

# healthy heart

HEALTH NEWS AND INFORMATION

## State ranks RWJUH among best quality

Robert Wood Johnson University Hospital was ranked among the state's top 10 percent of hospitals in the care of heart attack and pneumonia patients, according to the second annual state report on hospital quality. RWJUH is the only hospital in the state to rank in the top 10 percent for both heart attack and pneumonia treatment two years in a row. The hospital performance report is available from the New Jersey Department of Health and Senior Services online at [www.nj.gov/health/hpr](http://www.nj.gov/health/hpr) or by phone at **1-800-418-1397**.

## Our hospital Web site has a new look

A completely revamped Web site for Robert Wood Johnson University Hospital recently made its debut at [www.rwjuh.edu](http://www.rwjuh.edu), featuring extensive information about the heart and the hospital's renowned cardiac services.

The site's improvements also include an enhanced physician-referral function to help you find a doctor affiliated with RWJUH, a comprehensive health information library, better navigation and expanded content on hospital programs and services.



# Top DOCTORS

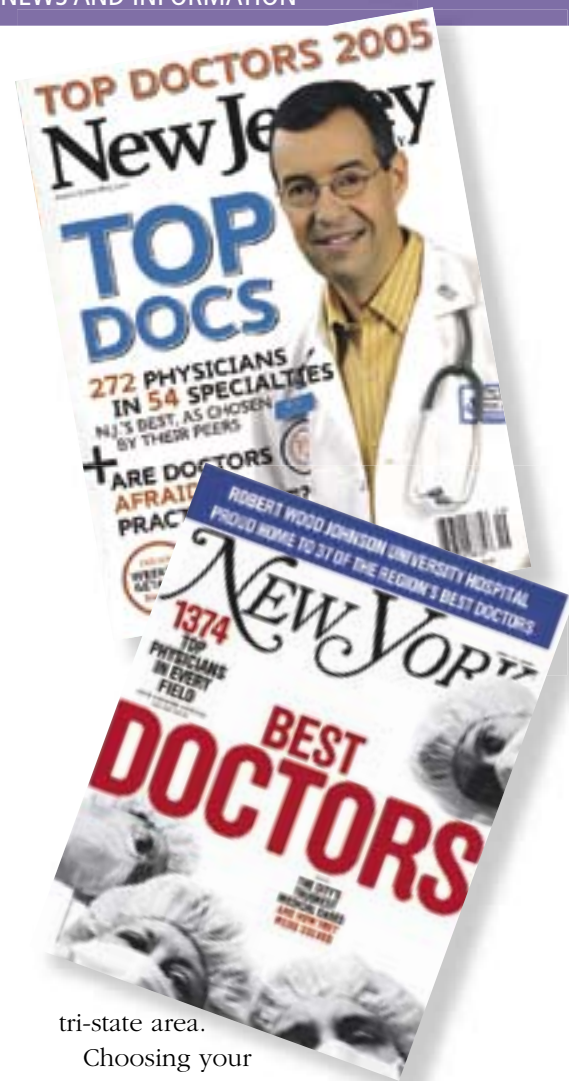
**RWJUH HAS MORE THAN ANYONE IN NEW JERSEY**

WHEN NEW YORK MAGAZINE and New Jersey Monthly reported on today's best doctors, Robert Wood Johnson University Hospital in New Brunswick had more top-rated physicians than any other hospital in New Jersey.

Doctors selected by New York Magazine included cardiovascular disease specialists Jack Stroh, M.D., of the New Brunswick Cardiology Group, and John Kostis, M.D., chief of medical service at RWJUH and chairman of the Department of Medicine at UMDNJ-Robert Wood Johnson Medical School. Also on the list was vascular surgeon Alan Graham, M.D., of the hospital's Vascular Center of New Jersey, and a professor of surgery at UMDNJ-Robert Wood Johnson Medical School.

Numerous other specialties offered at the academic medical center were also represented, including physicians in the fields of geriatric medicine, neurological surgery, pediatric surgery, plastic surgery, medical oncology and urology.

