

# CARDOLINA

## HEART & VASCULAR CENTER

■ EVALUATION

■ INTERVENTION

■ SURGERY

Vol.4 No.1  
**SPRING  
2007**



**COMMUNITY  
CALENDAR**

**SPRING  
TRAINING**

**TAKE A WALK IN  
THE WOODS**

# Spring TRAINING

**Have you ever thought about how gardening can produce a healthier you? Gardening is an activity that many of us don't think of as exercise, but actually, it is one of the best-kept physical fitness secrets. Gardening is also therapeutic – it's good for the mind, body and soul. So, as spring approaches, consider your gardening time an opportunity to**

## Get a healthier lawn and a healthier you!

At a time when fitness professionals are touting the advantages of regular, moderate exercise, gardening is being recognized as a healthy lifestyle habit. Studies show that 30 minutes a day of moderate activity, such as gardening, may decrease the risk of high blood pressure, diabetes, heart disease and stroke. Gardening provides health benefits to people of all ages.

Elements of gardening such as digging, weeding, planting and mowing the lawn can require the same amount of energy as other physical activities such as walking, cycling, swimming and aerobics.

A few tips to keep in mind:

- 🌱 As with any physical activity, check with your doctor first before you start a regimen. Beginning gardeners should start slowly and build up endurance.
- 🌱 Warm up your muscles for five to ten minutes before you start working in the garden. Be sure to stretch – this can help relieve back strain and muscle soreness and avoid injury.
- 🌱 Don't bend at the waist to pick things up, bend at the knees
- 🌱 Alternate your grip when raking, digging or hoeing.
- 🌱 Break gardening sessions down into shorter periods of time rather than an all day marathon.
- 🌱 Vary your activities. Break up strenuous gardening chores with more moderate and enjoyable activities. For example, break up a session of post-hole digging with some quiet weeding or transplanting.
- 🌱 Drink plenty of water.
- 🌱 Wear sunscreen and a hat to protect your skin.
- 🌱 Be sure to cool down and stretch when you are finished.

Not only does gardening help you physically, it also provides you the satisfaction of a beautiful lawn or fresh fruits and vegetables to enjoy at your dinner table. **June 6 is National Gardening Exercise Day.** Join other gardeners and discover the fitness facility right outside your door!

Spring is an exciting time as the garden awakens from winter hibernation. It can also, however, be a bit overwhelming to know how to prioritize your gardening this time of year.

Here is a helpful list of items that should be tended to in the spring.

- 🌱 For early blooming shrubs such as forsythia and viburnum, **prune as soon as blooms have passed.** Early spring is also an ideal time to prune your roses.
- 🌱 **Pull weeds** from your beds and borders before they take hold and spread.
- 🌱 **Tend to your compost,** if it has been neglected over the winter. If you do not have a compost bin, spring is a great time to start.
- 🌱 **Prepare your tools** for the gardening season and make any necessary repairs or new purchases.
- 🌱 **Sort garden chemicals** and discard all of the outdated or unused chemicals according to label instructions. Check the lock on your chemical storage area to assure children or pets have no access.
- 🌱 **Add new plants** to your garden. Be sure, however, that all threat of frost has past. Plant such things as trees, shrubs, hardy annuals, and summer blooming bulbs.
- 🌱 **Fertilize and mulch** beds and borders and fruit trees. If you applied heavy winter mulch for protection from the cold, you will need to clear it away.
- 🌱 **Stake plants** that may be prone to wind damage during the unpredictable spring weather.
- 🌱 Spring is the best time to start a new lawn from seed. For established lawns, you should **start mowing in the spring,** but don't cut the grass very short the first few times.



**SPRING**  
GARDEN MAINTENANCE



## Heart Healthy Grocery Shopping

The American Heart Association can help you shop healthier and faster. Look for the red and white heart-check mark in your grocery store to select foods low in saturated fat and cholesterol with confidence. Save time by building a free, heart-healthy grocery list online to print and take to the store with you.

[www.americanheart.org](http://www.americanheart.org)

## Healthy HEART TIP

Do you have a healthy refrigerator?

Take stock of what's inside and make sure you have more low-fat, high-fiber and low sugar foods. Replace dressings, condiments and sauces with low-fat or fat free versions.

