

LivingWell

YOUR GUIDE TO A HEALTHY LIFESTYLE

Spring 2023

Diagnosed with heart disease? **Here's what to do next**

Know the facts about **high blood pressure**

Can you sleep your way to a **healthier heart?**



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
— MURRIETA



Message from the administrator

Spring has arrived! We will soon be starting another task of spring cleaning. Let's not forget to slow down and prioritize our own health just as much as the health of our home. I encourage you to take time to focus on the health of yourself and your loved ones.

In this spring edition, you will find valuable information on staying heart-healthy. To help provide patients with the best heart care, we are proud to announce the opening of Loma Linda University Medical Center – Murrieta Heart & Vascular Center. The newly named center offers comprehensive cardiovascular programs, personalized treatment plans and advanced surgical care from the leading cardiologists in the region. In addition, U.S News & World Report has named LLUMC – Murrieta a 2022-2023 High Performing hospital for treating heart failure and several conditions such as chronic obstructive pulmonary disease (COPD), kidney failure, pneumonia and stroke.

I hope that you continue to allow LLUMC – Murrieta to be your partners in your health journey.

Thank you for all your support.

Sincerely,
Jonathan Jean-Marie, MHA, FACHE
Senior Vice President and
Administrator

Know the facts about high blood pressure



High blood pressure affects nearly half of all American adults. That's a fact. But the idea that you can't do anything to combat high blood pressure is a fiction.

Let's break down some of the truths and myths around high blood pressure.

Fact: Blood pressure can be normal, elevated or high.

Blood pressure is measured in two numbers: systolic and diastolic — or, in nonmedical terms, the pressure when your heart beats (systolic) and the pressure when it rests (diastolic).

- A normal blood pressure is lower than 120 mmHg and lower than 80 mmHg.
- An elevated blood pressure is 120 to 129 mmHg and lower than 80 mmHg.
- A high blood pressure is 130 mmHg or higher or 80 mmHg or higher.

Fact: High blood pressure can lead to increased health risks.

High blood pressure, also called hypertension, is the number one risk factor for stroke. And those with hypertension also face increased risk for heart attack, dementia and other diseases.

Fiction: You can't change any of your risk factors for high blood pressure.

Your lifestyle has a big impact on your numbers. To help manage or avoid hypertension, you can:

- Be physically active. Exercise at least 150 minutes a week at a moderate intensity.
- Eat a heart-healthy diet that's low in fat, sodium and added sugar. Focus on fruits and veggies, whole grains and low-fat or nonfat dairy products.
- Learn to cope with stress.

Fact: There are a few risk factors you can't control.

These include:

- Having a family history of hypertension.
- Being older than age 55.
- Being African American.

Fiction: Managing high blood pressure is entirely up to you.

Your healthcare team can work with you to manage your blood pressure. Discuss your goals for treatment and how you'll accomplish them.

WE'LL TAKE GOOD CARE OF YOUR HEART

The Heart & Vascular Center is the leader in cardiovascular programs in the region, so you can rest assured that your heart is in the best hands. For information about cardiovascular services, visit murrieta.lluh.org/services/heart-vascular.

 Find us on Facebook!
facebook.com/llumcmurrieta

Diagnosed with heart disease? Here's what to do next

If you've recently been diagnosed with heart disease, you may feel like your whole life has changed. Learning about this condition and understanding your treatments can give you a greater sense of control. With lifestyle changes, medicine and medical procedures, if needed, you can live a healthier life and reduce your risk for more serious issues. Here are some of the first steps you should take.



Learn more about heart disease.

Heart disease is a general term for a variety of heart problems. But most of the time, people use it to talk about coronary heart disease (CHD) — the most common type of heart disease in the U.S. CHD occurs when a fatty material called plaque builds up inside your coronary arteries. These are blood vessels that deliver oxygen-rich blood to your heart muscle. Over time, plaque can harden and narrow your arteries. As a result, less blood is able to flow to your heart muscle.

