Preventing heart disease

4 THINGS YOU CAN DO TODAY

TRY THIS: HOW TO EAT A MEDITERRANEAN DIET
Changes coming to improve care, reduce costs

It’s often said that you get what you pay for. But when it comes to health care costs, most people would agree we’re paying far too much for the value of the care we receive.

This is not a small problem. Health care costs are the leading cause of personal bankruptcies in the United States, and the majority of those are among people who have health insurance.

Something has to change in our country’s health care system. And Mayo Clinic Health System is a leader in the effort to change the health care system and improve the value of the care we deliver to you and your family.

One way we’re changing is by applying the best practice to the care we provide at all of our locations. That means you’ll receive the same high level of care whether you’re in Fairmont, Minn., Waycross, Ga., or another health system location in between. Behind the scenes, we’re working to integrate and standardize our practices. Standardization does more than improve care and efficiency — it also saves money, which means lower health care costs.

We’ve also launched Patient Online Services in most of our locations, which allows you to check your lab results, clinical notes, medication list and other portions of your medical record from your own computer. You can also use the site to connect directly with your provider.

The changes we’re making are designed to improve the care you receive while lowering the cost of delivering that care. We’re excited to be starting this challenging but essential work because we believe it will lead to a better health care system — and better health — for us all.

Robert E. Nesse, M.D., CEO
Mayo Clinic Health System
**TOP 5: Stress reducers**

1. **Get moving**
   Any kind of physical activity relieves stress. Walking, gardening, house cleaning, biking and other everyday activities release feel-good endorphins and help you refocus your mind.

2. **Focus on the moment**
   Even a few five-minute meditation sessions during a hectic day can make a difference. Close your eyes, think about your inhales and exhales, and focus on releasing stress.

3. **Let it out**
   When you feel stressed, find a way to express it, whether through writing in a journal or sharing your pent-up thoughts and feelings with a trusted friend. Social interaction also helps by providing support and a distraction.

4. **Laugh more**
   Laughter fires up and then cools down your stress response, according to MayoClinic.com. So read some jokes, tell some jokes, watch a comedy or hang out with your funny friends.

5. **Yoga**
   Yoga is a great stress reliever. Practicing yoga can decrease your blood pressure and heart rate while improving your energy level and mood. At the end of a yoga session, you should feel energized, yet calm and relaxed explains Aveen Banich, M.D., ophthalmologist and yoga practitioner.

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**Bariatric surgery information session**
Tuesdays, Nov. 12 and Dec. 10, Noon to 1 p.m.
Free. Mayo Clinic Health System in Eau Claire.
Call 715-838-3636 to register and for location information.

**Car seat safety check**
Get your child’s car seat inspected by a certified car seat technician.
Free. Call for an appointment: 
**Barron** — 715-537-6747
**Eau Claire** — 715-838-3180
**Menomonie** — 715-233-7237

**Family fun night at the pool and field house**
Enjoy an active evening of swimming and field house play.
Saturday, Dec. 7, 6 to 8 p.m.
Free. Menomonie High School. 
Sponsored by Mayo Clinic Health System.

**Keep moving for life!**
Poker walk, orthopedic health screenings, recipes and weight loss advice.
Saturday, Jan. 4, 
7:30 to 11:30 a.m.
Free. Oakwood Mall in Eau Claire.
Everybody gets the blues. We feel sad or lonesome. We grieve. Eventually, we feel better.

Depression, however, is different. It is memorable for the persistently painful feelings it can cause. People with depression may even feel as if life isn’t worth living.

Also called major depression, major depressive disorder and clinical depression, depression is a serious illness that can affect how you think, feel and behave. People with depression may have trouble getting through normal day-to-day activities.

“Depression can lead to emotional and physical problems that affect every aspect of life,” says Mark Frye, M.D., chair of the Department of Psychiatry and Psychology at Mayo Clinic in Rochester, Minn. Depression may happen once in a lifetime or it may be a recurring condition. The causes are unclear, but may involve age, gender, cultural differences and stressful life events. In some cases, depression seems to occur without any identifiable trigger.

