Women and Heart Disease: Know the Potential Signs of a Heart Attack

Heart disease trumps all other diseases, including cancer, as the number one cause of death for American women. Partly, that’s because women may suffer from less recognized heart attack symptoms. The condition may also affect a woman’s body differently, making it harder to diagnose. Read on to learn more about the dangers of heart disease.

Not your “typical” heart attack
Women — more than men — tend to experience uncommon symptoms of a heart attack. In fact, women don’t always have the telltale symptom of severe chest pain or pressure. Rather, they are more likely to feel jaw or neck pain. They are also more apt to experience the following:

- Shortness of breath
- Dizziness
- Lightheadedness or fainting
- Upper back pressure
- Extreme fatigue

These subtler symptoms may lead some women to dismiss the thought of a heart attack. This is why it is all the more important to live heart healthy and know all the potential signs of a heart attack. Seek help immediately if you think you may be having a heart attack. Even a slight delay in diagnosis and treatment may mean the difference between life and death.

5 Ways to Prevent Heart Disease
Heart disease may affect women and men differently, but everyone can take the same steps to prevent all types of heart disease. Here are five ways to protect your heart:

- Fit in some fitness. Physical exercise is important to help keep your heart healthy. Aim for at least 30 minutes of moderate activity on most days. The more the better for your heart muscle.
- Fill up on heart-healthy foods. Make sure your diet includes lots of fruits and veggies, whole grains, lean meats and low-fat dairy. Skip the sweets — avoid foods high in saturated fat.
- If you smoke, quit. Cigarettes can wreak havoc with your blood pressure and cholesterol levels, two key risk factors for heart disease.
- Mind your middle. Women who have a larger waist are more at risk for heart disease. Talk with your doctor about how you can maintain or achieve a healthy weight.
- Know your numbers. Have your blood pressure and cholesterol levels checked regularly.

Learn your risk today by taking the Coronary Heart Disease Risk Assessment at www.thequeen.org/heartHRA and contacting your doctor to discuss the results.

Kenzo Tsujimoto, CEO of CapCom Co. LTD in Osaka, Japan, opened his Kenzo Estate winery in the eastern hills of Napa in 2009. Now he is giving back to his new community. His generous $1 million donation supported the creation of the Kenzo Healing Garden at Queen of the Valley Medical Center.

What’s Inside: On Page 2, learn about Inflammatory Bowel Disease. Page 3, our cover story, highlights how vintners are making a difference in Napa Valley health care. On the Back Cover, can regular screenings catch lung cancer in time?
Think about all those great moments with family and friends: weddings, graduations, birthday parties. For most of us, these memories define who we are. For the 1.4 million Americans who suffer from Inflammatory Bowel Diseases (IBD), these same family gatherings might not be so memorable since there is no way to predict the onset of IBD symptoms.

"Inflammatory Bowel Diseases (IBD) involve chronic or recurring immune response and inflammation of the gastrointestinal tract," said David Freeto, MD, board-certified gastroenterologist. "The two most common inflammatory bowel diseases are ulcerative colitis and Crohn’s disease.”

For most of us, our immune cells protect our body from infection. In people with IBD, the immune system mistakes the intestines as a foreign substance, and it attacks the cells of the intestines, causing chronic inflammation. When this happens, patients experience the symptoms of IBD, including cramping, abdominal pain, diarrhea and bleeding.

"Neither ulcerative colitis nor Crohn's disease should be confused with irritable bowel syndrome (IBS),” Dr. Freeto said. "IBS is not caused by intestinal inflammation, but rather by dysfunctional neuromuscular patterns; therefore, it is much less serious than ulcerative colitis or Crohn's disease.”

While the exact cause of IBD is unknown, medical experts feel that genetics, a person’s immune system and the environment may play a role. "Unfortunately, there's no cure for Crohn's disease or ulcerative colitis,” Dr. Freeto said. "IBD is a chronic condition that requires a lifetime of care.” While medications typically relieve abdominal cramps and diarrhea, some patients with advanced disease may require surgery. “Surgery may help relieve chronic symptoms of active disease that do not respond to medication or may be necessary to correct some of the complications of IBD such as bowel obstruction or fistula disease,” Dr. Freeto explained.

Along with a lifetime of monitoring, IBD patients also need to be vigilant about screening for cancer. Recent evidence suggests that IBD sufferers are at an increased risk for developing colorectal cancer and therefore require more frequent surveillance with colonoscopy than the general population.

With education, careful monitoring by an experienced doctor, and participation in cancer screening programs, however, many IBD patients can manage their symptoms and live the lives they deserve.

*Each and every moment matters. Take one to find the right doctor for you. Call (877) 449-DOCS.*
Napa Valley's history entered a new chapter in 1981 when the Napa Valley Vintners (NVV) hosted the first Napa Valley Wine Auction. Since then, Auction Napa Valley, as it is now known, has become the world’s most celebrated annual charity wine event, attracting participants from around the globe. Through Auction proceeds, the NVV has donated more than $120 million to local health care, youth education programs and affordable housing since 1981.

