

CARDOLINA

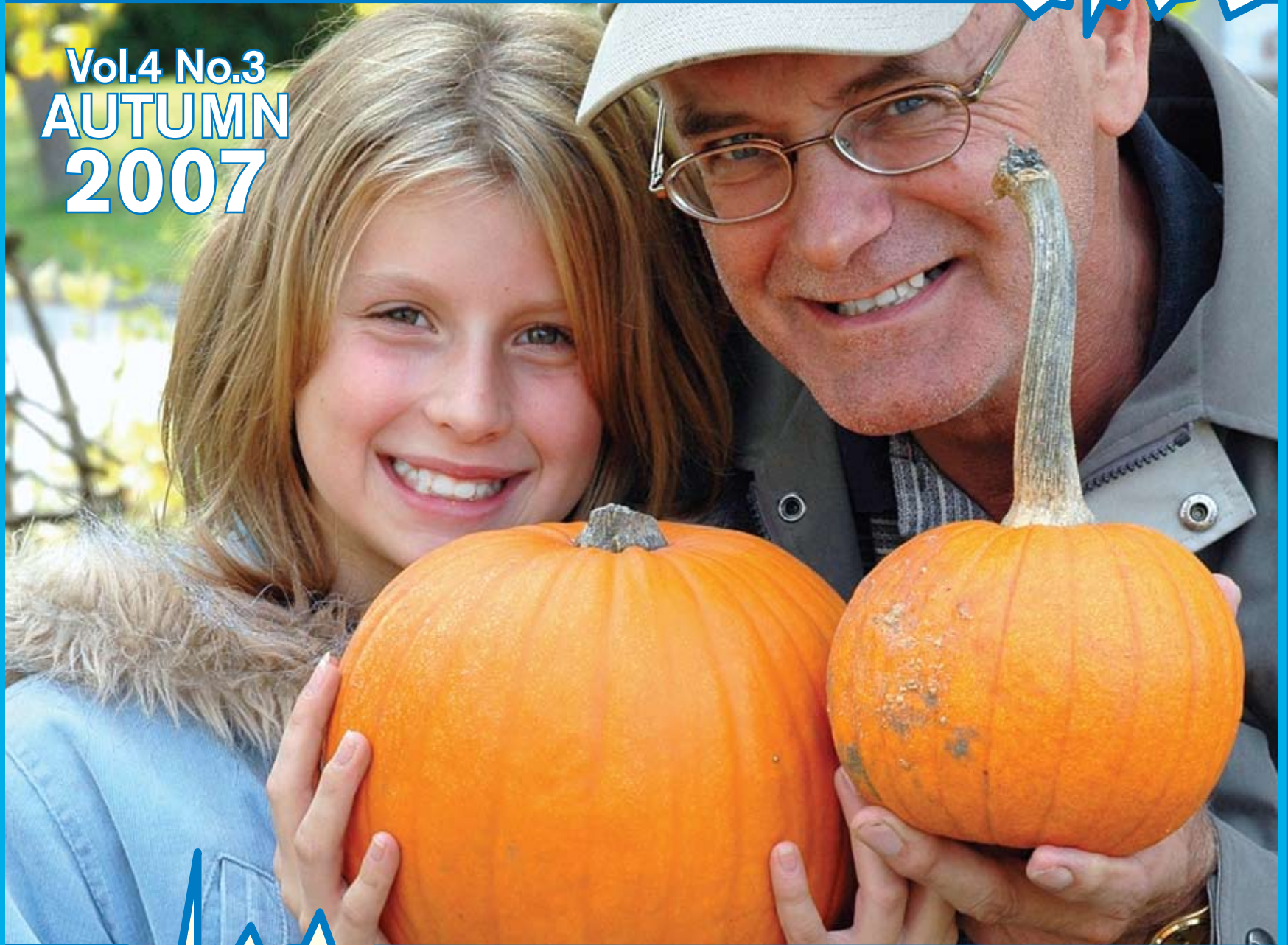
HEART & VASCULAR CENTER

■ EVALUATION

■ INTERVENTION

■ SURGERY

Vol.4 No.3
AUTUMN
2007



COMMUNITY
CALENDAR

HEALTHY
HOLIDAYS

EMPLOYEE SPOTLIGHT:
DONNA BEARD

Healthy Holidays

HAPPY HOLIDAYS!



"Tis the season for an abundance of parties, dinners, luncheons and festive occasions that can pose health challenges for everyone. Here are a few hints on staying healthy and stress-free during the busiest time of year. Remember, the best present you can give yourself this holiday season is a healthy heart!"