Depression is both common and treatable “It’s important to remember that depression is a medical illness that usually requires long-term treatment. It’s not a weakness,” says Dr. Frye. “Most people with depression feel better with medication, psychological counseling — ideally the combination — or some other treatment.”

Stress management (such as meditation, exercise and cutting back your obligations) and a strong network of friends and social support may help to prevent depression. Early treatment can defend against worsening depression, and long-term treatment may help prevent a relapse.

New Journey Addictions Services

New Journey Addictions Services is designed for individuals and families with addictions. Our licensed addictions counselors evaluate the needs of each person and develop an individual treatment plan. Every facet of a person — physical, psychological, spiritual, intellectual and emotional — is addressed. That’s why our team approach is especially effective. The program includes education, group discussions, one-on-one sessions, and couples and family therapy. The main focus is on addiction as a disease and its progressive, chronic nature.

Our treatment team includes licensed addictions counselors, psychiatrists, nurses, professional counselors, social workers, and marriage and family therapists.
Depression
in women

Women are twice as likely as men to have depression

About 20 percent of women develop depression at some point, but it occurs most commonly in women ages 40–59.

• Hormonal changes during puberty may increase the risk of developing depression.
• Some women with premenstrual syndrome (PMS) have severe, disabling symptoms of depression that disrupt their lives.
• Dramatic hormonal changes that occur during pregnancy may also increase the risk of depression.
• Many new mothers are sad, irritable and prone to tears. “Baby blues” are normal. But more long-lasting depressed feelings may indicate postpartum depression.
• Depression can sometimes accompany the transition to menopause.
• Poverty, work overload and mental or physical abuse may add to a woman’s risk for depression.

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Know the symptoms of depression

Depression affects each person differently. For some, the symptoms are so severe that depression is obvious. Others feel miserable or unhappy without really knowing why.

Symptoms include:

• Agitation or restlessness
• Changes in appetite
• Crying spells
• Excessive anger, hostility or violent behavior
• Excessive anxiety or mood swings
• Fatigue and loss of energy
• Frequent thoughts or talk about dying or suicide

• Feelings of worthlessness or guilt
• Inability to cope with problems or daily activities
• Indecisiveness, distractibility and decreased concentration
• Insomnia or excessive sleeping
• Marked personality changes
• Reduced sex drive
• Substance abuse

Depression in men

Many men try to ignore depression. Some don’t recognize their symptoms. Some men downplay their signs and symptoms and some resist treatment because they’re afraid of the stigma of depression.

Signs and symptoms of depression in men

It can be hard for men to ask for help, but without treatment, depression is unlikely to go away, and it may get worse. Men with depression may:

• Escape by spending a lot of time at work or on sports
• Abuse alcohol or engage in substance abuse
• Display controlling, violent or abusive behavior
• Be irritable or exhibit inappropriate anger
• Engage in risky behaviors

Am I depressed? Questions to consider

• Do you feel irritable, isolated or withdrawn?
• Do you find yourself working all the time?
• Are you drinking too much?
Preventing heart disease

Which advice to follow?

“So many studies today are splashed across the headlines, and the advice seems to change on a weekly basis,” says Martha Grogan, M.D., a Mayo Clinic cardiologist.

Only one headline is consistent:

Heart disease still the No.1 killer of men and women in the United States

The truth?

“We’ve made huge progress in the fight against heart disease,” says Dr. Grogan. “The overall death rate from heart disease has decreased by more than 33 percent in the last 50 years. That’s a lot.”

And yet, heart disease still maintains its position as the No. 1 killer of men and women. So, clearly, there is still work to do.

Try this: How to eat a Mediterranean diet

“The research on the heart-healthy benefits of a Mediterranean diet is very strong and growing,” says Martha Grogan, M.D., Mayo Clinic cardiologist.