The top doctors lists are compiled based on surveys sent to more than 60,000 physicians in the



tri-state area.

Choosing your doctors and your hospital are among the most important decisions you can make. For a free copy of the New York Magazine listing of Best Doctors at RWJUH, call **(732) 937-8521**.

Need a doctor? Call the Physician Referral Line at **1-888-44-RWJUH (447-9584)**.



# HEALTHY facts

## STOP-SMOKING PROGRAMS CAN IMPROVE SURVIVAL

Smokers who have some evidence of lung disease can benefit from a stop-smoking program. In a study of about 6,000 smokers and after nearly 15 years of tracking, death rates were 15 percent lower among people who had been through a stop-smoking program compared with those who hadn't attended.

—*Annals of Internal Medicine*

## ASPIRIN DOESN'T STOP FIRST HEART ATTACKS IN WOMEN

Regularly taking a low-dose aspirin may prevent a first heart attack in men, but that doesn't seem to be true with most women. When it came to preventing heart attacks and other cardiovascular problems among women, aspirin mainly helped those 65 and older.

—*The New England Journal of Medicine*

## healthyheart

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BY NOW YOU LIKELY KNOW that being overweight is bad for your heart.

But have you heard that not getting enough sleep may be partly to blame for the extra pounds?

That means the tick, tick, tick of the night owl's clock could spell trouble for the only ticker that really matters.

At this point, the relationship between sleep and weight isn't clear.

The National Sleep Foundation (NSF) reports that people tend to eat when they're actually sleepy, because they consider fatigue a sign of hunger. Another simple explanation is an obvious one: The more time you're awake, the more time you have to eat.

But research suggests other factors may also be involved. A small study found that limited sleep seems to alter levels of hormones that regulate hunger. Other research has shown that too little sleep may


Trouble sleeping? Call our Sleep Center at **1-800-717-7863.**

affect your metabolism.

Of course, the relationship might work in reverse too. Sometimes obesity contributes to sleep problems, such as sleep apnea (a condition that causes interrupted breathing while you're asleep).

The most important thing is to get seven to nine hours of sleep every night, says Anays M. Sotolongo, M.D., medical director of the Robert Wood Johnson University Hospital Comprehensive Sleep Disorders Center and an assistant professor of Medicine at UMDNJ–Robert Wood Johnson Medical School. If you're tired during the day, you're probably not getting enough rest. Your doctor can help you get treatment if you're having trouble sleeping.





Sophisticated imaging is producing extremely detailed pictures of the heart and blood vessels.

# visible heart

Image courtesy of GE Healthcare

WHEN YOUR HEART IS IN trouble, think visual aids.

Imaging techniques make it possible for a cardiologist to see the source of the problem hidden within your body.

## Noninvasive tests

Testing may begin with a simple chest x-ray and an electrocardiogram, or EKG, which measures electrical impulses in the heart. But more sophisticated tests can give a clearer view. Today, a new generation of noninvasive scanning technology is giving the clearest views yet of the heart.

■ **CT (computed tomography).** CT scanners take x-ray images while the person lies on a platform that moves through a doughnut-shaped device. Images show cross sections of the heart and large blood vessels. The greater the number of images taken simultaneously, referred to as “slices,” the more detailed the picture.

In a matter of seconds, doctors can obtain highly detailed, 3-D images of the heart and surrounding arteries to check for suspected heart disease.

Other noninvasive tests include:  
■ **MRI (magnetic resonance imaging) and MRA (magnetic resonance angiography).** These methods use strong magnets and radio waves to

obtain high quality images of heart and blood vessels.

■ **Echocardiography.** Sound waves are bounced off the heart to reveal the heart’s structure and motion.

## Nuclear imaging

In nuclear imaging, only the amount of radioactive material needed for clear pictures is injected. No long-term adverse effects have been reported from these low-dose tests, according to the Radiological Society of North America.

Moving pictures of the heart at

For more, visit the Heart Center of New Jersey online at [www.rwjuh.edu](http://www.rwjuh.edu).

