

Preventive Cardiology Clinic

NEWSLETTER

SUMMER 2006

THE PLAC TEST: A New Blood Test to Identify Patients at Risk of Heart Attack and Stroke

ROGER C. ASHMORE, MD, FACC

Heart Disease and strokes are primarily caused by disease within the blood vessels of the heart and the brain (atherosclerosis/hardening of the arteries). Multiple risk factors increase an individual's risk of developing heart disease and stroke including diabetes, high blood pressure, smoking, high cholesterol and obesity. These risk factors contribute to inflammation within the walls of blood vessels and this inflammatory process directly causes the atherosclerosis.

Two simple blood tests are available to help identify patients with active inflammation within their blood

vessels. The CRP (C-reactive protein) blood test is an inflammatory marker and has been shown to identify patients at higher risk of heart attacks. The CRP marker is not specific to blood vessels inflammation, however, and may give falsely positive results in patients with other types of active inflammation such as arthritis or infections.

The Plac Test is a new blood test that also measures active inflammation in blood vessels. The Plac Test measures an inflammatory enzyme called lipoprotein-associated phospholipase A2 that is produced by white blood cells within the atherosclerotic blood vessel. This enzyme is specific for blood vessels with active atherosclerosis and does not increase with other inflammatory diseases such as arthritis.

Current recommendations for patients with an elevated Plac Test is to more intensely treat their traditional risk factors and to prescribe aspirin daily. Also, more aggressive treatment of their cholesterol disorders can lower the Plac Test and hopefully prevent heart attacks and strokes.

The "Preventive Cardiology Clinic" is committed to preventing heart attacks and strokes. The Plac Test identifies patients at higher risk of these adverse events and is a major tool in helping us to achieve this goal.

COOKING CLASSES 2006

ALL CLASSES BEGIN AT 5:00 PM

July 18

Packing the Perfect Picnic / Stephanie Tarry, MS, RD

Life is a Picnic – though sometime it is easy to forget this when you feel you have had to give up all of your favorite picnic foods for your new heart healthy lifestyle. Not true! Come to this class and learn how to pack the best picnic you have ever had. You may even forget that it is heart healthy!

August 15

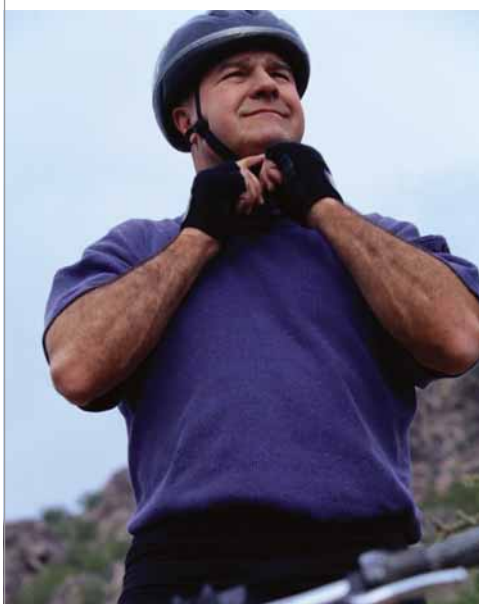
Farmer's Market Recipes / Stephanie Tarry, MS, RD

Farmer's Markets are just bursting with all your favorite fruits and veggies – as well as some you have never tried. Let's prepare some new meals using the bounty of Colorado from corn, tomatoes and squash to peaches and melons – all yummy and heart healthy of course!

September 19

Soy-wonderful or "How to make Tofu Edible" / Stephanie Tarry, MS, RD

So your dietitian told you to try to include soy in your diet. You have tried the soy milk stuff and it wasn't half bad, but everything you have tried to make with tofu has come out bland. What to do? Well come to this class and learn how to make terrific tofu, tasty tempeh (fermented soy beans – it tastes much better than it sounds), and great baked goods with soy products!



Our Cooking Instructor

Meet Stephanie Tarry, MS, RD – Heart Center of the Rockies Contract Dietitian and Cardiac Rehab Cooking Class Instructor.