Add:

Olive oil
Use olive oil as your main fat — at least 4 tablespoons per day in cooking, sauces and dressings.

Fruits and vegetables
Eat at least five servings of fruits and vegetables every day.

Legumes and nuts
Aim for four servings of nuts (peanuts, almonds) and three servings of legumes (black beans, lentils) every week.

Fish
Fish is a staple in the Mediterranean diet, eaten about four times each week.

Wine
Both men and women may benefit from drinking one glass of wine every day.*

*Do not use if you have a history of problems with alcohol.
The solution may not be easy, but it is simple. “The majority of us can reduce our heart disease risk by 70 to 80 percent by doing just four things,” says Dr. Grogan, “and yet, less than 2 percent of the population is doing all four.”

Here are four things you can do to lower your risk.

1. Eat a nutritionally balanced diet.
   “There is more and more evidence that a Mediterranean diet — high in protein from fish and nuts, as well as healthy fats like olive oil — has tremendous benefits for reducing heart disease risk,” says Dr. Grogan. See below for practical advice on following a Mediterranean diet.

2. Get regular physical activity.
   “Our recommendations have changed in this area in the last five to 10 years,” says Dr. Grogan. “Exercise is very important, but research has found that simply being physically active with your day-to-day activities can keep your heart healthy.”
   This includes activities such as gardening, cleaning, taking the stairs, parking a little farther away from your destination and simple movements, like standing, walking, and stretching throughout a long workday.
   “In an increasingly screen-filled world, we sometimes underestimate how much time we spend sitting down,” says Dr. Grogan.

3. Maintain a healthy weight.
   Losing weight or maintaining a healthy weight takes good nutrition and physical activity. But did you know that your sleeping habits may be part of putting on extra pounds?
   “When you’re sleep deprived, which means not getting enough restful sleep, you reach for the high-sugar, high-carb foods to help give you those bursts of energy,” says Dr. Grogan. “With adequate sleep, you can focus, have more energy and more easily stay away from the junk.”

4. If you smoke, quit. Ask your care provider about resources Mayo Clinic has to help you quit.
Patients with severe congestive heart failure may benefit from a ventricular assist device, a mechanical device that helps pump blood from the lower chambers of the heart (the ventricles) to the body, enhancing the heart’s function. Left ventricular assist devices, or LVADs, are the most common form of this therapy. Originally used for patients awaiting heart transplant or recovering from surgery, LVADs increasingly are a long-term solution that provides a good quality of life. “Sometimes when an LVAD is implanted as a bridge to transplant, the patient feels they do reasonably well with it and opts not to have the transplant.

Patients who don’t respond to medical therapy go through an in-depth evaluation to determine if they are good candidates for LVADs. Most benefit from dramatically improved symptoms and survival rates for heart failure,” says Daniel T. Kincaid, M.D., a cardiologist in Eau Claire. “They often can live a nearly normal life. Some even golf.”

The LVADs are implanted at Mayo Clinic in Rochester. “At Mayo, 19 circulatory failure specialists see patients with heart failure who may receive or have received transplants or ventricular assist devices,” says Margaret M. Redfield, M.D., a cardiologist in Rochester. “We also see patients with pulmonary hypertension, which destroys blood vessels in the lungs.”

Patients generally stay in the hospital in Rochester for two to four weeks following LVAD implant surgery and return for follow-up care every month, initially, and then every two to four months.
Heart care in your community

Mayo Clinic Health System is proud to be ranked as a high performer in Cardiology and Cardiac Surgery by U.S. News & World Report. We offer a full range of services in northwestern Wisconsin — from the fastest heart attack response times in our area to cardiac rehabilitation near your home. Our board-certified cardiologists see patients in Barron, Bloomer, Cameron, Chippewa Falls, Eau Claire, Menomonie, Mondovi, Osseo and Rice Lake. No referral is necessary.

Call 715-838-6320 to schedule an appointment at a convenient location for you.