Plaque can rupture too, causing a blood clot to form in the coronary artery. This can also restrict blood flow through the artery. When the amount of blood traveling to your heart is reduced, you can suffer more serious problems. One is angina, or chest pain. Another is a heart attack. A heart attack occurs when an artery becomes completely blocked and cuts off the flow of blood to an area of your heart muscle. This damages your heart, which can lead to problems such as heart rhythm irregularities, kidney disorders, peripheral arterial disease or death.

Make key lifestyle changes. Your healthcare provider probably talked with you about some of the changes you'll need to start making to protect your heart. Now is the time to make them. These include:

- **Eating a heart-healthy diet.** Fill up on fruits, vegetables and whole grains. Your diet should also include low-fat or fat-free dairy products, beans and nuts. Reduce or eliminate foods that can harm your heart, such as products with added sugars.
- **Increasing your physical activity.** Talk with your healthcare provider before starting an exercise plan. Also, free Fitness on Demand classes are offered through the Drayson Center at drayson.llu.edu/classes-schedules/fitness-demand.
- **Quitting smoking.** For free help and support, call **877-44U-QUIT (877-448-7848)**.

- **Reaching a healthy weight.** If you're overweight or obese, losing just 3 to 5% of your body weight can bring health benefits. Losing more weight can lead to even greater gains.
- **Managing stress.** Try different stress-relieving activities to find what works best for you. You could try meditation, exercise or deep breathing, or talk with a trusted friend, family member or professional counselor.
- **Getting enough sleep.** Aim for seven to nine hours of sleep each day.

Understand your treatment plan.

Work closely with your healthcare provider to discuss the changes you need to make. If your provider prescribes medicines, such as those to lower your blood pressure or cholesterol levels, take them as directed.



YOUR HANDS CAN HELP SAVE A LIFE

Do you know how to help a person having a heart attack? It's easy to learn what to do. Click on this QR code to watch a video about using hands-only CPR.



Can you sleep your way to a healthier heart?



If you're like most Americans, your heart health is less than optimal. According to recent research, only about 20% of tickers are in tip-top shape.

Now, though, the American Heart Association (AHA) highlights a new way to improve it: getting sufficient sleep. Here's why — and how — to get it just right.

The newest key to success

For more than a decade, the AHA has emphasized seven important strategies to improve heart health. They are:

1. Getting enough physical activity.
2. Eating a nutritious diet.
3. Not smoking.
4. Maintaining a healthy weight.
5. Controlling cholesterol.
6. Stabilizing blood sugar.
7. Keeping a handle on blood pressure.

In a brand-new update, AHA experts added sleep duration to this list. All together, these heart-healthy strategies are known as Life's Essential 8™.

Why sleep matters

Slacking on sleep — or overdoing it — can cause a wide range of negative health effects, from depression to cognitive decline to heart disease. Getting just the right amount, meanwhile, leads to:

- A stronger immune system.
- A brighter mood.
- More resilient cells, tissues and blood vessels.
- A sharper brain, with enhanced focus, memory and problem-solving.
- Lower risk for chronic diseases.

Poor sleep harms your heart specifically by affecting risk factors for cardiovascular disease. For instance, your blood pressure, blood sugar and cholesterol all rise with poor rest.

Most adults need seven to nine hours of sleep each night, while babies and kids need even more. If you have questions about sleep or trouble getting enough shut-eye, talk with your healthcare team.

5 tips for better sleep

Phones and other electronic devices can be barriers to good rest. To break the cycle:

- Charge your device far away from your bed.
- Set a bedtime alarm so that you know it's time to unwind.
- Turn off nighttime notifications.
- When it's dark, dim your screen or use a red filter app. Both can help prevent blue light from blocking production of the sleep hormone melatonin.
- Put away devices at least an hour before bed.



LIVE IT!