The NVV became involved in supporting Queen of the Valley with a grant from proceeds of that first wine auction and has continued this tradition with annual grants funded by auction proceeds for the past 33 years.

“The Vintners, through Auction Napa Valley, have affected every part of this hospital,” said Elaine John, vice president for philanthropy at Queen of the Valley Medical Center and president and CEO of Queen of the Valley Foundation. “Because of the NVV’s annual philanthropic investment totaling nearly $10 million to date, we are able to maintain a sophisticated level of medical services and implement programs that focus on prevention.”

Much of the Napa Valley Vintners’ support has helped fund medical care for the most vulnerable populations in Napa County. In 2013, the NVV awarded Queen of the Valley a $500,000 grant to support inpatient and outpatient care and medical services for individuals who would otherwise be unable to afford care.

Many of these patients are then referred into the CARE (Case management, Advocacy, Resources and Education) Network, a hospital program that focuses services on low-income, chronically ill Napa County residents, and their families and caregivers.

Chronic diseases such as diabetes or heart failure are among the most prevalent and costly of health problems. Without adequate insurance, income, and support, managing a chronic illness can be costly and difficult.

“The NVV is proud to have supported Queen of the Valley since that very first year,” commented Linda Reiff, president and CEO of the Napa Valley Vintners. “The Queen’s mission to improve the care and quality of life in our community aligns with our goal to create a healthier community through Auction Napa Valley grant funding.”

Are you interested in making a difference? Visit us at QueensFoundation.org to learn how you can help.
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“I believe that organizations have a special obligation to give back to the communities that contribute to their success,” said Tsujimoto. “This is particularly true when it comes to quality health care.”

Kenzo and his wife Natsuko recently toured the Kenzo Healing Garden and the new Herman Family Pavilion. While enjoying the view from the pavilion’s top floor — including a glimpse of Kenzo Estate in the distance — they expressed how meaningful it is to them to be connected to this important center of healing through their support of the beautiful garden below.

Designed by noted California landscape architect Jack Chandler, the garden is intended to stimulate the restorative powers of both body and mind. Located at the heart of the new Herman Family Pavilion — a state-of-the-art 72,000-square-foot diagnostic, surgical and recovery pavilion — the Kenzo Healing Garden provides a calming outdoor space for caregivers and for patients recovering from surgery or dealing with a life-threatening illness.

“The garden speaks. It has strength and elegance,” Chandler said. “It is beautiful and simple — a spot of tranquility.” The gentle sound of water encourages quiet contemplation and reflection. Stone benches welcome visitors to sit as they enjoy the sounds, sights and smells of nature. In the spirit of Japanese gardens, Chandler focused on bringing peace, beauty and serenity to a place defined by man.

The garden’s central water feature references the strong bond between the Sisters of St. Joseph of Orange and the Napa Valley community. The dedication reads, “Reaching across time, the Sisters of St. Joseph of Orange ‘clasped hands’ with the Napa Valley community to provide a place of compassion and healing. We honor their legacy and gratefully thank them for their leadership.”

“We hope that patients and their families find peace and healing here,” said Walt Mickens, president and CEO of Queen of the Valley Medical Center. “We are honored and grateful for this generous support from Kenzo and Natsuko Tsujimoto, whose own distinctive property is a breathtaking nature preserve and tranquil environment. Major philanthropic investments from donors like the Tsujimotos enable the Queen to sustain the level of medical care required to keep our community in optimal health.”
PREGNANCY WATER FITNESS
Every Monday and Wednesday, 5:30 p.m.
Synergy Medical Fitness Center
Meet other expecting moms in this class designed to help them improve their comfort, strength and confidence. No registration is required, but please obtain a ticket at the front desk. Class closes at 24 participants.
Free
Contact: (707) 251-2050

PERINATAL EMOTIONAL WELLNESS
Free counseling services for expectant moms. We offer a caring, non-judgmental sounding board for any thoughts or feelings that concern you.
Contact: (707) 251-2051 or cheryl.anderson@stjoe.org

CPR TRAINING
We offer a variety of CPR training classes throughout the year. Visit thequeen.org/For-Patients/Events-Calendar for more information.
SUPPORT GROUPS

BOSOM BUDDIES BREAST CANCER SUPPORT GROUP
4th Tuesday of every month, 4 p.m.
Wellness Center
Bosom Buddies offers emotional and social support while navigating the various stages of breast cancer, from diagnosis to survivorship. Participants are encouraged to share feelings, challenges and coping strategies in this safe, nurturing environment. The peer support offered in this group setting ensures that no one faces cancer alone. The group welcomes patients and their support person to attend.
Free
Contact: (707) 257-4047

STROKE SURVIVORS GROUP
2nd Tuesday of every month, 3 p.m.
Community Outreach
The Queen of the Valley Medical Center Stroke Support Group provides stroke survivors an opportunity to learn about their stroke, share experiences about their stroke and become inspired to move forward. Stroke survivors and caregivers will make friends, socialize, and gain and share realistic feedback that can help themselves and others. Ongoing education from expert interdisciplinary team members will be routinely provided, and survivors will be linked to community resources.
Free
Contact: (707) 252-4411 ext. 2819