Eau Claire named a shared care center

Mayo Clinic Health System in Eau Claire was recently designated a LVAD shared care center by a LVAD manufacturer, which will allow the facility to provide care for both Mayo and non-Mayo patients with LVADs.

“Patients won’t need to travel to Rochester as often for follow-up care,” says Dr. Kincaid. “More importantly, the designation means that there will be a medical facility and well-qualified staff to work with these complicated, sophisticated medical devices in our area.”

Dr. Kincaid; Michel K. Barsoum, M.B., Ch.B.; and Lisa K. O’Neill, nurse practitioner, care for LVAD patients in Eau Claire.

LVAD coordinators help patients with daily life

In Rochester, LVAD coordinator Sarah D. Schettle, physician assistant, completes preoperative workups to assist in identifying patients’ health issues and eligibility before LVAD implant surgery. She also acts as a resource for patients and their primary care providers following surgery. “We work with fire departments, pharmacies, EMTs, utilities, family and friends to explain the special needs of patients with LVADs,” says Schettle. “We strive to give our patients as normal a quality of life as they can achieve.”

Four LVAD coordinators see patients in Rochester for their regularly scheduled appointments. They share appointment notes with the patients’ primary care providers and cardiologists, who may contact the LVAD coordinators with questions during their own appointments with these patients.

Sarah D. Schettle
LVAD coordinator
Mayo Clinic Rochester

Daniel T. Kincaid, M.D.
Cardiology
Eau Claire
Small changes can reduce your risk of diabetes

“People who develop diabetes may not have any symptoms for some time,” says Lynn Severson, a nurse practitioner in Endocrinology in Eau Claire. “Learn the risk factors. If you have any, work to lower your risk.”
Risk factors for diabetes include excess weight, high blood sugar (past or present), diabetes during pregnancy, high cholesterol levels, inactivity, tobacco use, unhealthy eating or a family history of diabetes. If you have one or more risk factor, make small changes toward healthy living such as:

- **Gather support from friends and family.**
- **Accept that you have habits you need to change.** Ask yourself if you are ready, willing and able to make the necessary changes. Believe you can change, and try one small step at a time.
- **Make a list of what you are willing and able to change,** such as the foods you buy and your activity levels. Try using smaller plates to cut your portions in half.
- **Write down your short, specific, realistic goals.**
- **Aim for 30 minutes of activity daily.** You may have to start with less, but any additional activity is helpful. Consider walking with a friend.
- **Review your progress regularly.** When you make one change successfully, work on your next step.
- **Early detection is important to avoid long-term problems.** See your primary care provider, and have your blood sugar tested regularly.
- **Gather resources,** including the American Diabetes Association website, diabetes.org, and MayoClinic.com.

Talk with your doctor or call Endocrinology or Diabetes Education at 715-838-6594 if you have questions or need additional help managing your diabetes.

**What is a diabetes educator?**

Diabetes educators are specially trained nurses or nurse practitioners who provide comprehensive training to assist patients with diabetes. They educate and encourage patients to make lifestyle changes, take care of their disease and improve their health.

Training includes information on nutrition, exercise, medications and blood glucose monitoring, as well as strategies to change behaviors or avoid complications associated with diabetes.

Educators also work with families on how to help and support a loved one with diabetes.

Nutrition and/or diabetes counseling is available in Barron, Bloomer, Chippewa Falls, Eau Claire, Menomonie, Osseo and Rice Lake. Call the most convenient location for you to schedule an appointment.
Family history awareness leads to preventive surgeries

“\textbf{I decided I was playing with fire.}”

\textbf{Yvonne Rands}

Earlier this year, actress Angelina Jolie raised awareness of the BRCA1 gene, which if mutated greatly increases a woman’s chance of developing breast and ovarian cancer, when she announced that she’d had a preventive double mastectomy.