# Community CALENDAR

### The Hitchcock Woods Exhibit

April 23-May 4, Aiken County Historical Museum, The famous Hitchcock Woods is as much of Aiken fame as the horses, dirt roads and the Winter Colony. Tues-Fri 9:30am-4:30pm; Sat-Sun 2-5pm. 803-642-2015 ctyler@aikencountysc.gov

### "The Robber Bridegroom"

April 26-30, Etheredge Center, 471 University Pkwy, A rousing, bawdy Southern fairy tale, set in eighteenth century Mississippi. April 26-30 at 8pm. Sun April 29 matinee at 3pm. 803-641-3305 [www.usca.edu/ec/](http://www.usca.edu/ec/)

### Aiken Polo Club 8 Goal Invitational

April 27-June 3, Aiken Polo Club, 803-643-3611 [www.aikenpoloclub.org](http://www.aikenpoloclub.org)

### Mission to Mars

May 4-19, 471 University Pkwy, Dupont Planetarium and Ruth Patrick Science Center at USCA present Mission to Mars. May 4, 18, 19 at 7pm & 8pm. May 5 at 4pm, 5pm, 7pm and 8pm. 803-641-3654 <http://rpsec.usca.edu/planetarium/>

### Aiken Lobster Race

May 4, Newberry St, Downtown, The race features live Maine thoroughbred racing lobsters. Enjoy rides, family activities, gourmet food from local restaurants and more. 5:30-11:30pm. \$5 adults. Children under 6 admitted free. 803-649-9500 [www.lobsterrace.com](http://www.lobsterrace.com)

### St Mary's Strawberry Festival

May 5, Mead Hall, 125 Pendleton St, NW, Strawberry delights, amusements, games and plenty of fun for the family. 9am-2pm. 803-644-1122

### Derby Dreamin'

May 5, Aiken Center for the Arts, 122 Laurens St, The annual event celebrates the Kentucky Derby in style benefiting Aiken Center for the Arts (ACA) and Aiken County Open Land Trust (ACOLT). \$65 adults. 3-7pm. 803-641-9094 [aikencenterforthearts.org](http://aikencenterforthearts.org)

### Hopelands Summer Concert Series

May 7-August 27, Hopelands Gardens, An outdoor concert series showcasing ballet, clogging, blues, jazz, celtic music, patriotic music, military bands and more every Monday at 7pm. Free. 803-642-7631 or Alicia Davis at 803-642-7649

### A Glimpse of Eastern Aiken County

May 7-28, Aiken County Historical Museum, Don't miss this chance to see parts of our county (Salley and Wagener) that you may not have explored yet, but should be in your plans for the future. Tues-Fri 9:30am-4:30pm; Sat-Sun 2-5pm. 803-642-2015 ctyler@aikencountysc.gov

### Black Box Coffee House

May 18, Washington Center for the Performing Arts, 126 Newberry St, Reader's Theater, musical entertainment, special guests, refreshments and of course, YOUR turn at the open mike. 7pm. 803-648-1438 [aikencommunityplayhouse.com](http://aikencommunityplayhouse.com)

### Aiken Highland Games and Celtic Festival

May 19, Aiken Jaycees Fairgrounds, Highland dancing, children's athletics and activities, Scottish Athletic Competition, food and merchandise vendors, Scottish Clan tents, piping and drumming and more. 9am-5pm. 803-649-3101 [www.standrewssociety.org](http://www.standrewssociety.org)

### "You're a Good Man, Charlie Brown" The Broadway Musical

May 25-June 9, Washington Center for the Performing Arts, 126 Newberry St, Based on the comic strip "Peanuts" by Charles M. Schulz. Join Charlie Brown as he shares his best Peanuts moments in the revised version of a musical theater classic. May 25, 26 at 8pm. June 1, 2, 8, 9 at 8pm. June 3 at 3pm. \$17 adults, \$15 seniors (60+), \$12 students, \$6 children under 12. 803-648-1438 [aikencommunityplayhouse.com](http://aikencommunityplayhouse.com)

