services in Central Texas. Our comprehensive range of services include prevention, general cardiology, vascular care, electrophysiology and interventional cardiovascular services.*

*Contact us with your comments, feedback or subscription requests: 512-206-3600 or [newsletter@austinheart.com](mailto:newsletter@austinheart.com)*

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### OUTREACH LOCATIONS

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