Yvonne Rands, 51, of Ladysmith faced a strong family history of BRCA1 gene mutation. On her mother’s side, an aunt and cousin in the Netherlands died of ovarian and breast cancers at ages 48 and 38, respectively. A cousin tested positive for the mutated gene. Rands’ uncle was the carrier, as were five of his eight siblings. People with the gene mutation have a 50 percent chance of being carriers and passing the gene mutation to their children.

Rands’ youngest sister developed breast cancer at age 36 in June 2010. Her positive genetic test confirmed that Rands’ mother is a carrier, too. Rands and three of her 10 siblings have been tested. Three tested positive. Rands and two of her sisters have had bilateral mastectomies and hysterectomies.

All people carry the normal BRCA1 gene. In most patients with breast cancer, that gene is not the cause. However, in less than 5 percent of patients with breast cancer, there is a mutation in the gene that leads to breast cancer and is the basis for the genetic testing. The gene mutation impacts cells that are affected by the hormones progesterone and estrogen, specifically the breasts, ovaries and uterus.

“If we see a patient with a strong family history of breast cancer, especially in mothers, sisters or aunts, or breast cancer in a patient younger than 45, we offer the BRCA genetic test. If it’s positive, we discuss preventive surgery and reconstruction,” says David L. Ciresi, M.D., a general surgeon in Eau Claire. “We also offer genetic counseling before testing, particularly if patients are very young or have not been diagnosed with breast cancer. Many patients don’t have the test until they’re finished child rearing.”

Rands chose to have a hysterectomy in January 2012. She was comfortable with diligent breast surveillance until November 2012, when her younger sister received a metastatic bone cancer diagnosis. “Cancer was off my radar,” says Rands. "My sister had done everything right and her cancer..."
Cancer treatment options

If you are diagnosed with cancer, we offer a full range of resources to help you, including surgical, radiation and chemotherapy treatments. Our specialized medical professionals are skilled at creating optimum patient care plans and coordinating care and treatment plans with Mayo Clinic. Oncology professionals see patients at Mayo Clinic Health System locations in Barron, Eau Claire and Menomonie. Call 715-838-3311 to schedule an appointment at the most convenient location for you.

Cancer guides are here to help

Cancer guides are specialized oncology professionals who are available to help patients work through cancer diagnosis and treatment. Sarah Lewis, a social work cancer guide in Oncology in Eau Claire, sees five to 10 patients daily. Lewis talks with patients to assess how they're coping, answers practical concerns or questions, and connects them with appropriate resources such as chaplains, nutritionists and fitness programs. “Patients often feel overwhelmed,” says Lewis. “We help find coping strategies to minimize their distress.”

still spread. I decided I was playing with fire.” She began the process of double mastectomy and breast reconstruction in February 2013.

“Ms. Rands had a healthy attitude,” says Dr. Ciresi. “She didn’t jump right to surgery. Instead, she did her research and she thought about it.”

Rands completed reconstructive surgery in June 2013. “For me, this decision represented an opportunity to consider what really makes a person,” says Rands. “Is it our physical attributes or is it our heart? I’m still me. I’m still lovable, loved and have love to give. This is my life journey. I want to continue it as healthy as possible.”

After learning of a family history of BRCA1 gene mutation and breast and ovarian cancers, Yvonne Rands (shown here with her daughters) had preventive surgeries at Mayo Clinic Health System.
**Q:** What are some treatment options for my arthritis?

**A:** Patients under the age of 60 may get arthritis pain relief and joint stability by wearing a brace. In some cases, we are able to inject medications directly into the joint. These types of treatment can provide pain relief for up to 18 months.

If conservative measures don’t help, surgery may be the best option to relieve the pain. During a partial joint replacement surgery, we replace only the most damaged parts of your joint. This requires a smaller incision; therefore, the recovery time is shorter. During a total joint replacement surgery, we replace the entire damaged joint, which requires a larger incision and, usually, a longer recovery time. Your orthopedic surgeon will help you decide the best option for your joints.

