

# GWell GOOD

EVERYDAY HEALTH AND WELLNESS TIPS TO HELP YOU LIVE A HEALTHIER LIFE

## Chest pain or heart attack?

Having chest pain does not automatically mean you're having a heart attack. But the pain should not be ignored. Treat all chest pains with respect—they represent possible life-or-death emergencies. Call 911 first and fast if you experience any symptoms.

At the UI Hospitals and Clinics' Chest Pain Center (located in the Emergency Treatment Center), cardiac specialists assess your risk for a potential heart attack and then take the appropriate action. If it is a heart attack, experts begin immediate treatment.

If it is not a heart attack, further evaluation determines the source of the pain. Depending on the cause, you will be admitted or released.

There are several causes for chest pain.

**Angina**—Chest pain results when a clogged coronary artery restricts blood flow to the heart. It may feel like pressure or a squeezing pain in your chest. Pain may also occur in shoulders, arms, neck, jaw, or back. It may also feel like indigestion. There are two types of angina:

**Stable**—Comes on with exercise, is predictable and controlled with drugs

**Unstable**—Comes on with little exercise, or even while resting. The intensity increases. This pattern often precedes a heart attack

**Heart attack**—A blood clot blocks blood flow to your heart and heart muscle begins to die. Causes pressure, fullness, or a crushing pain in your chest that lasts more than a few minutes. Pain may radiate to the back, neck, jaw, shoulders, and arms, especially the left arm. Other symptoms may include shortness of breath, sweating, dizziness, and nausea.

Many non-cardiac problems can cause chest pain:

- **Heartburn-related chest pain** usually follows a meal and may last for hours. Symptoms occur more frequently when you bend at the waist or lie down
- **Panic attacks**, a form of anxiety, include periods of intense fear accompanied by chest pain, rapid heartbeat, rapid breathing (hyperventilation), profuse sweating, and shortness of breath

It is important to know the difference between these symptoms and those indicating a cardiac problem.

### Heart attack symptoms

Andrew Nugent, MD, UI Hospitals and Clinics emergency medicine physician, says the **classic heart attack symptoms for both sexes include:**

- Squeezing pain or pressure in chest, arms (especially left), back, neck, jaw, or stomach
- Shortness of breath, feelings of weakness, anxiety
- Sweating

### Symptoms that more likely appear in women include:

- Indigestion or gas-like pain
- Dizziness, nausea, or vomiting
- Unexplained weakness, fatigue
- Discomfort/pain between shoulder blades
- Cold sweats
- Jaw pain
- Sense of impending doom

### The difference

The key difference between angina and heart attack is the blood flow. In angina, blood flow is **temporarily reduced**.

In a heart attack, blood flow to the heart muscle is **suddenly stopped**.

# Take action in

CALL 911 IF YOU SUSPECT A STROKE.

## Transient ischemic attacks

Also called TIAs, are minor or warning strokes. In a TIA, symptoms mimic a stroke but the obstruction of the artery (blood clot) resolves itself after a short time through normal mechanisms. A TIA implies that the underlying blood vessel disease is changing and the patient is at a high risk for stroke.

Fast and effective care is essential in the successful treatment of a stroke. That's where the specialists at UI Hospitals and Clinics come in. They provide comprehensive care that stops strokes, minimizes lingering effects, and prevents their recurrence.

Because strokes often reoccur, the UI Hospitals and Clinics multidisciplinary stroke team may prescribe medical or surgical interventions, including endovascular neurosurgical techniques.

**For more information or for an appointment, call the UI Stroke Clinic through UI Health Access at 800-777-8442 or 319-384-8442.**

**"The best response to the appearance of the symptoms of stroke is to seek medical attention immediately. Treatments may lessen the brain injury and the chances of success are tied to how quickly treatment starts from the onset of stroke. Sooner truly is better."**

Harold Adams, MD, UI Hospitals and Clinics stroke specialist

## What happens?

During a stroke, or "brain attack," the blood flow to an area of the brain is interrupted, and brain cells in the affected area begin to die.

Ischemic stroke, the most common type of stroke accounting for almost 80 percent of strokes, is caused by a blood clot that blocks an artery leading to the brain.

Approximately 20 percent of strokes are due to bleeding into (intracerebral hemorrhage) or around the brain (subarachnoid hemorrhage). Both are usually secondary to a sudden rupture of an artery or an arterial abnormality.

