

# WLAD says the road to heart attack recovery is a walk, not jog

A heart attack is a life-threatening event, and those who are lucky enough to survive this encounter, sometimes face a long and arduous recovery process.

Even though the patient may start feeling better within a few

weeks, its imperative they avoid pushing themselves too soon. Not gradually easing back into a normal routine may be a setup for relapse.

Florence-area resident Denise Straws suffered a heart attack in 2006 and faced a long

and sometimes difficult recovery.

"I took a class a cardiac class to teach me exercise is not going to hurt my heart, it needs to exercise to get better — got to keep it working or it will get atrophied," said Straws. "I got up and began to walk daily. After getting to feel better, I started doing light aerobics."

Any form of exercise that gets the blood pumping is beneficial. Some examples include swimming, bicycling, walking or jogging at a moderate rate.

Peace Harbor Medical Center Physician Mohamad Sabbah M.D. suggests a physical therapy program.

"It's important to begin an physical therapy program. The

type of program to consider depends on how sick the patient is," said Sabbah. "For example, in the Florence area, walking on the sand may be a great activity."

Eating right is simply a must to prevent further heart attack occurrences. Avoid trans-fats and saturated fats whenever possible because these fats directly contribute to plaque formation in the arteries. Instead, eat fats that come from plant sources such as olive oil or nuts. Eating too many calories and being overweight can also strain the heart, so it's essential to control weight by eating a balance of plant foods, lean meats and low fat dairy products.

Straws uses a heart-healthy

cookbook for meal recipes and offers other suggestions that has helped her stay healthy.

"It offers lots of different veggies and how to cook different ways, such as not frying eggs in butter oil," said Straws. "Eat Yukon gold and red potatoes. Make better food choices and be very aware of portion sizes. Also, eat lots of lentils and flaxseeds."

Dr. Sabbah strongly suggests entering a cardio respiratory rehabilitation program. These programs are run by doctors and other medical professionals and are designed to monitor patient condition and recovery process after a heart attack.

"This is important in reversing risk factors such as high

cholesterol and high blood pressure," Sabbah said. "Blood pressure should be lower than 140/90 and blood cholesterol under 180 mg/dl."

Other important risk factors to control include: a waist circumference lower than 35 inches for women and 40 and under for men; body mass index (BMI) between 18.5 and 24.9; and blood glucose under 100 mg/dl during times or normal fasting.

Lastly, one of the most important risk factors to avoid is cigarette smoking. Period. According to Dr. Sabbah, the advice is simple:

"Stop smoking," he said.  
—Submitted by Albert Kreitz, Western Lane Ambulance District (WLAD)

## ASK THE DENTURIST..

**Q** What is a reline?

**A** A reline is putting a new surface inside your denture when your gums have shrunk and there is a space between your denture and the gum surface. Never wear your dentures in this condition as your gums may "puff" into the ill-fitting denture. Have your dentures relined every other year.



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L.D.

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## Vacation Bible School

Monday, July 11 — Friday, July 15  
9:30-noon

Florence Evangelical Church  
1318 Rhododendron Drive - call 541-997-5159  
For Children who have completed  
Kindergarten to 5<sup>th</sup> grade

www.TheSiuslawNews.com

## FUUF to discuss health at Sunday service

This Sunday, July 3, from 10 to 11 a.m. at the Florence Unitarian Universalist Fellowship, Karen Hazelwood will be the guest speaker on "Taking an Integrative Approach to Our Health."

Hazelwood is a certified holistic nutritionist and is the general manager of the Real Food Co-op in Florence. She is interested in education and helping those interested in combining healthy eating habits and good thinking practices into ones daily lives.

"When we listen to every

aspect of both our inner and outer lives, we have the opportunity to be more complete as human beings," she says.

The UU Fellowship is located at 87738 Highway 101 at Heceta Beach Road and is wheelchair accessible.

Each service concludes with refreshments and dialogue circle to explore the questions that come up during each service.

For more information see FUUF's Facebook page, website at www.florenceuuf.org, or call 541-997-2840.

## Circle 4 Oneness opens spiritual lending library

With the demise of book-sellers in the country, Circle 4 Oneness Center will take up that void by opening a local lending library of more than 250 out-of-print and contemporary books in the spiritual genre.

Categories include: nature consciousness, healing and energy, woman's self growth,

love and loss, dimensions, human behavior, intuition, after life, guiding angels/dreams, cayce, medicine miracles and spiritual business.

All seekers are welcome. Call the office at 541-902-7912 to visit, or attend the "Open Door Service" on the 11th and 22nd of each month to check out books.

## Registration now open for summer youth Bible camp

Youth can have s'more summer fun at Camp Turned Around. This fun-filled Vacation Bible School begins Monday, July 11, through Friday, July 15, from 9:30 a.m. to noon, at Florence Evangelical Church on Rhododendron Drive.

Participants will learn that when God "turns them around," others will see a difference in their lives. This VBS includes Bible stories,

snacks, crafts, games and puppet skits, and is for children who have completed kindergarten through fifth grade.

There is a family program Thursday night, July 14, at 7 p.m. The church is at 1318 Rhododendron Drive, just one block west of Highway 101.

Pre-registration is encouraged. For more information, or to register, call Annette at 541-997-5159.

**Join Us In Worship**  
4 lines, approx 15 words, \$10 a week  
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Deadline 3 p.m. Mondays.

To be included in this directory contact the Siuslaw News at 997-3441, or drop off information at 148 Maple St., Old Town, Florence.

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Wed. Prayer - 6:00 p.m. —Wed. Ministries 1-8 Grade 7 p.m.

### CROSS ROAD ASSEMBLY OF GOD

Corner of 10th & Maple — 997-3533  
Bible Study at 9:00 A.M.  
Services: Worship, 10:30 A.M.  
florencecrossroad.org • office@florencecrossroad.org

### FIRST BAPTIST CHURCH - SBC

1935 25th St. — 997-7660 • Pastor, Dr. Marvin Owen  
Series "People of the Bible." on Wednesdays 6 p.m.  
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Sun.: 11am & 6pm, Sunday school 9:45am.

### FLORENCE CHRISTIAN CHURCH

2nd & Ivy — 997-2961 — Non-Denominational  
Worship Service: 9:00 am & 10:30 am  
Middle School and High School youth groups meet on Wednesday.

### FLORENCE CHURCH OF CHRIST

Pre-Denominational (Romans 16:16)  
1833 Tamarack Street (2 blocks east of Hwy. 101 on 18th St.)  
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.  
www.churchofchristflorence.org

### FLORENCE CHURCH OF THE NAZARENE

12th and Nopal — 997-9020  
Worship Service 10:30 a.m.  
Youth Group Wed. 7-8:30 p.m.  
Online Worship Service@ www.florencenaz.com

### FLORENCE EVANGELICAL CHURCH

1318 Rhododendron Dr. — 997-2523 — Worship at 11:00 AM — Sunday School at 9:30 AM — Variety of Sunday evening activities - 5 PM  
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Call for details.

### FLORENCE SEVENTH-DAY ADVENTIST

4445 Hwy 101 (South of Fred Meyer) — 997-3951  
Worship on Saturday 10:30 A.M.  
Adult/Children's Sabbath School 9:15 A.M.

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Tues. Bible Study 7:00pm

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www.lutheranchurchflorence.com

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