

# Live Healthier, Live Longer!

## Cardiovascular Disease (part 2 of 2)

By Dr. Rasheed Rahaman

F.R.C.P. (Edin) Consultant Cardiologist



### Q. Can Coronary Artery Disease be cured?

A. No. All forms of treatment including drugs, angioplasty and surgery simply relieves symptoms and improves quality of life.

### Q. Is Coronary Artery Disease preventable?

A. Yes. The mortality rate from coronary disease has been declining in developed countries by about 2-3% annually. It is estimated that about 60% of this decline is due to life style changes (Primary 'Prevention) and 40% due to improved medical care. Cessation of cigarette smoking, exercise, a low fat, low salt diet, control of hypertension, and diabetes is likely to result in a decline in mortality from Coronary diseases in Trinidad and Tobago. To achieve this decline, action must be .taken by Government, the public, health care workers, teachers, parents, non-governmental organizations and international agencies.

*(Continued on page 2)*

### From The President, T&T Heart Foundation

Dr. Allan McKenzie

On behalf of the Trinidad and Tobago Heart Foundation I bring you greetings in the New Year, 2007. Medically, tremendous emphasis is placed on the maintenance of cardiac fitness and health through regular exercise, dietary constraints and such factors as the reduction of obesity, alcohol intake and smoking where these factors persist.

Personally, I feel strongly that a healthy mind free from negative thoughts of all kinds and generating love and concern for all our human brothers and sisters with whom we interact daily can be a major cause of good heart health and physical health generally.

We must always listen to what our doctors tell us but spontaneous and sustained love for others may also promote our inward health and a good heart. ♥

**Remember: June is Heart Month! Read more on page 4.**

### Trinidad & Tobago Heart Foundation



Rooms 46 & 47, Building 1,  
Eric Williams Medical  
Sciences Complex, Mount Hope.

Tel/Fax: (868) 662-6993

E-mail: [ttheartfoundation@tstt.net.tt](mailto:ttheartfoundation@tstt.net.tt)

### Management Committee

**President** Dr. Allan McKenzie  
**Vice President** Dr. Roy Tilluckdharry  
**Secretary** Mr. Paul Regis  
**Treasurer** Mrs. Joan Awardy

### Executive Members:

Dr. Rasheed Rahaman (Consultant Cardiologist)  
Dr. Sateesh Ramphall (Consultant Cardiologist)  
Ms. Laverne Fernandes  
Mrs. Janet Soobratee  
Ms. Lana Walters  
Mr. Ronnie Bissessar  
Dr. Feroze Omardeen  
Dr. Kamal Rampersad



## Cardiovascular Disease

Continued from page 1

Preventative efforts should be started among children and adolescents for two reasons. First, because this is the time when Atherosclerosis begins and intervention may stop further development of the disease. Second, this is when lifestyle habits which may lead to the development of risk for coronary disease, ( e.g. smoking, inactivity, high cholesterol, high salt diets) begin and tend to progress into adulthood.

Faced with the mounting health care costs and reduced productivity due to avoidable morbidity, the Government and International agencies have realized that health policy planning must include a strong primary preventative component.

The present rationalized health care plan with an emphasis on primary health care and health promotion is likely to lead to a decline in mortality from coronary heart diseases in Trinidad and Tobago in the Year 2000 and beyond! ♥

Bringing you wave after wave of good health



HADCO is proud to be the official distributor of the delicious range of Ocean Spray fruit juices, drinks and foodstuffs. From the natural goodness of our premium 100% juice to our tasty light juice drinks we know you'll enjoy a wave of refreshing goodness everytime.



**Crave the wave.**  
HADCO

## Stress And Acupuncture

Dr. Akenath Misir

Stress can be defined as "What you feel when life's demands exceed your ability to meet those demands." Stress is our internal response to outside stimuli. We generally cannot control the environment in which we live.

To enjoy good health we must develop positive ways of coping with the challenges faced in daily living, for example, traffic on the roads, life events in our homes, school and workplace. By modifying the way we respond and react to external triggers and the way we live, we can make a great impact in improving health and in resistance to stress.

Signs and symptoms of stress can include, but are not limited to, tension headaches, sleep disturbances, hair loss, fatigue, hypertension, palpitation, cold hands and feet, and immune system suppression.