The effects of a stroke depend on two things—where the brain was injured and how much damage occurred. A stroke can have a wide variety of effects, including your ability to:

- Move and coordinate movement
- Feel touch, temperature, pain, and movement
- See or interpret what you see
- Think, remember, understand, plan, reason, or problem-solve
- Speak, understand speech, read, write, and do math

# Good & Quick

FAST BITES OF HEALTH INFORMATION

For more information on any of

## Healthy aging

Aging isn't what it used to be. According to the National Institutes of Aging and U.S. Census Bureau report, *65+ in the United States: 2005*, today's seniors are very different from previous generations.

The average life expectancy increased from 47.3 years in 1900 to 76.9 in 2000. By 2011, people over the age of 65 will represent 20 percent of the U.S. population.

But as the overall health of older Americans improved (disability statistics fell from 26.2 percent in 1982 to 19.7 percent in 1999), many still suffer from chronic conditions. In the 2000 census, 14 million Americans age 65 and older reported some level of disability. About 80 percent of seniors said they have at least one chronic health condition and 50 percent have two. Arthritis, heart disease, hypertension, diabetes, and respiratory disorders lead the list.

UI Hospitals and Clinics' Geriatric Health Assessment Clinic uses a team approach to provide a comprehensive evaluation and tailored treatment program for older adults with a variety of conditions, says Jason Wilbur, MD, UI Hospitals and Clinics geriatric medicine specialist. "The clinic provides consultation and ongoing care to patients with diseases, like dementia, which are more often seen in older adults. The geriatric specialists consider the person's health history, medications, diet, support systems, daily functioning, and mood."

**For more information about the clinic or to schedule an appointment, call 319-384-7222.**

## The eyes of a child

Did you know your baby has to learn how to see? Like other muscles, your baby's eyes need training and stimulation to perform the way they are supposed to. Does your baby follow moving objects and reach for things? Are there problems with eye-hand-body coordination? Does your child avoid coloring and puzzles and other detailed activities? Does your child constantly rub his eyes, show sensitivity to light, and have problems focusing?

The **Coming to Your Senses** program, a partnership between the UI Department of Ophthalmology and Visual Sciences, Children's Hospital of Iowa, and the Iowa Lions Clubs, screens Iowa infants and children between the ages of six months and four years at no charge.

As part of the state-wide project, Iowa Lions have been trained to conduct vision screenings using a camera to take photos of just the child's eyes. "These photos are sent to vision specialists at UI Hospitals and Clinics for evaluation," says Lori Short, program coordinator. "Generally screenings are held at day-care centers and preschools, or other community venues that deal with young children. More than 65,000 Iowa children have been screened since the program started in May 2000, with over 2,750 children needing referral."

