

CARDOLINA

HEART & VASCULAR CENTER

■ EVALUATION

■ INTERVENTION

■ SURGERY

Vol.4 No.2
SUMMER
2007



COMMUNITY
CALENDAR

SWIM
FOR YOUR HEART

NURSE SPOTLIGHT:
PAM CORSO

SWIM FOR YOUR HEART

Wondering how you can keep up your exercise routine in the heat and humidity this summer?



Swimming can provide you with many health benefits and keep you cool!

Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture and flexibility all at the same time. Your cardiovascular system particularly benefits because swimming improves your body's use of oxygen without overworking your heart.

Why is swimming so good for you?

No age limit: Swimming is a great sport for people of all ages and proficiency levels. It is especially good for seniors, pregnant women, arthritis sufferers or anyone with an injury.

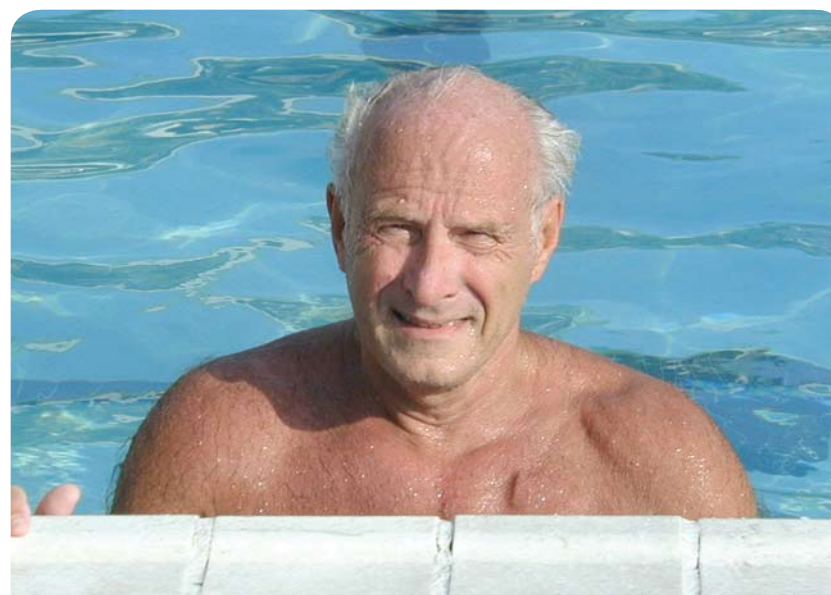
Whole body conditioning: It tones your upper and lower body because you're using almost all of the major muscle groups. The best strokes for all-over body toning are the freestyle, breaststroke and backstroke. Swimming does not put the strain on connective tissues that running, aerobics and some weight-training regimens do.

Improve blood pressure: Studies show swimming can help reduce and possibly prevent high blood pressure, which lowers your risk for heart disease and stroke.

Stress reduction: Swimming is relaxing because it allows more oxygen to flow to your muscles and forces you to regulate your breathing.

The buoyancy factor: There's a low risk for injuries because there's no stress on your bones, joints or connective tissues. Your weight in the water is just 1/10th of your weight on land.

Variety: You can keep your swimming routine fresh by using different strokes, treading water or trying an aqua-aerobics class.



Dr. Cundey makes swimming part of his regular exercise routine. He swims 2-3 times a week.

Take the plunge!

Ready to make swimming a part of your exercise routine? The University of South Carolina Aiken Natatorium provides open swim sessions for adults. You can also try their aqua-aerobics classes. Call 803-641-3581 for more information.

As with any new physical activity, please consult with your doctor before you begin a swimming routine.

Nurse Spotlight: Pam Corso



Pam Corso & Family

If you are a patient at the Carolina Heart & Vascular Center, you have probably met Pam Corso. Pam has been Dr. Ansermo Arthur's nurse since 1997. Her job entails many things including assisting Dr. Arthur with his appointments, taking phone calls from patients, answering questions, calling in prescriptions, scheduling appointments and assisting with IV's. Pam is extremely knowledgeable of all facets of the office operations.

Did you know that Pam is also a retired Army nurse? Pam's medical career began in 1974 when she joined the Army and became a medic for the next ten years then trained as an LPN. Pam spent six months in Desert Storm and her unit was also called to Somalia. Pam has been stationed in Colorado, Germany and Massachusetts. She retired from the Army after twenty years as a Staff Sergeant. Her vast military experience is certainly a plus!

Pam enjoys the office atmosphere at the Carolina Heart & Vascular Center and working with Dr. Arthur. She appreciates the fact that her job allows her to spend time with patients. "It is very important that patients understand their health and have time to ask questions if they need clarification on doctor's orders or prescribed medications," she said.

Pam strives to be a good role model for her patients. "I try to practice what I preach - I tell patients how important it is to exercise three times a week and eat a well balanced diet - I try to do the same myself."