How does acupuncture treat stress-related health conditions? The acupuncturist begins by asking questions about the problem (e.g. Headache, heartburn or high blood pressure) and then asks general questions about all systems in the body and emotions. The acupuncturist is determining a constitutional pattern to explain why this

patient developed the condition. Next, the practitioner develops a treatment plan, including acupuncture and lifestyle modification to treat the condition. The acupuncture involves empirical points known to be effective in treating the complaint. For example, headaches or high blood pressure might be treated with acupuncture points in the feet or ankles.

As with most lifestyle diseases, a critical and holistic approach is needed and must be based on the individuals age, gender, occupation etc. ♥



FREE TRANS FAT

**Flora**

ORIGINAL

Helps keep your heart and blood vessels healthy.

May help keep your heart and blood vessels healthy.





## Cook For Lower Cholesterol

From the American Heart Association



### Substitutes for foods high in saturated fat and cholesterol:

**Whole-milk Dairy Products** — Choose fat-free (skim) or 1% fat milk and dairy products. They're rich in protein, calcium and other nutrients without being high in fat and cholesterol.

**Butter, Cream and Ice Cream** — Save these dairy products for special occasions. They have even more fat and saturated fat than whole milk. Watch out for butter and cream hidden in many casseroles and other dishes, bakery goods and desserts.

**Cheese** — Many cheeses are high in saturated fat. Healthy options are low-fat cottage cheese, part-skim milk mozzarella, ricotta and other low-fat cheeses.

**Eggs** — Eggs are high in cholesterol. One egg yolk contains about 213 milligrams of cholesterol. Egg whites don't contain cholesterol and are good protein sources, so they're fine. In fact, you can substitute two egg whites for each egg yolk in many recipes that call for eggs. Be sure to eat only cooked, not raw, eggs and egg whites.

**Meats** — The American Heart Association recommends eating no more than six ounces of cooked lean meat, poultry, fish or seafood a day. Lean beef cuts include the round, chuck, sirloin or loin. (Buy "choice" or "select" grades rather than "prime" and lean or extra lean ground beef.) Lean pork cuts include the tenderloin or loin chop, while lean lamb cuts come from the leg, arm and loin.

**Beef, Lamb, Pork and Veal** — Look for lean cuts of these meats with minimal visible fat. Trim all outside fat before cooking. Most meats have about the same amount of cholesterol, roughly 70 milligrams in each three-ounce cooked serving (about the size of a deck of cards). Eating lean red meat in moderation is OK.

**Processed Meats** — These include sausage, bologna, salami and hot dogs. Many processed meats, even those with "reduced fat" labels, are high in calories and saturated fat. Read labels carefully and choose such meats only now and then. Low-fat choices are now available at most grocery stores; choose these more often.

**Organ Meats** — These include liver, sweetbreads, kidney, brain and heart. All of these, except the heart, are very high in cholesterol. If you're on a cholesterol-lowering diet, eat them only occasionally.

**Poultry** — Eat chicken and turkey rather than duck and goose, which are higher in fat. Remove the skin before cooking poultry. A lot of the fat is stored under the skin, so removing the skin lets the fat drain off. When roasting a whole bird, leave the skin on during cooking and remove it before eating the poultry.

**Fish** — Fish can be fatty or lean, but it's still low in saturated fat. The American Heart Association recommends eating fish at least two times each week. Prepare fish baked, broiled, grilled or boiled rather than breaded and fried.

**Shellfish** — Shrimp and crawfish have more cholesterol than most other types of fish and seafood. But they're lower in total fat and saturated fat than most meats and poultry.

**Bakery Goods** — Store-baked goods are often made with egg yolks and saturated fats. Eating limited amounts is OK, but it's better to stick with homemade or store-baked goods made with poly or mono-unsaturated oils and egg whites. Again, check the labels. Bakery products like donuts, pies, cakes, cookies and crackers are also a major source of trans fat, which raises LDL cholesterol. Limit how much you eat of these foods. ♥





# Physical Activity & Children

Source: American Heart Association

A healthy level of physical activity requires regular participation in activities that increase energy expenditure above resting levels. An active child participates in physical education classes, plays sports, performs regular household chores, spends recreational time outdoors and regularly travels by foot or bicycle.

Health professionals who make exercise recommendations for children should consider the child's age, gender and inclination toward activity. The season of the year and parental attitudes toward exercise should also be considered.

