The Balancing Act
A Seminar for Women Seeking the Perfect Balance of Family, Work & Home
Friday, March 30th | 6:30 – 9:30 pm | Sellersville Outpatient Center
Cost: $20 (includes hearty appetizers and beverages)

Managing your life can get downright chaotic. Sometimes you may feel like an acrobat balancing across a tightrope. One misstep and everything can come crashing to the ground. Join us for an evening packed with advice, tips, and tricks on how to achieve and maintain balance in your busy life. Walk away with renewed confidence and a smile on your face.

Keeping Your Sanity Keynote speaker Monica S. Good, LCSW
Stress and Your Heart Michelle Starn, MD, Buxmont Cardiology Associates
Stress and Your Digestive Health Daisy Ortiz, MD, Bux-Mont Gastroenterology Associates
Journal Your Way to a Better Life Diane Machinist
Organizing for Simplicity LeVonne Gwozdz, An Extra Hand Organizing

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Perfect Balance of Family, Work & Home
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Maine heart frequently stopped beating for several seconds at a time—he instructed her to go to the hospital immediately. “The availability of high-level service literally ‘right around the corner’ made all the difference,” said Dr. Davis.

On the day of her appointment, Grand View’s Mobile Cardiovascular Imaging (MCI) was at Dr. Davis’ location. After performing an echocardiogram that showed an irregular heartbeat, technician Jamie Clark referred Valsie to the Stoneridge Sleep Center for further evaluation. ‘That’s reason enough to ensure you get proper sleep.”

Sleep Disturbance and Stress

Is stress keeping you awake at night? Experts say nearly half of sleep issues are due to stress – with work and family issues topping the list of what keeps Americans up at night.

However, sleeping well is essential to physical health and emotional wellbeing. Even minimal sleep loss can take a toll on mood, energy, efficiency, and ability to handle stress. Researchers have found that metabolic and endocrine changes resulting from a significant sleep debt mimic many hallmarks of aging. “Chronic sleep loss may not only speed the onset of aging but could also increase the severity of age-related ailments like diabetes, high blood pressure, obesity, and memory loss,” noted cardiologist Matthew Collins, DO. “That’s reason enough to ensure you get proper sleep.”

The body requires and manages sleep in much the same way it regulates the need for eating, drinking, and breathing. But rather than sleeping, a stressed brain seems to race as it goes over stressful events during the day. The solution is to relieve stress to improve healthy sleep.

Consider these effective strategies:

• Be consistent. A regular regimen is critical since it creates an expectation and routine.
• Block out 7-9 hours for a full night of uninterrupted sleep.
• Deal with worries and distractions during the day. Waiting until you “hit the hay” to tackle problems may spell sleep disaster.
• Exercise regularly—but not too close to bedtime.
• Meditate before going to bed. Relax and clear your mind. Try listening to calming music.
• Avoid caffeine and other stimulants. Coffee, tea, energy drinks, nicotine, and even chocolate can interfere with sleep.
• Avoid alcohol within 4 hours of bedtime.

The Stoneridge Sleep Center provides testing, diagnosis, and treatment of sleep disorders. For more information, call 215-453-8106 or visit www.gvh.org.

Details & Registration Call 215-453-4300 or visit us on the web at www.gvh.org.
Staying committed to healthy eating in 2012 doesn’t mean squashing dining out. With a few proven evidence-based guidelines and procedures in caring for heart failure patients to prevent future hospitalizations. For some of those individuals, heart problems were caused partly by a lifetime of inactivity. This may somewhat explain why Elaine and her family consider physical activity a key element of everyday life. Biking and seasonal outdoor activities are top choices for staying fit. While it’s no surprise Elaine’s daughter is an athlete, you might be amazed to learn Dana was named to the Olympic Track Cycling Long Team in December. In addition, she is a four-time Elite National Track Cycling Champion. In 2010, she won titles in the Keirin and the Sprint. She repeated gold again in 2011. In October 2011, Dana won a bronze medal at the Pan American Games in Guadalajara, Mexico. Way to go!