Stephanie was a professional chef in a previous life. She is a graduate of the Culinary Institute of America in Hyde Park, NY and was a chef in Napa Valley, CA until 2000.



STEPHANIE TARRY

She holds a MS in Nutrition from the University of California at Davis and completed her dietetic internship at the University of California, Davis Medical Center in Sacramento, CA in 2005. During her internship, Stephanie had the opportunity to volunteer with Cardiac

Rehab at the Heart Center of the Rockies for 2 weeks, and fell in love with the area and the clinic. She loves working in the clinical setting, and finds great reward in one on one nutrition counseling and teaching classes – especially interactive nutrition and cooking classes.

She has been teaching the cooking classes for Cardiac Rehab since September 2005 and has earned a reputation as a knowledgeable and entertaining instructor who makes yummy heart healthy food. Stephanie has also helped in the development of several patient handouts dealing with various aspects of cardiac nutrition and lifestyle.

Stephanie moved to Fort Collins from Davis, CA in 2005 to continue her career with the Heart Center of the Rockies in Nutrition Services and to be with her fiancé, a student in the MBA/DVM program at the CSU Veterinarian Medical School. They have a growing family of two dogs and two cats and enjoy gardening and exploring the Rockies via hiking, skiing and snowshoeing.

COOKING CLASSES CONTINUED

October 17

Creative Crock-Pot Cooking / Stephanie Tarry, MS, RD

One of the original ways make heart healthy foods, your crock-pot has your food ready for you when you walk in from a long day. You never need to add fat to a crock-pot recipe since the low cooking method keeps it from sticking to the pot and adds tons of flavor. We will discuss and taste everything from breakfast foods to dinners to desserts.

November 21

A Traditional Heart Healthy Thanksgiving / Stephanie Tarry, MS, RD

By now I am sure that you are coming to realize that heart healthy foods are tasty as well as good for you, but you are afraid that your family may not agree with you at the Thanksgiving table. Come to this class and learn how to make great Thanksgiving fare that your family and friends won't believe is good for them!

December 19

Heart Healthy Gifts from Your Kitchen / Stephanie Tarry, MS, RD

Give the gift of heart health this holiday season. In this class we will prepare and taste some heart healthy gifts you can give to your friends and relatives that they won't believe is good for them. We will make everything from seasoning mixes, to soup mixes to baked goods and baking mixes. Happy Holidays!

All classes begin at 5:00 at the Harmony Campus Cardiac Rehab Gym (2121 E. Harmony Road, corner of Timberline and Harmony). All classes are free of charge!

Questions? Call Jenifer at 297-6809.

CHOCOLATE CHIP ZUCCHINI BREAD

- 1/2 cup sugar
- 1/4 cup Splenda
- 3 Tbsp. canola oil
- 2 omega-3 eggs
- 1 cup unsweetened applesauce
- 2 cups all-purpose flour
- 1/2 cup ground flax seed
- 2 Tbsp. unsweetened cocoa
- 1-1/4 tsp. baking soda
- 1 tsp. ground cinnamon
- 2 cups finely shredded zucchini
- 1/2 cup semi-sweet chocolate chips

In a large mixing bowl, combine first 4 ingredients (sugar through eggs); beat with a mixer at low speed until well blended. Stir in applesauce. Lightly spoon flour into dry measuring cups; level with a knife. In a small bowl, combine flour and the next 4 ingredients (through cinnamon), stirring well with a whisk. Add flour mixture to sugar mixture, beating just until moist. Stir in the zucchini and chocolate chips. Spoon batter into a 8x4 inch loaf pan coated with no-stick cooking spray. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out almost clean. Cool bread in pan for 10 minutes, then remove from pan and cool completely on wire rack. Makes 16 slices.

Nutrition Facts per slice: 165 calories, 6gm fat, 1.4gm saturated fat, 4gm protein, 26gm carbohydrate, 109mg sodium, 2.4gm fiber



For more information call (970) 221-1000, (800) 459-4241, or visit www.heartcenteroftherockies.com

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