## What are general guidelines for healthy physical activity?

- Regular walking, bicycling and outdoor play; use of playgrounds and gymnasiums; and interaction with other children.
- Weekly participation in age-appropriate organized sports, lessons, clubs or sandlot games.
- Daily school or day-care physical education that includes at least 20 minutes of coordinated large-muscle exercise.
- Access to school buildings and community facilities that enable safe participation in physical activity.
- A range of extracurricular programs in schools and community recreation centers to meet the needs and interests of specific populations, such as racial and ethnic minority groups, females, persons with disabilities and low-income groups.
- Opportunities for physical activity that are fun, increase confidence in participating in physical activity, and involve

friends and peers.

- Regular family outings that involve walking, cycling, swimming or other recreational activities.
- Positive role modeling for a physically active lifestyle by parents, other caretakers, physicians and school personnel.

Physical activity is important for all children, including those who are less coordinated. Physical activity is particularly helpful for children with a weight problem in relation to both their physical and psychological wellbeing. ♥

## JUNE IS HEART MONTH!

Remember these important dates:

**Sunday June 3, 2007:**

South Heart Walk & Health Fair

**Sunday July 1, 2007:**

Heartbeat '07 Walk/Run & Health Fair

Both events sponsored by:

Nestlé Svelty Omega Milk  
& Nestlé Cheerios



Heartbeat '07 also partly sponsored by:



For details, keep checking: [www.ttheartfoundation.org](http://www.ttheartfoundation.org)



**His Heart  
Is In Your Hands**

So take good care of it with NEW Svelty Omega with ACTICOL

Another first from Nestlé. **Svelty Omega with Acticol**, the only high calcium, low fat milk with a healthy combination of plant sterols and Omega 3:6 essential fatty acids. Together, they are more effective in helping to lower cholesterol when combined with a heart healthy, balanced diet and regular exercise.

Drink Svelty Omega with Acticol every day and...

Feel Good. Look Good...  
Live Life Wholeheartedly!

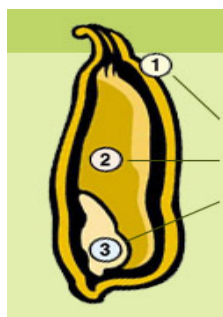




## Whole Grains: The Whole Story

We all know that eating a nutritious diet is key to maintaining a healthy lifestyle. However, at a time when there is so much conflicting information telling us what we should and shouldn't be eating, it can seem that eating healthily has never more complicated. The good news is that whole grains are one group of foods we should be eating more of to enjoy great health benefits.

As the name suggests, whole grains are the complete edible portion of any cereal such as corn (maize), wheat, rice, oat or others and contain all the elements of the grain which includes:



- 1 The fibre rich outer layer called the bran
- 2 The middle starchy part called the endosperm
- 3 The nutrient rich inner part called the germ

By retaining all three parts, whole grains are a great source of many nutrients. Typically whole grain cereals provide the following nutrients:

- Vitamins such as vitamin E and B vitamins
- Minerals such as calcium, zinc, selenium, magnesium, phosphorous, copper and iron
- Complex carbohydrates
- Essential fatty acid
- Fibre
- Phytochemicals (naturally occurring plant substances) including lignin, phytic acid, indoles, saponins, phenolic compounds that act like anti-oxidants and plant sterols.

As well as these nutrients, whole grains are also low in fat, especially saturated fat. High levels of saturated fat can be found in foods such as high fat meats, sausages, cheese and butter.

As well as being a rich source of fibre, you get more benefits than just fibre alone by eating whole grains. It is the combination of all the components that work together as a "whole package" rather than in isolation, to provide whole grains health benefits.

When the grains are milled or refined, the bran and germ are removed leaving only the endosperm. Unfortunately most of the nutritional value of the grain disappears as well; that's because of all the three layers both the rich outer layered and nutrient rich inner part contain the highest concentration of nutrients. ♥

For more information, visit [www.wholegrain.co.uk](http://www.wholegrain.co.uk) or contact NESTLÉ CONSUMER SERVICES at 800-NEST

**Nestlé.**  
**Cheerios**



### GOOD NEWS FOR YOUR HEART!

#### YOUR BREAKFAST CAN HELP CONTROL YOUR BODY'S CHOLESTEROL LEVEL!

Made from **whole grain oats**, Cheerios has **no artificial colours or flavours!** These wholesome little O's have only one gram of sugar. They're low in fat, have no saturated fat and are naturally **cholesterol free.**

Cheerios is an excellent source of folic acid and a good source of fiber. **It is the only leading ready-to-eat cereal that has been clinically proven to lower blood cholesterol levels and reduce your risk of heart disease when eaten as part of a diet low in saturated fat and cholesterol.**

[www.nestlecaribbean.com](http://www.nestlecaribbean.com)





# What Is Stroke?

## What is Stroke?

Stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

## What Are the Types of Stroke?

Stroke can be caused either by a clot obstructing the flow of blood to the brain or by a blood vessel rupturing and preventing blood flow to the brain.