### A Glimpse of Western Aiken County

May 29-June 19, Aiken County Historical Museum, The history of Beech Island, North Augusta, Graniteville and more are a part of our heritage with places to visit with children, friends and family. Tues-Fri 9:30am-4:30pm; Sat-Sun 2-5pm. 803-642-2015 ctyler@aikencountysc.gov

### In My Backyard and Digistar Virtual Journey

June 1-16, 471 University Pkwy, Dupont Planetarium and Ruth Patrick Science Center, What can you see from your backyard? Join TV host and keynote speaker Fred Penner as you take a wild ride with the unique "laser" graphics on the Digistar projection system. 9pm 803-641-3654 <http://rpsec.usca.edu/planetarium>

# Take a Walk IN THE WOODS

Spring is the perfect time to enjoy one of Aiken's jewels – Hitchcock Woods. This unique southern forest has been owned by the Hitchcock Woods Foundation since 1939 and encompasses nearly 2,100 acres and 65 miles of trails. It's a great place to see spring flowers and a variety of habitats while walking on shady, serene trails.

Be sure to pick up a map with you at the entrance so you don't get lost in this large urban forest! There are several entrances to the woods and levels of difficulty on the trails:

- |                                  |             |
|----------------------------------|-------------|
| • Dibble Road (three entrances): | Easy        |
| • South Boundary:                | Easy        |
| • Coker Spring Road:             | Challenging |
| • Berrie Road:                   | Challenging |
| • Clark Road:                    | Challenging |



Early May is a good time to explore Kalmia Trail and see an entire hillside white with beautiful Kalmia blooms. Enter the woods at Dibble Road and Tea Cottage Path, take the first left, then a right to the Chalk Cliffs. In the woods this spring, you will also see the ribbon-shaped fragrant flowers of the Fringe Tree and the orange and red masses of flowers of the Butterfly-weed.

Whether you are looking for a quiet stroll or a brisk, challenging activity, Hitchcock Woods offers something for everyone. There are a few rules to remember while you are in the woods:

- No littering or smoking
- No fires, firearms or firecrackers
- No motorized vehicles
- No bicycles
- No hunting or fishing
- Respect the rights of others

The Hitchcock Woods are dependent upon the private support of those who value and enjoy this unique Aiken resource. For more information on the woods, contact the Hitchcock Woods Foundation at 803.642.0528 or [www.hitchcockwoods.org](http://www.hitchcockwoods.org).

## PHYSICIANS & SURGEONS

### INVASIVE, NON-INVASIVE, & INTERVENTIONAL CARDIOLOGISTS

David W. Cundey, M.D., F.A.C.C.	Ansermo L. Arthur, M.D., F.A.C.C.
Gregory L. Eaves, M.D., F.A.C.C.	Idris S. Sharaf, M.D., F.A.C.C.
Don L. Pennington, M.D.	

### CARDIO-THORACIC & VASCULAR SURGEONS

L. Dieter Voegelé, M.D., F.A.C.S.	Thomas P. Paxton, M.D., F.A.C.S.
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## SERVICES

Cardiac and Surgical Consultations	Treadmill/Bicycle Stress Testing
Nuclear Cardiology	Stress Echocardiography
Cardiac Echo-Doppler	Carotid Doppler Ultrasound
Non-Invasive Peripheral Vascular Testing	Holter & Event Monitoring
External Counterpulsation Therapy (ECP)	<b>CTA (Non-Invasive Angiography) New – Fall 2006</b>
Cardiac Rehabilitation	Blood Drawing & PT/INR Testing
Cardiac Catheterization	Coronary, Carotid, & Peripheral Angioplasty & Stenting
Stroke Intervention	Permanent Pacemaker Implantation
Biventricular Resynchronization Therapy (Pacemaker Therapy for Heart Failure)	Transmyocardial Laser Revascularization
Surgical Aortic Aneurysm Repair	Endovascular Stent Grafting for Aortic Aneurysms
Coronary Artery Surgery	Off-Pump Coronary Artery Surgery
Cardiac Valve Replacement	Cardiac Valve Repair
Surgical Ventricular Restoration in Heart Failure	
Lung Surgery	Lung Volume Reduction Surgery
Peripheral Vascular Surgery	Vascular Access Surgery
Esophagus Surgery	Thoracoscopic Surgery

**CAROLINA**  
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