**For information about screenings in your area, call 319-353-7616 or e-mail CTYS@uiowa.edu.**

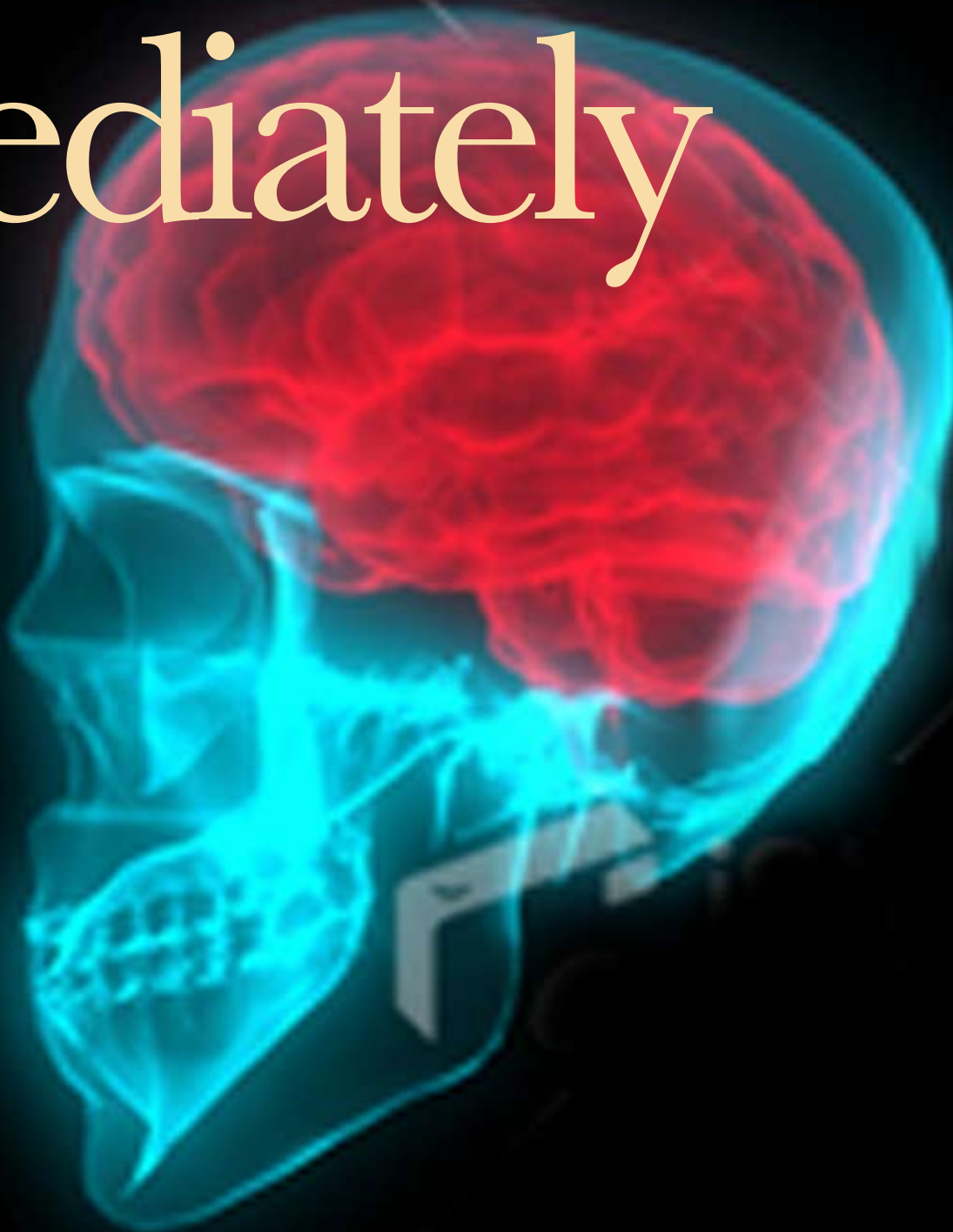
[www.uihealthcare.com/Well](http://www.uihealthcare.com/Well)

# Immediately

New  
Different

**"The best treatment for stroke is to prevent the event from happening in the first place. People should treat the conditions that increase the risk of stroke, like high blood pressure, diabetes, high cholesterol, and smoking."**

Harold Adams, MD, UI Hospitals and Clinics stroke specialist



## Smoke-free Campus

As part of a commitment to reduce the risks of second-hand smoke for patients, visitors, faculty, and staff, UI Hospitals and Clinics is a smoke-free campus (effective July 1). Smoking is prohibited in the building, the parking ramps designated for hospital use, and on grounds maintained by hospital staff.

## Research Network

Children's Hospital of Iowa's Neonatal Intensive Care Unit is one of 16 research centers chosen to be a part of the Neonatal Research Network of the National Institute of Child Health and Human Development, a branch of the National Institutes of Health. The network investigates the safety and effectiveness of treatment strategies to care for premature and critically ill newborn infants.

## Fibroid Clinic

The UI Department of Obstetrics and Gynecology and Interventional Radiology, a division of the UI Department of Radiology, have collaborated to staff a Fibroid Clinic offering women with uterine fibroids a range of treatment options, including:

- Medical therapy (hormone therapy or anti-inflammatory drugs)
- Uterine fibroid embolization (shrinks benign growths)
- Surgery

## Lung Transplant Program

UI Hospitals and Clinics is the only hospital in the state to perform lung transplant procedures following approval from the United Network for Organ Sharing, the national governing body for organ transplantation. Mark Iannettoni, MD, head of cardiothoracic surgery, said he expects the hospital to perform 10 to 20 lung transplants a year.

INFORMATION TO HELP KEEP YOU AND YOUR FAMILY AT ITS BEST.

For more information on these topics, please call UI Health Access at 319-384-8442, ext. 706, or 800-777-8442, ext. 706.

## Coordinated care

When you have a chronically ill child, dealing with multiple doctors, medications, appointment schedules, and follow-up care can be overwhelming. Can someone help organize and orchestrate your child's care?

Yes. Children's Hospital of Iowa works hand in glove with several groups so that no matter where you live in Iowa, your child can receive the comprehensive care that their chronic illnesses require. The Children's Hospital of Iowa staff are experts at treating and managing complex cases. And not just at the moment of admission and diagnosis. Their involvement with your child's care is ongoing and includes working with your local primary care physician.