## What to expect from an angiogram

An angiogram, also known as cardiac catheterization, finds blocked arteries of the heart. The procedure is performed using an x-ray machine attached to a television monitor.

During the procedure, a doctor inserts a thin tube called a catheter into an artery in your groin or arm. The catheter tip is then advanced up the

work can be created using:

■ **MUGA (multiple-gated acquisition) scanning.** A scanner captures images of the heart as it pumps blood.

■ **A thallium stress test.** The flow of thallium is traced with a camera following exercise on a treadmill or bicycle. This shows how well blood flows to the heart muscle. The exercise results are compared with a resting level of blood flow three to four hours later. Sometimes the same information can be obtained using drugs that increase blood flow for patients who can not exercise.

■ **PET (positron emission tomography).** The doctor checks heart function and the health of the heart muscle and looks for artery disease as the person passes through a scanner that detects the release of energy from a radioactive material.

artery toward the heart. Then dye can be injected into the arteries of the heart. You may have a mild warm feeling as the dye enters your bloodstream.

The procedure typically lasts about an hour. You will need to lie still for a few hours afterward under medical observation.

Your doctor will tell you what you should do once you get home.

Sources: American Heart Association; American Society of Radiologic Technologists; Society for Vascular Surgery

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## HEALTHY. recipe

### Grandma's Chicken Soup

It turns out grandma was right.

Here's the chicken soup recipe that University of Nebraska Medical Center researchers found helped to relieve cold symptoms.

#### Ingredients

- 1 5- to 6-lb. whole chicken
  - 1 small package of chicken wings
  - 3 large onions, peeled and cut
  - 1 large sweet potato, peeled and cut
  - 3 parsnips, peeled and cut
  - 2 turnips, peeled and cut
  - 12 large carrots, peeled and cut
  - 5 celery stems, cut
  - 1 bunch of parsley, stems cut off
- Salt and pepper to taste

#### Instructions

- Clean chicken, put it in a large pot (canner size), and cover with cold water. Bring water to a boil. Add chicken wings, onions, sweet potato, parsnips, turnips and carrots. Boil about 1½ hours. Remove fat from the surface as it accumulates.
- Add parsley and celery. Cook mixture about 45 minutes longer. Remove chicken and save for another use. (The meat makes fine chicken parmigiana.)
- Put vegetables in a food processor until chopped fine, or pass through a strainer. Salt and pepper to taste.

Source: *Chest*, Vol. 118, No. 4



BETTER  
DOCTORS,  
better  
care

THE HEART CENTER of New Jersey at Robert Wood Johnson University Hospital in New Brunswick is now better than ever, following a recent expansion of surgical talent.

The hospital's Heart Center has gained the expertise of Thomas Prendergast, M.D., who became chief of heart transplant surgery. Dr. Prendergast has extensive experience in adult and pediatric

cardiac surgery and heart transplantation. He trained in general surgery at the University of Massachusetts and completed his cardiothoracic surgery training at the University of Southern California, Los Angeles. He then completed additional specialty training in congenital cardiothoracic surgery at Children's Hospital Los Angeles and thoracic transplantation at Temple University.

RWJUH also announced the appointments of medical staff members Mark Anderson, M.D., as chief of the section of cardiac surgery and Peter Scholz, M.D., as chief of the division of cardiothoracic surgery at both the hospital and at UMDNJ-Robert Wood Johnson Medical School.

Drs. Anderson and Scholz are already well known to RWJUH patients. Dr. Anderson is renowned for his expertise in surgery of complex cardiac cases, including heart transplantation, and has been a major contributor to innovative approaches in cardiac surgery. Dr. Scholz, meanwhile, is a respected clinician-scientist highly regarded for his skill in treating complex valvular heart disease. He is also one of only a few doctors in the country performing a minimally invasive surgical procedure to correct atrial fibrillation, or irregular heartbeat.

Join a heart support group  
today. For information, call  
**(732) 418-8110.**