Warmer weather brought Pam and her family to Aiken in 1995. She and her husband of twenty-four years have three children - all of whom live close by. Pam is enjoying being a grandmother for the first time. "My 16 month old grandson gives me plenty of exercise," she said.

Whether you are a new or existing patient at the Carolina Heart & Vascular Center, say hello to Pam on your next visit.

Community CALENDAR

Dixie Boys World Series

August 4-9, Citizens Park, 1060 Banks Mill Rd.

This tournament will consist of 12 teams of 14 year old boys from Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, N. Carolina, S. Carolina, Tennessee, Texas and Virginia. Beginning on August 4 and the Championship game will be on August 9. 803-642-7652

Hopelands Gardens Summer Concert Series 2007: Ft. Gordon Dixieland Band

August 6, Hopelands Gardens.

Sponsored by Cumberland Village. Bring a lawn chair or blanket to this free concert. 7pm. In case of rain: 803-643-4661 or for more info: 803-642-7631 www.aiken.net

Aiken Foxhounds vs. Charlotte County Redfish

August 9-11, Roberto Hernandez Stadium,

471 University Pkwy. 7:05 pm
803-641-7211 www.aikenbaseball.com

Hopelands Gardens Summer Concert Series 2007: Aiken Brass

August 13, Hopelands Gardens.

Sponsored by Carriage Hills Living Center. Bring a lawn chair or blanket to this free concert. 7pm. In case of rain: 803-643-6441 or for more info: 803-642-7631 www.aiken.net

Aiken Foxhounds vs. Bradenton Juice

August 16-18, Roberto Hernandez Stadium,

471 University Pkwy. 7:05 pm
803-641-7211 www.aikenbaseball.com

Aiken Foxhounds vs. South Georgia Peanuts

August 20-22, Roberto Hernandez Stadium,

471 University Pkwy. 7:05 pm
803-641-7211 www.aikenbaseball.com

Hopelands Gardens Summer Concert Series: AAA Homeschool Band

August 20, Hopelands Gardens,

Sponsored by The Friends of Hopelands and Rye Patch. Bring a lawn chair or blanket to this free concert. 7pm. In case of rain: 803-643-4661 or for more info: 803-642-7631 www.aiken.net

2007 Nature Series: Raptors of SC

August 23, 117 Laurens St, NW.

Biologists Carol and Larry Eldridge will focus on raptors of SC. They'll bring live hawks and owls. 7-8pm. Free. Please make reservations. 803-649-7999

12th Annual Aiken Soccer Cup

August 25-26, Aiken Polo Fields & Citizens Park

(Whitney, Winthrop & Powderhouse). Youth soccer teams from across the southeast descend on the city of Aiken to compete!
803-643-3581 www.aikensoccerclub.org

Hopelands Gardens Summer Concert Series 2007: Aiken Community Band

August 27, Hopelands Gardens.

Sponsored by Security Federal. Bring a lawn chair or blanket to this free concert. 7pm. In case of rain: 803-643-4661 or for more info: 803-642-7631 www.aiken.net

Polo in Aiken

September 3-30, Aiken County Historical Museum.

"Polo in Aiken" the history of the sport in Aiken will be on display. Tuesday through Friday from 9:30am to 4:30pm. Saturday and Sunday 2 to 5pm. Contact: 803-642-2015

Healthy HEART TIP

Berry Delicious: Incorporate strawberries, raspberries and blueberries into your diet this summer.

- » They are **high in vitamin and fiber content.**
- » They are an **excellent source of antioxidants**, which can block cancer-causing damage as well as the effects of many age-related diseases.
- » They give your **memory a boost.**
- » They are **kind to the waistline.**



O'Charley's CALIFORNIA CHICKEN SALAD

is a big summer hit with its combination of berries and nuts. It's a healthy choice on a hot summer day!

Ingredients

5oz. wt. fresh romaine, chopped
2oz. wt. fresh spring mix, portioned
12 mandarin oranges
12 honey glazed pecans, whole
3 fresh strawberries, sliced ¼" thick
½ oz. vol. dried cranberries
¼ cup bleu cheese crumbles
4 oz. vol. balsamic dressing
1 5.5 oz. marinated chicken breast

Instructions

1. Place the romaine lettuce into a bowl.
2. Place the 2-ounce portion of spring mix on top of the romaine lettuce.
3. Sprinkle the mandarin oranges, honey glazed pecans, sliced strawberries, dried cranberries, and bleu cheese crumbles evenly over the spring mix. Serve with balsamic dressing.

Note: Be sure to place the ingredients all over the salad, not in one spot.

Recipe courtesy of O'Charley's.
Visit O'Charley's in Aiken at
2006 Whiskey Road (803) 644-8874.



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 Voegele, M.D., F.A.C.S. Thomas P. Paxton, M.D., F.A.C.S.

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)	CTA (Non-Invasive Angiography) New – Fall 2006
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

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