



THE CVD VOICE

THE CARDIOVASCULAR DISEASE (CVD) PREVENTION COUNSELING PROGRAM NEWSLETTER

Issue 1

Spring 2010

Welcome to the First Issue of **The CVD Voice!**

This newsletter was developed to help our lupus and/or antiphospholipid antibody (aPL) positive patients better understand the importance of keeping their heart healthy. Every issue will focus on factors that could decrease their heart disease risks, such as nutrition or exercise, and will highlight one of very own patients through a featured interview. So enjoy!

Introduction:

Studies have demonstrated higher rates of cardiovascular disease (CVD) risk factors (such as high blood pressure or diabetes) and cardiovascular events (such as heart attacks or strokes) in patients with lupus compared to healthy individuals. Furthermore, patients who are positive for aPL are at increased risk for blood clots. Thus, patients with lupus and/or aPL warrant an aggressive approach to CVD risk factor management.

Cardiovascular Disease Prevention Counseling Program for Hospital for Special Surgery (HSS) patients with lupus and/or positive antiphospholipid antibodies (aPL) is a free-of-charge program, which is partially supported by the New York Community Trust and partially by HSS. The program provides a basic assessment and education of the CVD risk factors (such as blood pressure, blood glucose, cholesterol levels, body mass index, diet and exercise habits, smoking status) in patients who participate in counseling. The program also provides general education and tailored life-style recommendations to the patients; a summary report of CVD risk assessment are provided to the referring physicians.

Ask the Doctor:

What is atherosclerosis and how is it related to heart disease?

By Virginia Haiduc, MD

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Atherosclerosis is also known as the hardening of the arteries. Atherosclerosis is a condition in which fatty material (such as bad cholesterol from greasy foods) collects along the walls of the blood vessels (the arteries). This build-up makes the inside of the arteries to be smaller and it may eventually block them, causing a heart attack.

Tips to prevent atherosclerosis:

- Avoid fatty foods
- Eat high fiber, whole grain foods
- Include several daily servings of fruits and vegetables
- Add fish to your diet at least twice a week
- Do not drink more than one or two alcoholic drinks a day
- Exercise regularly

Hate the gym? Walk!

You can do three 10-minute walk or one 30-minute walk. Walking does help you lose weight by burning fat and building muscle. The best time to walk is about 45 minutes after meals.

Important facts:

- Thin people are not automatically fit. They need to walk, too.
- Overweight people who walk can be healthier than thin people who do not.

Send questions for Dr. Haiduc to
haiducv@hss.edu

Featured Patient Profile: Antoinette Brown

Mrs. Brown has been part of the Cardiovascular Disease Prevention program since May 2009, and a long time patient of Hospital for Special Surgery. She had a very healthy young life, the only illness she ever had was whooping cough. She started to dance while in her early teens and studied many types of dances under many teachers. She worked for dance companies on Broadway and performed on many stages in NYC. She was a back up dancer on the music video "All Night Long" by Lionel Richie. She traveled across the United States and the Virgin Islands bringing her young children along with her.

It was in the early 1990's that signs of Lupus began to manifest on Mrs. Brown. Over time her life changed and she had to give up dancing and became a Cosmetologist. Her life continued to change with many flares and long hospital stays. Mrs. Brown had to limit her activities, even making it hard for her to see her grandchildren and other family members.

Mrs. Brown manages her stress, fatigue and pain by resting and listening to soothing music. Sometimes she will reach out to someone just to talk, and other times with her strong faith, she just prays through it. When the pain becomes too much for her, she turns to her pain medication. When flares happen, all activities stop and she rests and avoids stress as much as possible. She tries to exercise by walking and by teaching her dance classes. In spite all her hardship she never gave up and still teaches dance at her local church, passing along her torch to other young dancers. Her advice for people who are diagnosed with Lupus is "Get ready for a life change that depends on how well you deal with it. Sure at times life will be overwhelming, just hold on and have faith and enjoy life as best as you can." Mrs. Brown strives to enjoy her life and to rest when things gets hard.

Ask the Nutritionist:

Are oatmeal cookies good for you?

By Sotiria Tzakas, RD, CVD Prevention Program Nutritionist

Some oatmeal raisin cookies can be good for you, after all oatmeal is a source of fiber and raisins count as a fruit, right? But you have to be careful since a cookie is a cookie and eating a serving may be fine, but once you eat above the recommended serving size you are also eating more sugar, calories and fat. Pay attention to the nutrition labels and be aware of how many calories, fat, and grams of sugar are in each serving. Compare the calories, fat and sugar of a serving to the number of servings you will be eating. For example, if one serving of a cookie contains 8 grams of fat and 200 calories it would be ok if you eat one serving. What happens if you eat two cookies? When it comes to oatmeal raisin cookies, your best bet is to try a low-fat high fiber recipe that uses less fat. You can also make smaller sized cookies that will help with portion control. Try the recipe below that contains half of the fat and calories of other brands of oatmeal cookies. For an even more nutritious dessert, pair up two small oatmeal raisin cookies with a tall glass of skim milk-gives you a little more calcium, vitamin D, and protein.

OATMEAL RAISIN COOKIES

Ingredients

- 1/2 Cup granulated sugar
 - 1/2 Cup packed brown sugar
 - 1/3 Cup butter or stick margarine, softened
 - 1 Teaspoon vanilla extract
 - 1/8 Teaspoon salt
 - 1 Large egg
 - 1 Cup all-purpose flour
 - 1 Cup regular oats
 - 1/2 Cup raisins
 - Cooking spray
- Yield:** 2 dozen (serving size: 1 cookie)

Send questions for Sotiria to

tzakass@hss.edu



Preparation

Preheat oven to 350° F. Beat first 6 ingredients at medium speed of a mixer until light and fluffy. Lightly spoon flour into a dry measuring cup, and level with a knife. Add flour and oats to egg mixture; beat until blended. Stir in raisins. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 15 minutes or until golden brown. Cool on pan for 3 minutes. Remove cookies from pan; cool on wire racks.