FOR THE HOLIDAY PARTY-GOERS:

- Don't go to a party hungry. Eat a light snack before you go so you are not tempted to overeat.
- Spend more time talking and less time eating and drinking – don't head straight for the buffet table. Remember, the point of holiday gatherings is to see friends and loved ones, not eat.
- Wait 20 minutes before getting another plate from the buffet table. You'll often find that you are no longer hungry.
- Choose one thing to indulge in and make it good. No chips – you can have those anytime. Pick something you only get during the holidays.
- Choose lower calorie or calorie-free beverages such as fruit juice punches, diet sodas or sparkling water. Limit your intake of eggnog and alcoholic beverages.
- If you overindulge at a party, don't let that be an excuse to overeat during the rest of the holidays. Get back on track with healthy eating & exercise.

KEEP MOVING FOR A HEALTHY HEART:

- Share your workout time with visiting relatives. Are you at different fitness levels? See what activities you can share and be active together.
- Exercise wherever you can. You already know to take the stairs, park far away, etc. to get more exercise. Use every opportunity to get in more movement whether it's parking on the opposite side of where you need to be, raking leaves or chopping down your own Christmas tree.
- Take a walk around the neighborhood to enjoy the holiday lights or play a family football game before Thanksgiving dinner.
- Add a touch of the holidays to your workout by listening to some festive holiday music while you exercise. You could also watch your favorite holiday film while doing exercises in front of the television.
- Acknowledge that you're probably going to miss some workouts during this time and plan now to work around it. Schedule different times or substitute another activity, even if it's at home.

Remember that **BALANCE, VARIETY** and **MODERATION** apply to holiday celebrations as well as to most other things in life, so don't be too hard on yourself if you slip up. Keep your good intentions, spend time with family and friends and enjoy the holidays.



BE A HEALTH-CONSCIOUS HOST:

- Raw vegetables make for a colorful platter that offers crunch as well as good nutrition. For a low-fat dip, try using salsa – most salsas have just five to ten calories per tablespoon.
- Slice up low-fat cheese to serve with crackers.
- Set out healthy snacks such as roasted almonds. At 160 calories per serving, they are packed with protein and vitamin E.
- Serve salad dressings, gravy and sauces on the side.
- When baking from scratch, substitute ingredients with less fat, for example, use two egg whites instead of one whole egg.
- Present food in various locations to encourage mingling.



Employee Spotlight: Donna Beard



Who is that smiling face that greets you as you arrive at Carolina Heart and Vascular Center? It's Donna "Pearl" Beard. Donna's bubbly personality instantly makes you feel welcome as you check in for an appointment.

Donna is a Medical Receptionist, and her responsibilities include patient check-in and check-out, scheduling, chart preparation, and coordinating appointments with referring physicians. She started her work with CHVC in June 1995. At that time, Dr. Cundey was the only physician, and there were only five employees besides Mrs. Cundey. Since then, she has had many responsibilities including insurance and medical records, but prefers to work at the front desk so she can spend time with patients. Donna enjoys the family atmosphere at the office and likes the satisfaction of helping others.

Donna is the office team captain for fundraising events to benefit the American Heart Association. This is a cause close to her heart because cardiovascular disease and high blood pressure run in her family. Donna has been organizing the Aiken Heart Walk team from CHVC for the past four years. Her efforts have enabled them to increase fundraising each year. CHVC has also won awards for the greatest participation from businesses less than 100 employees under her leadership.

Wedding bells are in the air for Donna next year as she marries her high school sweetheart. Donna dated Dan Randall 25 years ago, but both went their separate ways after graduation. Each married and had a family and, unbelievably, their paths never crossed even though they were stationed in the same cities when Donna's previous husband was in the Air Force. At one point, Donna's two children and Dan's three children even attended the same school. It wasn't until eight years ago that they'd reunite when Dan, in hopes of finding Donna, went to see her mother.

As a member of the Flip-Flop Club (women's group), Gumdrops Neighborhood Crime Watch, and Midland Valley Church of the Nazarene, Donna stays busy. Donna also enjoys the outdoors (camping & four-wheeling) and traveling.

The next time you are at Carolina Heart and Vascular, say hello and congratulations to this lovely, energetic woman.

