Sweethearts rely on Samaritan Heart & Vascular Institute for cardiac care

Heart conditions can’t stop Depoe Bay couple

He has a heart of gold that’s survived a heart attack and quadruple bypass surgery.

She’s his angel, with a heart flutter and atrial fibrillation.

Byron and Marcia Lewis don’t let their heart conditions stop them from living life to its fullest. The Depoe Bay couple fulfilled a lifelong dream when they retired to the central Oregon Coast 12 years ago, where Byron continues to surf, and keeps busy with

continues on page 2
Byron and Marcia Lewis don’t let their heart conditions stop them from living life to its fullest.

Hearts & Health
Samaritan Heart & Vascular Institute serves patients in Benton, Lincoln and Linn counties, as well as parts of Polk and Marion counties. The Institute provides comprehensive heart and vascular care including cardiology, electrophysiology, cardiothoracic surgery, vascular surgery, interventional radiology and cardiac rehabilitation.

“Hearts & Health” is produced by the Marketing/Public Relations Department at Samaritan Health Services. Please address questions or correspondence to: 3600 NW Samaritan Drive, Corvallis, OR 97330.

Larry Mullins, DHA, President/CEO
Editor: Jennifer Nitson
Writers: Rebecca Barrett, Jennifer Nitson

Samaritan Health Services
samhealth.org/SHVI

Building healthier communities together
In 2014, Byron underwent an ablation procedure with Dr. Hsing for atrial flutter, an abnormal heart rhythm that causes the upper chambers of the heart to beat too fast and out of sync with the lower chambers. An ablation is a minimally invasive procedure which uses radiofrequency energy (heat) or cryotherapy (cold) to destroy tissues that cause the irregular heartbeat. For many patients, an ablation can reduce or completely eliminate symptoms.

Then Marcia, 70, began experiencing atrial flutter. She would have to lie down and rest until the symptoms subsided. About 20 years ago, Marcia was diagnosed with atrial fibrillation, an irregular and often rapid heart rate. Atrial fibrillation affects people differently. For some, it can be disabling, while others with the condition aren’t even aware.

Medication has helped Marcia to manage her symptoms of atrial fibrillation. Dr. Hsing also tried an ablation procedure to see if it could control the flutter. While Byron’s symptoms went away immediately after the ablation, Marcia’s flutter has continued. But she meets regularly with her care team at Samaritan Heart & Vascular Institute who help her heart stay healthy.

Meanwhile, Byron, 68, recently completed treatment for head and neck cancer. Byron’s cancer care brought them back to the Good Samaritan Regional Medical Center campus, where following surgery, he received seven weeks of chemotherapy and radiation treatment. To make things easier, the couple brought their RV and the dogs and stayed at Pastega House, a home away from home for out-of-area patients and families traveling to Corvallis for medical care.

Having faced Byron’s heart issues relatively early in life, the couple learned not to take things for granted. It’s allowed them to focus on what’s most important, family, traveling and spending time together.

“We don’t want to delve into the darkness all the time. That’s not who we are,” Marcia said. “We really, really enjoy ourselves.”
Is cardiac rehabilitation right for you?

People recovering from a heart attack or other heart problems are finding motivation and support through cardiac rehabilitation.

Programs offer not only safe, structured exercise, but also support and comradery.

“For patients who have gone through similar experiences, the social and emotional support is very important,” said Quinn Griffis, manager of cardiac rehabilitation at Good Samaritan Regional Medical Center.

Generally, cardiac rehabilitation is covered by insurance for people with a heart condition or who have had a procedure such as:

- Stable angina
- Heart attack
- Stent placement
- Bypass surgery
- Heart failure
- Valve repair/replacement
- Heart transplant

While insurance doesn’t cover cardiac rehabilitation for every heart condition, anyone who wishes to have supervised exercise under the care of an exercise physiologist trained in cardiac care can participate in the program. And many people continue to participate beyond the 12-weeks covered by insurance.

To get started in the program, a referral is needed. Cardiac rehabilitation staff can work with your primary care physician.

Classes are offered in two- or three-days a week sessions from 6 a.m. to 6:15 p.m.

The hour-long classes include warm up, aerobic exercise, resistance training and cool down.

Participants also have access to nutrition assistance through a registered dietitian on staff who is available to meet with people about making dietary changes.

With exercise and education, participants learn healthy habits and reduce their risk of future heart problems.

“It’s a long-term thing, whether they continue to exercise in cardiac rehabilitation or do it on their own,” Griffis said. “Trying to maintain the process of rehabilitation is something they’ll do for the rest of their lives.”

Cardiac rehabilitation is available at Samaritan hospitals in Corvallis, Albany, Lebanon and Newport.

Visit samhealth.org/CardiacRehab for more information.