Nutritional Information

Calories: 101 (28% from fat)	Fiber: 0.6g	Calcium: 10mg
Fat: 3.1g (sat 1.7g, mono 0.9g, poly 0.2g)	Cholesterol: 16mg	Protein: 1.5g
Iron: 0.6mg	Carbohydrate: 17.3g	Sodium: 43mg

Source: *Cooking Light*, October, 1999

From the nurse's desk: Medication Interactions 101

By Monica Richey, HSS Lupus Center and CVD Program Nurse Coordinator

Sometimes taking multiple medications can be overwhelming. Many medications can interact with foods, juices, or other medications. Here is a quick guide to follow. Remember to always tell your doctor if you take any vitamins, minerals, or other over the counter medications and supplements.

- Always read the information leaflet that comes with your medications
- Take your medication with cold water because warm drinks can reduce its effects
- Do **NOT** mix, crush or open capsules that can make your medication ineffective
- Do **NOT** take your vitamins, such as calcium and multivitamins with your medications
- Never drink your medications with alcoholic drinks
- Do **NOT** take your medications with grapefruit juices, soy milk, or cranberry juice; they can change the way your medications work, by either reducing their effect or making their levels higher!



Be Nutrition Label Smart - Interpretation behind the food product labels

By Monica Richey, HSS Lupus Center and CVD Program Nurse Coordinator

(Per Serving)

Important to remember:

Label says:	Interpretation:
• Low Calorie	40 calories or less
• Calorie Free	Less than 5 calories
• Low Fat	3 grams or less of fat
• Fat Free	Less than ½ gram of fat
• Low Saturated Fat	1 gram or less of saturated fat
• Low Cholesterol	20 mg or less of cholesterol and 2 grams or less of saturated fat
• Cholesterol Free	Less than 2 mg of cholesterol and 2 grams or less of saturated fat
• Low Sodium	140 mg or less of sodium
• Very Low Sodium	35 mg or less of sodium
• Sugar Free	Less than ½ gram of sugar
• Good Source of Fiber.....	2.5 grams or more of fiber
• Lean meats	Less than 10 grams of total fat

1. Saturated fats such as butter, lard, or coconut oil as well as the fat part of red meats and pork, are solid at room temperature. They accumulate on your blood and can clog your arteries! So stick to unsaturated fat such as margarine, olive, canola, or corn oil. They have a good effect on your cholesterol as well as your heart, veins, and arteries.

2. Never go to the supermarket on an empty stomach, not only your bill will run high, you will buy lots of junk food!

3. Omega 3 oils found in fish and flaxseed, help decrease your cholesterol and it also has a protective effect on your heart and kidneys. So eat more fish!



Easing Joint Pain: Simple Tips to Enjoy Life to the Fullest

By Lisa Konstantellis, MSPT, CVD Prevention Program Physical Therapist
Joint Mobility Center, Hospital for Special Surgery

When you have Lupus, joint pain can slow you down and get in the way of living an active life. The following are some quick tips to reduce joint stress, optimize mobility and improve your quality of life.

Pace yourself. Give yourself enough time to perform tasks and make sure you schedule rest breaks throughout the day. Always rest before you become tired and try to balance light and heavy duties throughout the day.

Plan ahead. Set realistic daily goals and try to organize and prioritize daily tasks to reduce pain and fatigue. Listen to your body and plan the day according to your pain levels. If you are experiencing more pain on a given day, focus on easy tasks that won't make your pain worse. Always save activities for the time of day when you feel your best. Do not overdo it!

Practice good body mechanics & use adaptive equipment. Try to avoid activities that put stress across painful joints (heavy lifting or housework). When sitting, sit in a supportive chair that helps you maintain good posture. If possible, arrange your surroundings to eliminate unnecessary effort or obstacles that might get in the way. Use a cane or walker to reduce joint pain when walking. When climbing stairs, lead with the good leg going up and the painful leg going down.

Get moving. Getting started on an exercise program can help reduce joint pain by strengthening the muscles that support the joints. Exercise can also help improve your flexibility, cardiovascular health and overall fitness. Exercise is also a great way to reduce stress and stay healthy. If you are interested in getting started with an exercise program, talk to your doctor and consult with a physical therapist to create a program that is right for you.

Remember, small changes in how you perform your daily activity can make a difference in pain levels and your overall well-being!

Medication of the month:

Hydroxychloroquine: PLAQUENIL®

By Virginia Haiduc, MD



Hydroxychloroquine (HCQ) was initially developed for the treatment of malaria. It is a drug that also helps reduce inflammation. Please keep in mind that it can take a long time (up to four months) for this medication to build up in the body for the maximum effect. Most people with lupus take between 200 to 400 mg per day. The risk of side effects is relatively low. One of the rare side effects of HCQ is eye problems. Please visit an eye specialist every six to twelve months for an eye exam. You should talk to your doctor to learn more about the other possible side effects of HCQ before you start this medication.

Stay alert to future CVD Prevention Program events!

If you are an HSS patient and you are interested in a healthy cooking class with our nutritionist Sotiria Tzakas, please send an email to haiducv@hss.edu or richeym@hss.edu

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To schedule a FREE personalized class with the cardiovascular disease prevention program please call 1877-SLE-CURE (1-877-753-2873)

(HSS patients only)