**Children's Hospital of Iowa Continuity of Care Program** helps families organize their child's care with doctors and other health care providers, as well as coordinate complex discharges. This team of care coordinators provides a process linking children who have special health care needs and their families to services and resources.

**Child Health Specialty Clinics** staff members help coordinate at the local level working with Children's Hospital of Iowa care coordinators along with the child's local primary physician and community resources and agencies. The staff are experts in using a family-centered approach to achieve the most effective and efficient use of services and resources.

**Children's Hospital of Iowa's general pediatricians** specialize in the medical care and treatment of complicated, multisystem chronic disorders and assist in the coordination of the medical care between multiple physicians and clinics.

## Help is available

### Children's Hospital of Iowa Continuity of Care Program:

- Janine Pettigrew, RN, ARNP, at [janine-pettigrew@uiowa.edu](mailto:janine-pettigrew@uiowa.edu)
- Amy Leitch, RN, at [amy-leitch@uiowa.edu](mailto:amy-leitch@uiowa.edu)
- Margaret Heidger at [margaret-heidger@uiowa.edu](mailto:margaret-heidger@uiowa.edu)
- **319-356-4107 or 866-219-9119**

### Child Health Specialty Clinics

- e-mail [sue-schuelke@uiowa.edu](mailto:sue-schuelke@uiowa.edu)



And Good

**Questions?**  
Call UI Health Access  
319-384-8442,  
ext 706, or  
800-777-8442,  
ext. 706

## True or false: All cancers are inherited

**False** – Five to 10 percent of all cancer is caused by an inherited susceptibility. People who inherit the altered gene responsible for a predisposition to a certain cancer may have a higher chance of developing cancer in their lifetime than people who have not.

## CIS

For 20 years, Holden Comprehensive Cancer Center's **Cancer Information Service** has answered questions about cancer. **For more information, call 800-237-1225 or 319-356-3000.**

# Well Good

## Sign up!

You can now receive *Well&Good* electronically.

If you want to receive *Well&Good* electronically, please e-mail [wellandgoodmgr@uihealthcare.com](mailto:wellandgoodmgr@uihealthcare.com). Simply put "subscribe" in the subject box and you will automatically receive *Well&Good* at your computer.

Please e-mail your questions and suggestions to [WellandGood@uiowa.edu](mailto:WellandGood@uiowa.edu).

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# Safely Summer



## CHILDHOOD INJURY FACTS

While unintentional injury-related deaths in children under the age of 14 have decreased more than 40 percent between 1987 and 2001, unintentional injury remains the leading cause of death for that age range according to Safe Kids USA. Each year, one of every four children (14 million) sustains an injury serious enough to require medical attention.

### Car seats

Make sure your child is properly restrained.

- Never put a rear-facing child in front of an air bag
- Use only rear-facing seats until your child is at least 20 pounds and one-year old
- Use belt-positioning, forward-facing booster seats for children from 40 to 80 pounds and four feet, nine inches tall
- Don't use your car's seat belts until they fit your child correctly—about 80 pounds and four feet, nine inches tall. The shoulder strap should fit across your child's chest, not neck.
- Children should not be permitted to ride in the front seat until they are at least 12 years old

### Poison

Call the Iowa Poison Control Center at 800-222-1222. If possible, have the product label so you can give the label information.

- Always close the container as soon as you've finished using it
- Keep pills in their original container
- Keep all medicines and chemicals out of reach—and out of sight—of children
- Refer to medicine as "medicine," not "candy"
- Clean out the medicine cabinet periodically and safely dispose of unused/outdated medicines

### Sun

- Stay out of the sun between 10 a.m. and 4 p.m. Stay in the shade when possible.
- Use a sunscreen that protects against both UVA and UVB rays and has a sun protection factor (SPF) of 15 or greater, even on cloudy days
- Sunscreens should be used anytime you will be in the sun for more than 20 minutes. Reapply every two hours.
- Use a lip balm containing sunscreen
- Protect your eyes with sunglasses

## Helmets

Nationally, bicyclists aged 14 and under face a five times greater risk for injury than older cyclists.

Even a low-speed fall from a bicycle on a trail can cause a serious head injury.

- "Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Children learn by observing you—when you ride your bike, put

on your helmet," says Lori Christensen, MD, Children's Hospital of Iowa pediatrician.

- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

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**UI Health Access**  
**319-384-8442**  
**OR 800-777-8442**

This seven-days-a-week, 24-hours-a-day service can match your health needs with the many resources available at University of Iowa Hospitals and Clinics.