If we consider an isolated blood vessel, blood flow to the brain tissue can be hampered in two ways:

1. the vessel clogs within (ischemic stroke)
2. the vessel ruptures, causing blood to leak into the brain (hemorrhagic stroke)

## Ischemic

Ischemic stroke accounts for about 83 percent of all cases.

Ischemic strokes occur as a result of an obstruction within a blood vessel supplying blood to the brain. The underlying condition for this type of obstruction is the development of fatty deposits lining the vessel walls. This condition is called atherosclerosis. These fatty deposits can cause two types of obstruction:

*Cerebral thrombosis* refers to a thrombus (blood clot) that develops at the clogged part of the vessel.

*Cerebral embolism* refers generally to a blood clot that forms at another location in the circulatory system, usually the heart and large arteries of the upper chest and neck. A portion of the blood clot breaks loose, enters the bloodstream and travels through the brain's blood vessels until it reaches vessels too small to let it pass. A second important cause of embolism is an irregular heartbeat, known as atrial fibrillation. It creates conditions where clots can form in the heart, dislodge and travel to the brain.

## Hemorrhagic

Hemorrhagic stroke accounts for about 17 percent of stroke cases.

It results from a weakened vessel that ruptures and bleeds into the surrounding brain. The blood accumulates and compresses the surrounding brain tissue. The two types of hemorrhagic strokes are intracerebral hemorrhage or subarachnoid hemorrhage.



Hemorrhagic stroke occurs when a weakened blood vessel ruptures. Two types of weakened blood vessels usually cause hemorrhagic stroke: aneurysms and arteriovenous malformations (AVMs).

An *aneurysm* is a ballooning of a weakened region of a blood vessel. If left untreated, the aneurysm continues to weaken until it ruptures and bleeds into the brain.

An *arteriovenous malformation* (AVM) is a cluster of abnormally formed blood vessels. Any one of these vessels can rupture, also causing bleeding into the brain. [Download more information on AVM.](#)

## Transient ischemic attacks

Also called TIAs, transient ischemic attacks are minor or warning strokes. In a

TIA, conditions indicative of an ischemic stroke are present and the typical stroke [warning signs](#) develop. However, the obstruction (blood clot) occurs for a short time and tends to resolve itself through normal mechanisms.

Even though the symptoms disappear after a short time, TIAs are strong indicators of a possible major stroke. Steps should be taken immediately to prevent a stroke.

## What Are the Effects of Stroke?

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

If the stroke occurs toward the back of the brain, for instance, it's likely that some disability involving vision will result. The effects of a stroke depend primarily on the location of the obstruction and the extent of brain tissue affected.

## Right Brain

The effects of a stroke depend on several factors including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects. For example, if the stroke occurs in the brain's right side, the left side of the body (and the right side of the face) will be affected, which could produce any or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

## Left Brain

If the stroke occurs in the left side of the brain, the right side of the body (and the left side of the face) will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss ♥



# Cardiac Surgery In Trinidad & Tobago

By Dr. Natasha Rahaman-Ganga  
Surgeon, Caribbean Heart Care

Cardiac patients in Trinidad and Tobago no longer need to raise hundreds of thousands of dollars to seek surgical treatment abroad. Caribbean Heart Care Medcorp Ltd. (CHCm) has performed more than 1600 procedures locally since 1993; and has a fully resident cardiac surgical team since 2006.

The Ministry of Health has collaborated with CHCm and is currently funding open heart surgery at the Eric Williams Medical Sciences Complex, Mt. Hope. In 2007, 240 adults and 40 children will receive cardiac surgery free of charge. These procedures are also available at two private institutions in Port-of -Spain.

A variety of surgical procedures are performed by CHCm at Mt. Hope. Coronary Artery Bypass Grafting (CABG) accounts for 80% of the cardiac surgical workload. Blocked coronary arteries are bypassed with alternative blood vessels, to provide an adequate blood supply to the heart. Bypasses are usually performed with the internal mammary artery (under the breast-bone), long saphenous vein (leg) and the radial artery (forearm). At Mt. Hope, more than 98% of patients have bypass surgery on the beating heart. This eliminates the complications associated with the heart-lung machine, which is required to stop the heart.