Learn about cardiac rehabilitation services at Grand View Hospital. Our program is located at the Grand View Outpatient Center at Sellersville. For information, call 215-453-3260 or visit www.gvh.org.

FEBRUARY is HEART month

Exercising Right to the Olympics

Exercise physiologist Elaine Feiss knows too well the importance of physical activity. She works in Grand View’s Cardiac Rehabilitation Department with patients recovering from a heart attack or other consequences of heart disease. For some of those individuals, heart problems were caused partly by a lifetime of inactivity.

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Do your heart a favor in 2012: Make an appointment with your doctor to track the numbers that contribute to your risk of heart disease—including blood pressure, body-fat index, and cholesterol levels. Knowing your risk factors and how the numbers contribute to your risk of heart disease is key to avoiding heart disease. Need a physician? Call Grand View Information Line at 215-453-4300. To schedule a treat, call 215-453-4100.

Make an Appointment Today for Your Heart Health

For more information, call the Grand View Information Line at 215-453-4300 or visit www.gvh.org.

Grand View Receives Bronze Quality Award from the American Heart Association

Grand View received the American Heart Association’s Get With The Guidelines Bronze Quality Award in Heart Failure. The award signifies we’ve reached an aggressive goal of treating heart failure patients for at least 90 days with 85 percent compliance to core standard levels of care outlined by the American Heart Association/American College of Cardiology secondary prevention guidelines for heart failure patients.

This Get With The Guidelines quality improvement initiative provides hospital staff with tools that follow proven evidence-based guidelines and procedures in caring for heart failure patients to prevent future hospitalizations. Under the guidelines, heart failure patients are started on aggressive risk-reduction therapies—such as cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, and diuretics. They also receive counseling on nutrition, smoking cessation, salt reduction, fluid intake monitoring, and other health topics. “The full implementation of national heart failure guideline recommended care is an important step in preventing recurrent hospitalizations and prolonging the lives of heart failure patients,” said Dr. Schwamm of the Get With The Guidelines National Steering Committee. “Published scientific studies are providing us with more and more evidence that Get With The Guidelines works. Patients are getting the right care they need when they need it. That’s resulting in improved survival.”

Stay committed to healthy eating in 2012 doesn’t mean squashing dining out. With a few smart tricks under your belt, you can still savor meals at your favorite restaurants. Keep in mind that most places are glad to accommodate special requests.

1. Portion control is huge. “The sheer amount of food most restaurants serve is way beyond the recommended amount,” noted Cindy Linse, nutritionist at Grand View. “As soon as your food is served, ask for a takeout box, package half your meal, and set it aside.” Or, consider ordering a healthy appetizer as a main course.

2. Go baked, broiled, roasted, or grilled. Any preparation other than fried is your best choice.

3. Ask what kind of oil the cooks use and request your meal to be prepared with vegetable or olive oil rather than lard.

4. Move the salt shaker to another table. Restaurants serve food with already enough salt. Season with garlic powder or dried oregano instead.

5. Deny the bread basket. Ask your server to substitute raw veggies and dip, sliced tomatoes, or something similar. “If you’re about to consume an entire meal, don’t fill up on bread, which adds to calorie consumption,” warned Linse.

6. Ask for an additional serving of vegetables or fruit in place of potatoes. “Unless you plan to eat just a half-cup portion of a white or sweet potato with no tallow or sugary toppings, opt for two non-starchy vegetables or fruit,” noted Linse.

7. Request dressings, gravies and other sauces on the side. You’ll use far less than if you drench your food in them since they’re typically loaded with fat. “If you cannot select a low-fat dressing, ask for lemon juice and vinegar or balsamic vinegar,” suggested Linse.

8. Drink water with a slice of lemon rather than sugary sodas and juices. For adults, red wine in moderation has shown to be good for cardiovascular health.

9. Eat slowly and enjoy the flavor, texture, aroma, and ambience.

10. Yes, you can have dessert! Ask for sliced in-season fruit even if it’s not on the menu. Order it with a dollop yogurt if available.

To help you stay in shape and maintain a healthy weight, Grand View offers individual nutrition counseling and other related programs. For more information, call the Grand View Information Line at 215-453-4300 or visit www.gvh.org.