Longwood Medical Area ICD Support Group
Fall 2008 Newsletter

Who We Are

The Longwood Medical Area ICD Support Group is a group of medical professionals dedicated to providing education and support to people with implanted cardioverter-defibrillators (ICD) and their family / significant other(s) as well.

Our group includes individuals from Beth Israel Deaconess Medical Center (BIDMC) and Brigham and Women's Hospital (BWH), but all are welcome to attend. Our quarterly meetings alternate between both hospitals with an occasional off-site event.

We are grateful for contributions from the device manufacturers: Medtronic, Boston Scientific (Guidant) and St. Jude Medical which enable us to provide this service to you. We'd like to extend a warm welcome to those of you who are receiving our newsletter for the first time.

Heart Healthy Eating

On June 28, 2008 Liz Trimarchi, RD, LDN, a medical nutritionist at the Beth Israel Deaconess Medical Center presented on "Heart Healthy Eating". She started off her presentation by stating that "eating healthy should be both fun and enjoyable". The key is to eat a variety of foods in amounts that are appropriate for you and to make small gradual changes in your eating habits.

Lowering sodium intake

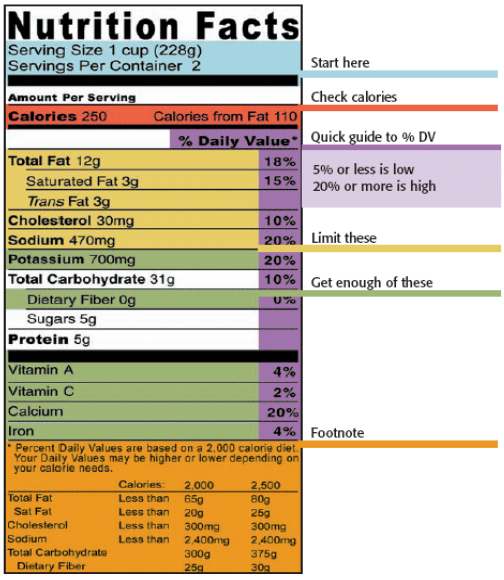
Sodium is an important mineral found in almost all of our food and drinks. Our bodies only need 200 milligrams of sodium a day, but most Americans consume much more – sometimes 10-35 times this amount!

Sodium is a compound of salt. Salt is made up of 40% sodium and 60% chloride. One teaspoon of salt is equal to 2300 mg of sodium!

One third of the sodium in most American diets comes from salt added in cooking or added to food at the table. Another 1/3 comes from eating processed foods, such as fast foods, frozen dinners, canned vegetables and soups. The remaining 1/3 is found naturally in our food and water supplies.

Sodium serves many important functions in the body such as regulating body fluid balance, maintaining blood pressure, muscle function and transmission of nerve impulses. Too much sodium can cause the body to retain fluid leading to swelling, which can put excess stress on a weakened heart muscle (a condition known as congestive heart failure).

How to manage your salt intake? Make small gradual changes in your eating habits and eat a variety of foods from all the food groups. Learn how to read the Nutrition Food Labels – this can help you to monitor your daily sodium intake.



Source: http://www.health.gov/dietaryguidelines/dga2005/healthieryou/images/img_tips_food_label.gif

Spice it up without the salt shaker!

- Use fresh herbs, curry powder, pepper, lemon, vinegar, garlic, onion, cranberries, and orange juice.

- Be cautious using salt substitutes. These products can contain a large amount of potassium that your physician may not want you to have.

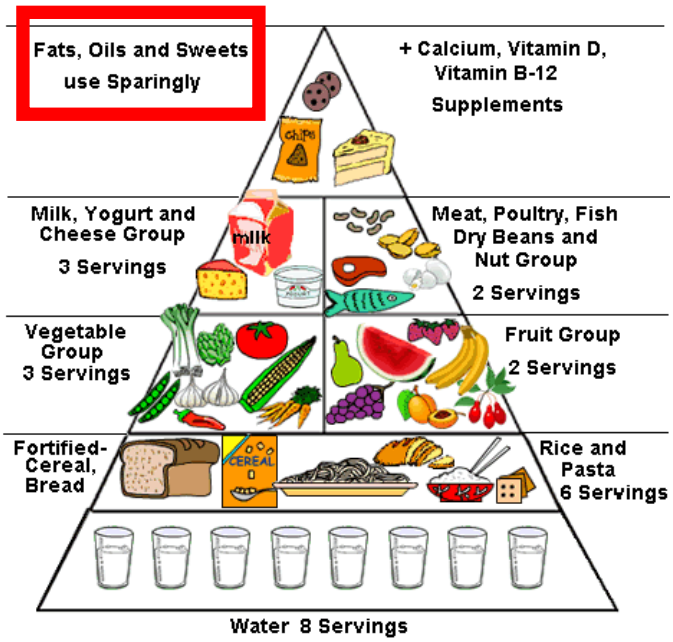
What about FATS?

Like all dietary considerations ***- MODERATION*** – is the key to success. Try to consume more of the "good" fats and reduce the amount of "bad" fats in your diet.

"Bad fats" refer to fats that are known as "saturated", "hydrogenated" or "trans fats" – read the nutrition labels! This will help you identify items you should avoid.

Eat more "good" fats which can be found in healthy items such as almonds, peanut butter, olive oil and avocados. Remember that these are still fats, so use them sparingly in your diet.

Try to increase the amount of Omega 3's in your diet which can be found in lean fish, such as salmon, tuna and mackerel.