HOW TO STAY HEALTHY

For more simple ways you can live healthier and longer, visit murrieta.lluh.org.

How to start (and keep) an exercise habit

You've written down specific fitness goals and started a daily workout routine. To make it stick, keep going! It could take 21 days to become a habit. Missed a workout or two? Start up again right away, instead of skipping the whole week. Find a variety of health and wellness activities at drayson.llu.edu.



Simple ways to CUT CALORIES

Need to rein in your eating habits? Make small changes to cut calories: Pour low-fat or nonfat milk on cereal instead of 2% or whole milk. Toss extra veggies into omelets, sandwiches and salads. Spray pans with nonstick spray instead of using butter or oil.



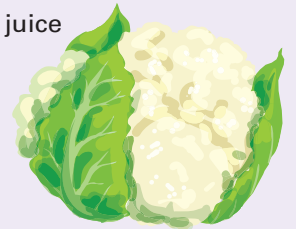
TRY THIS!

Eggplant and cauliflower dip

Roasting the vegetables in the oven gives this dip a smoky, caramelized flavor. Serve with bread or veggies.

INGREDIENTS

- 1 1.5-lb. eggplant, cut in half
- ½ head of cauliflower florets (about 2 cups)
- 4 garlic cloves, peeled
- 1 yellow onion, cut in half
- Olive oil spray
- ½ tsp. sea salt
- 2 tbsp. fresh lemon juice
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tahini



DIRECTIONS

- 1 Preheat oven to 425 degrees. Line a pan with aluminum foil.
- 2 Lay eggplant halves, cauliflower florets, garlic cloves and onion on pan, then spray them with olive oil spray. Roast for 45 minutes.
- 3 Remove from the oven and let cool for five to 10 minutes.
- 4 Remove skin from eggplant, then puree eggplant, cauliflower, garlic, onion, sea salt, lemon juice, olive oil and tahini together until smooth.

PER SERVING

Serves 12. Serving size is ¼ cup. Each serving provides: 45 calories, 2 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 100 mg sodium, 6 g carbohydrates, 3 g sugars, 3 g fiber and 1 g protein.

Quick and easy falafel

Falafel goes great with pita bread, hummus or on a bed of greens. Learn how to make falafel in our LIVE IT in the Kitchen video recipes at LiveltLomaLinda.org.

Anxiety screenings for children and adults

Anxiety can affect a person's health. This is true for both children and adults. Experts recommend anxiety screenings for everyone ages 8 to 64. Anxiety screening is also an important part of pregnancy and postpartum care. For help with anxiety and other behavioral health concerns, go to murrieta.lluh.org/services/behavioral-health. If you or a loved one is in crisis or suicidal, call **800-273-TALK (8255)** or **988** for help.



GET THE LATEST HEALTH TIPS!

Subscribe to our digital newsletter at murrieta.lluh.org/patients-visitors/health-wellness.

Living Well is published by Loma Linda University Medical Center – Murrieta to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician. ©2023. Printed in the U.S.A.

Jonathan Jean-Marie, MHA, FACHE

Senior Vice President
and Administrator
Loma Linda University
Medical Center – Murrieta



Heather Valentine

Editor-in-Chief

LOMA LINDA
UNIVERSITY

Bailey Hawkins

Managing Editor

MEDICAL CENTER
– MURRIETA

 Printed on Recyclable Paper. Developed by Krames.

11052M



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
– MURRIETA

Heart & Vascular Center

Many Strengths. One Mission.

Improving community cardiovascular health isn't just part of our mission. It's at the heart of what we do. At Loma Linda University Medical Center – Murrieta Heart and Vascular Center, our commitment to innovation in advanced heart care is our greatest strength. Here, patients find strength in renowned heart experts delivering groundbreaking therapies. Strength in minimally invasive options and the most advanced treatments in the region. And strength in a team committed to supporting you and your heart health.

To learn more, visit murrieta.lluh.org/heart-vascular