ATTITUDES FOR HEALTH AND HEALING
Thursdays, 5:30 p.m.
Wellness Center
Attitudes for Health and Healing is a peer support group exploring healing attitudes as a result of illness, loss, caregiving, financial fears, relationship issues and other life challenges. Based on the work of Gerald Jampolsky, MD, author of “Love is Letting Go of Fear” and many other books on healing attitudes, this is an opportunity to be heard and supported without advice or judgment. All groups are led by trained facilitators.
Free
Contact: (707) 815-1108

CANCER SUPPORT GROUP
Wednesdays, 4 p.m.
Community Outreach
This is a peer support group for individuals who have had a cancer diagnosis and their caregivers. The group meets regularly to share ideas and resources, and to help one another through the cancer experience.
Free
Contact: (707) 251-2012

OSTOMY SUPPORT GROUP
2nd Tuesday of every other month, 3 p.m.
Queen of the Valley Medical Center Main Conference Room 3
This is a peer support group for people living with a disease that may lead or has led to the need for ostomy surgery.
Free
Contact: (707) 252-4411 ext. 2810

21st ANNUAL REACH FOR THE STARS
Saturday, April 19, 2014, 11 a.m.
Silverado Resort & Spa, Napa
Queen of the Valley Medical Center Foundation is getting ready to hold its 21st annual "Reach for the Stars" luncheon and fashion show. This special event is a celebration of life that brings together individuals living with cancer, friends and family, physicians, care providers and community members. Proceeds from the event will provide scholarships that allow patients to participate in the Cancer Wellness Program at Queen of the Valley free of charge. The Cancer Wellness Program is a comprehensive program that combines exercise, nutritional counseling, and psycho-social and spiritual support for patients that have completed or recently received treatment for cancer.
To purchase tickets for the event or to reserve a Star, please visit queensfoundation.org.
Contact: (707) 257-4044

SYNERGY SWIM ACADEMY
Synergy Swim Academy’s Swim Lesson Program offers a wide variety of swim lessons for swimmers of all ages and all skill levels. The Synergy Swim Academy is open year-round and is located inside Synergy Medical Fitness Center’s indoor swimming pool facility.
We offer the following three programs: Swim Lessons for ages six months to adults, Swim Team for ages five to fourteen, and adult swim and fitness instruction for teens and adults.
All of the Synergy Aquatics staff are American Red Cross certified in Lifeguarding, First Aid and Water Safety, as well as American Heart Association certified in Basic Life Support for Health Care Providers (CPR). Each carries additional specialized certifications in water safety and coaching.
For more information or to register for a class, visit synergyswimacademy.com.
CAN REGULAR SCREENINGS CATCH LUNG CANCER IN TIME?

Early detection is key for the survival of lung cancer patients. However, another important piece of the puzzle cannot be overlooked — the prevention of lung cancer. Quitting smoking is the most important health choice you can make to reduce your risk of lung cancer and heart disease. Each smoke-free year after you have decided to quit reduces your risk of lung cancer, as normal cells replace abnormal cells.

Here is the progression of what occurs in your body when you quit smoking:

- **Within 20 minutes:** Blood pressure and pulse drop to normal rates.
- **After 8 hours:** Carbon monoxide levels in the blood drop to normal, and the oxygen level in the blood increases to normal.
- **After 24 hours:** The chance of a heart attack decreases.
- **After 48 hours:** Nerve endings start to regrow, and the ability to smell and taste is enhanced.
- **After 72 hours:** The bronchial tubes relax, making breathing easier.
- **After 2 weeks to 3 months:** Circulation improves, lung function increases and walking becomes easier.
- **After 1 to 9 months:** Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia in the lungs begin to regrow, increasing the ability for the body to handle mucus, clean the lungs and reduce infection.
- **After 10 years:** New cells replace precancerous cells. Lung cancer death rates drop to nearly those of nonsmokers. The risk of cancer of the mouth, throat, esophagus, bladder, kidneys and pancreas decreases.

**Early detection saves lives!**
Of the top four deadliest cancers in the U.S., lung cancer is the only one not subject to routine screening. Based on the findings of the National Lung Screening Trial (NLST), we know that CT lung screening can save the lives of people at high risk for developing lung cancer. Low-dose CT (LDCT) lung screening is quick and easy, and results in a minimal amount of radiation exposure. Queen of the Valley Medical Center now offers low-cost LDCT lung cancer screening to individuals who meet established high-risk criteria.

**To schedule your CT lung screening,**
call (707) 251-3555 or e-mail LungCancer.ScreeningProgram@stjoe.org

Please note: You do not have to be a patient to receive this screening. To be eligible, you should receive a referral for the exam from your primary care physician (PCP) prior to your scheduled appointment. If you do not have a PCP or are unable to get a referral, we can help.