Source: http://www.ohsu.edu/healthyaging/caregiving/images/food_pyramid.gif

Don’t forget your FIBER!

Fiber is an important part of your daily diet and helps to regulate your digestive tract. Fiber helps to reduce cholesterol, promote weight reduction and can reduce the risk of certain types of cancers. Examples of foods high in fiber include fruits and vegetables, cereals, whole wheat pasta, oatmeal, air popped popcorn, brown rice and nuts.

Recipe: Herb-crusted baked cod

Dietitian's tip: Cod — a mild-flavored saltwater fish — is a good candidate for grilling. Wrap the stuffing-coated fillets in aluminum foil and grill until firm and opaque throughout, about 5 minutes on each side.

LOW FAT

SERVES 4

Ingredients

3/4 cup herb-flavored stuffing
4 cod fillets, each 4 ounces
1/4 cup honey

Directions

Preheat the oven to 375 F. Lightly coat a 9-by-13 inch baking pan with cooking spray. Place stuffing in a sealed bag. Crush until it has a crumb texture. Brush the fillets with honey. Discard any remaining honey. Place a fillet in the bag of stuffing. Shake the bag gently to coat the cod evenly. Place the fillet on the baking dish and repeat with the remaining fillets. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes. Serve immediately.

Nutritional Analysis (per serving)			
Serving size: 1 fillet			
Calories	169	Cholesterol	49 mg
Protein	21 g	Sodium	162 mg
Carbohydrate	18 g	Fiber	1 g
Total fat	1 g	Potassium	477 mg
Saturated fat	< 1 g	Calcium	26 mg
Monounsaturated fat	< 1 g		

Source: http://www.mayoclinic.com/health/heart-healthy-recipes/RE00098

To educate yourself more about heart healthy eating:

- Schedule a consultation with a nutritionist
  - Brigham and Women's Hospital: 617-732-6054
  - Beth Israel Deaconess Medical Center: 617-667-2565
- Get heart healthy recipes from the internet
  - www.deliciousdecisions.org
  - www.**HeartHealthy**Online.com
  - www.foodnetwork.com
- Go to your local library

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Please visit our website at: www.brighamandwomens.org/icdsupportgroup
Check out our new Virtual Support Group feature!

A Fond Farewell to

Denisse Pena

Device Clinic Coordinator
Brigham and Women's Hospital

Denisse Pena resigned in late June as she plans to go back to school this Fall. We would like to thank her for all her tireless efforts on behalf of the support group - she will be truly missed. We all wish her the best of luck in all her future endeavors!

Upcoming Meeting:

Wednesday September 24, 2008
Carrie M. Hall Conference Center
Brigham and Women's Hospital
15 Francis Street (Brigham Circle)

Aggie Casey, MS, RN – Director of the Cardiac Wellness Center at the Benson-Henry Institute for Mind-Body Medicine will be presenting:

"Risky Business: How to Manage Your Cardiac Risk Factors"

Dinner: 5:30 pm
Presentation: 6:00-7:00 pm
Open Discussion: 7:00 – 8:00 pm

Aggie Casey, MS, RN
Director, Cardiac Wellness Program

Ms. Casey is director of the Cardiac Wellness Program and a clinical nurse specialist. She received her MSN degree in Nursing at the University of Massachusetts Medical Center.

Ms. Casey joined the BHI in 1991 and, overall, she has more than 25 years experience in acute cardiac care, cardiac rehabilitation, and health promotion.

Ms. Casey also is the director of Affiliate Cardiac Programs at the Benson-Henry Institute and an Associate in Medicine, Harvard Medical School. She is the author of *The Harvard Medical School Guide to Lowering Your Blood Pressure*, and is also co-author of *Mind Your Heart, A Mind/Body Approach to Stress Management, Exercise and Nutrition for Heart Health* (Harvard Health Publications; Simon and Schuster.)

She trains numerous healthcare professionals from around the country in cardiac wellness and has presented at national conferences.

Directions to Brigham and Women's Hospital

Complimentary Parking is available at the 45 Francis Street Garage

Driving Directions

From the North - Head South on Route 93. Take exit 26 (Route 28/Route 3 North) toward Storrow Drive. Keep left at the fork in the ramp. Turn slight right onto Route 3 North. Merge onto Storrow Drive west. Take the Fenway/Route 1 South exit (on left). Stay in the left lane as you drive up the ramp. At lights, bear right onto Boylston Street. At third set of lights, bear left onto Brookline Avenue. At fifth set of lights, turn left onto Francis Street. The hospital is one block down on the left.

From the West - head east on Massachusetts Turnpike. Take Route 128 (I-95) south for approximately one mile. Take Route 9 east for six miles. Take a left onto Brookline Avenue (Brook House Condominiums will be on right). At third set of lights, turn right onto Francis Street. The hospital is one block down on the left. ~or~ Stay on Massachusetts Turnpike east. Take Huntington Avenue/Copley Square/Prudential Center exit, and bear left toward the Prudential. Follow Huntington Avenue west for approximately three miles. Turn right onto Francis Street at Brigham Circle.

From the South - Head north on Route 3 (Southeast Expressway). Take Massachusetts Avenue/Roxbury exit. At end of ramp, cross Massachusetts Avenue onto Melnea Cass Boulevard. At the 8th traffic light, take left onto Tremont Street. Take first right onto Ruggles Street. Turn left onto Huntington Avenue at intersection with Ruggles Street. At second set of lights (Brigham Circle), turn right onto Francis Street. Hospital is one block down on right.