**IT'S AS CLOSE TO THE GROVE AS YOU CAN GET**

Florida's Natural® Premium Brand Orange Juice is made only from our fresh oranges, not from concentrate. And it's the only leading brand owned by a small co-op of citrus growers. So you can be sure our personal best goes into every carton.

## Maintain a Healthy heart

### Jamieson Omega Protect™ 3-6-9

**LOWERS CHOLESTEROL AND TRIGLYCERIDES**

Omega Oils have been clinically indicated to prevent risk of heart attacks, strokes and arthritic conditions.

Available at all leading Pharmacies

**Jamieson Laboratories**  
Live Healthy!  
For absolute freshness, keep refrigerated

SOLE DISTRIBUTOR:  
**ULTRA PHARM**  
Pharmaceuticals Ltd.  
Tel: 868-422-1276 • Email: [card@ultrapharma.com](mailto:card@ultrapharma.com)

Many patients in Trinidad and Tobago suffer with Rheumatic Heart disease, and approximately 20% of cardiac surgery consists of Heart Valve Repair or Replacement. Damaged or infected valves are replaced with mechanical or biological (tissue) heart valves, using the heart-lung machine. Diseases of the thoracic aorta, including aneurysms and dissections (tear in aorta), are also surgically managed locally.

Paediatric Cardiac Surgery is performed at Mt. Hope free of charge. This program is provided four times per year, since a team of foreign nurses, intensive care doctors and anesthetists are required to provide the highly specialized care required by children born with complex congenital heart disease.

It is therefore essential that cardiac patients realize that they are entitled to free open heart surgery at Mt. Hope. Patients should liaise with their Cardiologists and send their applications to the Ministry of Health. ♥



Enjoy a healthy new day...  
the delicious Yoplait® way!



## 3-A-Day The Dairy Way!

### 3-A-Day & Weight Loss

Research shows that including **3 daily servings of milk, cheese or yogurt** in a reduced-calorie weight loss plan can help adults achieve better results, when it comes to trimming the waistline, than just cutting calories alone and consuming little or no dairy.

Current scientific evidence suggests that a combination of calcium and other dairy components may participate in the body's natural regulatory system for burning fat to support weight management.

It's also important to remember that calories count! To lose weight, you need to cut the calories you take in and boost the calories you burn through physical activity.

### 3-A-Day & Osteoporosis

It's never too early, or too late, to make bone health a priority. In fact, the bone mass built during childhood and adolescence helps determine lifetime risk of developing osteoporosis and fractures later in life.

Three daily servings of low-fat or fat-free dairy foods and regular physical activity (such as walking, jogging, dancing, strength training or playing tennis) can help reduce the risk of developing osteoporosis and fractures later in life.

### 3-A-Day & Lactose Intolerance

Lactose intolerance doesn't mean dairy

intolerance.

By following the **D-A-I-R-Y** tips below, most people can comfortably enjoy the taste and health benefits of dairy foods:

**D**rink lactose-free milk, which offers all the nutrients of regular milk but is easier to digest and tastes great.

**A**ged cheeses like Cheddar and Swiss are naturally low in lactose. Grate some Cheddar or Swiss into a recipe or enjoy a slice by itself.

**I**ntroduce milk and other dairy foods into your diet slowly. Start with small portions with meals or snacks and gradually work up to 3 servings a day.

**R**emember to take a lactase enzyme supplement with your first bite of dairy to help break down lactose so you can enjoy milk and other dairy foods.



Yogurt is good. Cultured dairy foods like yogurt contain friendly bacteria that help digest lactose.

Researchers found that obese adults who ate three servings of fat-free yogurt a day as part of a reduced-calorie diet lost 22% more weight and 61%

more body fat than those who simply cut calories and didn't bone up on calcium. Yogurt eaters also lost 81% more fat in the

stomach area than non-yogurt eaters.

Not only did yogurt help the study participants lose more weight, they were about twice as effective at maintaining lean muscle mass. This is a critical issue when dieting - you want to lose fat, not muscle. Muscle helps burn calories. ♥

## Trinidad & Tobago Heart Foundation

### PUBLIC LECTURE SERIES

**2nd Tuesday each month  
5:00pm - 6:00 pm**

**SAN FERNANDO  
GENERAL HOSPITAL**  
The Outpatient Waiting Room  
(new wing)

### LECTURES BY:

Cardiologists / Physicians /  
Surgeon / Cardiology Support  
Services / Previous Patients