Heart health resources near you

Cardiac rehabilitation
Cardiac rehabilitation blends monitored exercises and heart-related education to help you develop a heart-healthy lifestyle. Insurance may cover part or all of the cost of this class. A physician referral is required. Scholarships may be available. samhealth.org/CardiacRehab

Albany, 541-812-5441
Corvallis, 541-768-5323 and 541-768-5504
Lebanon, 541-451-7888 or 541-451-7178
Newport, 541-574-4856

Cardiovascular health and prevention programs
Receive help starting an exercise program and learn ways to prevent heart problems in the future. Insurance may cover part or all of the cost of this class. A physician referral may be required. Scholarships may be available.

Albany, 541-812-5441
Corvallis, 541-768-5505
Lebanon, 541-451-7888

Heart health education and support groups
Education and support for people who have a heart condition and information for those who want to know more about heart disease.

Albany, 541-812-5441
Corvallis, 541-768-5323
Newport, 541-574-4856
Samaritan Heart & Vascular Institute provides a wide range of care, including cardiology, electrophysiology, cardiovascular and cardiothoracic surgery, with outreach clinics in Albany, Corvallis, Lebanon, Lincoln City and Newport, as well as serving patients from Eugene, Salem and neighboring areas.

Pulmonary rehabilitation
Participants will learn ways to increase activity levels and decrease shortness of breath. Classes include a combination of exercise and education. Insurance may cover part or all of the cost of this class. A physician referral is required.

Albany, 541-812-5443
Corvallis, 541-768-6285
Lebanon, 541-451-7515
Newport, 541-574-4856

Smoking cessation classes
Participants will learn a systematic approach to quitting through behavior modification techniques, coping skills, social support and information on weight management, stress management and the role of medication.

Newport, 541-574-4846

Stroke support
People who have suffered a stroke and their loved ones/caregivers will learn more about their condition and share experiences.

Corvallis
First Tuesdays, 1:30 to 3 p.m.
For more information: 541-768-5157

Find out more about heart health classes and events at samhealth.org/HeartHealthy.
Eating your way to better heart health:
The Mediterranean diet

A Mediterranean diet is linked to better heart health, lower cholesterol and a host of other health benefits. The main components of the Mediterranean diet include eating lots of fruits and vegetables, whole grains, legumes and nuts, replacing butter with healthy fats like olive oil and canola oil, reducing red meat and eating more fish and poultry. Learn why eating these kinds of foods can improve heart health and try sample recipes at this free seminar.

Registration is required. Visit samhealth.org/BeHealthy or call 1-855-873-0647 to sign up for one of the following dates. Each seminar runs from 6 to 7:30 p.m.

Feb. 9, Newport, with Pratik Patel, DO
Feb. 14, Corvallis, with Tiffany Fonte, DO
Feb. 21, Lebanon, with Benjamin Lee, DO
RECIPE
Roasted cauliflower with balsamic and parmesan

Ingredients
- 8 cups 1-inch thick slices cauliflower florets
- 1½ tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- Fresh ground pepper
- 1½ tablespoons balsamic vinegar
- ¼ cup finely shredded parmesan cheese

Directions
Preheat oven to 450°F.
Toss cauliflower, oil, marjoram and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Nutrition
Nutrition facts from myplate.gov
Serving size: about 1 cup
Per serving: 82 calories, 4g protein, 5g total fat, 1g saturated fat, 3mg cholesterol, 92mg sodium

Samaritan Cardiology expands heart services in Albany

Samaritan Albany General Hospital and Samaritan Heart & Vascular Institute have expanded cardiology services in Albany. For more than 20 years, Samaritan Cardiology providers have reached out from their home base in Corvallis to provide cardiology care in other cities in Benton, Lincoln and Linn counties, including Albany, Lebanon, Lincoln City and Newport.

To meet the growing need in the Albany area, Samaritan Cardiology has opened a newly remodeled clinic at 631 Elm Street SW, Suite 201. Located just across the street from Samaritan Albany General Hospital, Samaritan Cardiology – Albany will offer cardiology and electrophysiology consultations, follow-up appointments and heart rhythm device management five days a week. In addition, it is expanding to provide inpatient consultations and stress testing in the hospital.

“I am very pleased that our Samaritan cardiologists will now be able to provide care for our Albany and Linn County residents, right here in our community,” said Samaritan Albany General Hospital CEO David Triebes. “They will also be able to provide consultation to our physicians and hospital on a direct basis. Our physicians are very happy to have this resource available for their patients.”

Samaritan Heart & Vascular Institute Program Director Kim Montagne added, “We’re grateful to our administrative leadership that we have the space to expand to meet the needs of the Albany community. This will allow us to offer an expanded range of services in the hospital and clinic settings, and patients will now be able to stay at Samaritan Albany General Hospital for more advanced heart care.”

For more information, call Samaritan Cardiology at 541-768-5205.
Sweethearts rely on Samaritan Heart & Vascular Institute for cardiac care

He has a heart of gold that’s survived a heart attack and quadruple bypass surgery.

She’s his angel, with a heart flutter and atrial fibrillation.

Story on front cover 

Also inside…

Heart health resources near you • 4

Eating your way to better heart health: The Mediterranean diet • 6

Recipe: Roasted cauliflower with balsamic and parmesan • 7