**A:** Medications often are used to treat arthritis. Commonly, patients start with an over-the-counter or prescription analgesics and nonsteroidal anti-inflammatory drugs (NSAIDs). Analgesics, such as acetaminophen, help reduce pain but have no effect on inflammation, while NSAIDs, such as ibuprofen and naproxen, reduce both pain and inflammation.

Another option is a cream or ointment that contains capsaicin. Rubbing these creams over an aching joint may interfere with the transmission of pain signals from the joint itself.

Finally, there are a variety of medications that can slow or stop your immune system from attacking your joints. Be sure to talk with your doctor about your medications options and their possible side effects for the type of arthritis you have.

**A:** One of the concerns with arthritis is that over time the person will experience increasingly stiffer joints as they avoid movement for fear of increasing pain. It can become a cycle of less movement to stiffer joints to more pain to less movement.

Physical therapists teach exercises and develop individual care plans to combat this fear and get you moving again. Two key objectives are to preserve your range of motion and build strength in the muscles that surround your joint. These exercises will stabilize the joint, while maintaining movement and function and decreasing your pain.

The ultimate goal is to get you back to performing normal daily activities without problems, pain or further damage to the joint.
Yoga offers many benefits for health and stress relief. Most yoga practices emphasize flexibility, strength and proper breathing. Try these basic poses at home, and then consider taking a class with a trained instructor. For video instructions, scan the QR code or go to MayoClinic.com and search “yoga video.”

- **Standing forward bend**
  Stand straight with your feet together. Exhale as you bend at the hips, pressing your abdomen to your thighs. Hold for 30 seconds, inhaling and exhaling deeply.

- **Warrior 1**
  Lunge forward with your feet hip-width apart. Pivot your back foot to a 45-degree angle from your opposite heel and inhale as you raise your hands over your head, palms facing each other.

- **Neck rolls**
  Exhale while you lower your chin to your chest, then inhale and raise your head up again. Then, touch your ear to your shoulder, exhaling. Repeat on the opposite side.

- **Seated spinal twist**
  Sit with your knees together and your feet tucked underneath you. Exhale and twist your upper body, looking over your shoulder. Repeat on the opposite side.

- **Cobra**
  Lie stomach down, knees and feet together and palms under your shoulder points. Press your lower body to the floor, inhale and lift your upper body, looking to the ceiling.

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**Mayo Clinic Healthy Heart for Life!**
Does preventing heart disease seem like too large a task? This book teaches ordinary but effective strategies for heart disease prevention, organized into 10 easy-to-follow steps.

**Mayo Clinic Diabetes Diet**
Mayo Clinic doctors call this diet the fastest way to improve your diabetes numbers — a weight-loss program designed especially to help you lose weight safely while controlling blood sugar.

**Mayo Clinic on Arthritis**
Arthritis is the No. 1 cause of disability in Americans, but the experts at Mayo Clinic want those living with the disease to have active, comfortable lives. This book tells you how.

These books, and other Mayo Clinic titles, are available at store.mayoclinic.com.
FALL checkups

✔ Check out treatment options for prostate gland enlargement
Many men develop enlarged prostate glands as they age, which can cause problems with urination. If you are experiencing symptoms, such as a weak urine stream or problems starting urination, talk to your provider about treatment options, including medication and surgery.

✔ Health Assessment Tool
Complete the free online “How’s Your Health” assessment survey to learn about your health risks. The survey will help you create an action plan that will guide you to improved health.

✔ Schedule breast cancer screenings
Early detection of breast cancer can mean a better chance for successful treatment. Talk with your provider about appropriate screening exams based on your age and risk factors.

✔ Reduce your stroke risk
Stroke is the fourth leading cause of death in the United States. Cut your risk by controlling or eliminating these major risk factors: high blood pressure, smoking, high cholesterol, diabetes and heart disease.

✔ Get help managing diabetes
Want help managing your diabetes? Our diabetes educators provide guidance on meal planning, exercise and blood sugar, and medication monitoring. Visit mayoclinichealthsystem.org for more information.