If you are coming to **Carolina Heart and Vascular** for your first visit, please remember to bring the following items with you:

- Picture I.D.
- Any medication you are currently taking in the bottle from the pharmacy
- Insurance card
- Any recent lab work or EKG's (or ask your physician to send them)

FALL Community CALENDAR

Palmetto Pro-Am

November 7-18, 302 Polo Cooperative, 2 pro – 2 sponsor.
Contact: 803-642-8780 www.302polo.com

"The Music Man"

November 9-11, Etherredge Center, 471 University Pkwy.
Aiken Kidney Association Benefit. Evenings at 8pm.
Matinees at 3pm.
Contact: 803-641-3305 www.usca.edu/ec

Aiken Jazz Festival

November 10, Washington Center for Performing Arts
126 Newberry St. Featuring the Beegie Adair Trio. 8pm. Contact: 803-648-1438
www.aikencommunityplayhouse.org

Wiggles Family Fun Concert "Racing to the Rainbow Live!"

November 12, USC Aiken Convocation Center
375 Robert Bell Parkway. The most successful family entertainment band in history invite fans on a journey that will stretch imaginations to the end of the rainbow. Join The Wiggles, Captain Feathersword, Dorothy the Dinosaur, Henry the Octopus, Wags the Dog and the Wiggly Dancers for the All-New live concert tour. Shows are at 3pm and 6:30pm. For more information 803-643-6900.
For tickets 1-866-722-8877 www.uscatix.com

Aiken High Band Concert with Special Guest Artist

November 12, Etherredge Center, 471 University Pkwy.
8pm. Contact: 803-641-3305 www.usca.edu/ec

The Three Redneck Tenors "Christmas SpectacYULEar"

November 17, Etherredge Center, 471 University Pkwy.
Three Redneck Tenors is a unique musical-comedy with an emphasis on the music by featuring classically trained veteran artists from Broadway and world opera stages – as we say, it's down home laughs with big city music. 8pm.
Contact: 803-641-3305 www.usca.edu/ec

Blessing of the Hounds

November 22, Hitchcock Woods
This unique annual event opens the hunt season. Take a 20 minute walk into the woods after parking below the Aiken County Historical Museum to Memorial Gate. 11am. Children are welcome, but no pets please. Contact: 803-642-3724

Aiken Annual Tree Lighting

November 22, Newberry Street Festival Center
A tradition for many years, the Mayor lights the City Christmas tree. 5:30pm.
Contact: 803-649-2221

Holly Days

November 24 - December 15, Downtown Aiken
The 13th Annual Holiday kickoff event is complete with Santa pics, crafts with kids, shopping bargains, outdoor concerts and much more. 803-649-2221

Holiday Concert:

Aiken Community Band
November 27, Etherredge Center, 471 University Pkwy.
8pm. Contact: 803-641-3305 www.usca.edu/ec

Dear Santa

November 30 - December 15, Aiken Community Playhouse,
Washington Center for the Arts
126 Newberry St. By Norm Foster. Directed by Marcia Harris. Contact: 803-648-1438
www.aikencommunityplayhouse.org

Christmas Craft Show

November 30 - December 1, 1700 Odell Weeks Center
Whiskey Rd. A great place to get your unique and special gifts for the season. Craft vendors from across the south will bring delight to your gift buying experience. 9am - 5pm.
Contact: 803-642-7631

Jaycees Christmas Parade

December 2, Downtown Aiken
Come downtown to see the traditional Christmas Parade sponsored by the Aiken Jaycees beginning at 2pm. Contact: 803-648-8955

Feast of Carols

December 3 & 4, Etherredge Center, 471 University Pkwy.
A Madrigal dinner and festive entertainment performed by the Visual and Performing Arts Department. Proceeds benefit USCA Scholarships Visual & Performing Arts Department. 6:30pm.
Contact: 803-641-3305 www.usca.edu/ec

Christmas in Hopelands

December 8 - 27, Hopeland Gardens, Whiskey Rd and Dupree Pl. Lighted holiday displays and pathways create a holiday fantasy land at Hopelands. Each night, the gardens will be illuminated with over 100,000 lights. This spectacular walk-through exhibit features over 1.5 miles of lighted pathways and holiday displays. In addition to the light exhibit, many special events will take place each evening. Admission is free. Dates and times vary, call ahead. Contact: 803-642-7631 or Alicia Davis 803-642-7649 www.aiken.net

Holiday Pops: The Augusta Symphony Orchestra with The New York Voices

December 15, Etherredge Center, 471 University Pkwy.
Presented by the Aiken Symphony Guild. 8pm.
Contact: 803-641-3305 www.usca.edu/ec

A Festival of Nine Lessons and Carols

December 16, Etherredge Center 471 University Pkwy.
Masterworks Choral. St John's United Methodist Church. 5 pm. Contact: 803-641-3305
www.usca.edu/ec

Red Bean Chili Stew

with Fruit Salsa

Amanda's Cafe – always known for their seafood specialties – now offers a more eclectic menu with new owner, Mona Tilmon. Daily homemade soups, wrap sandwiches and fried green tomatoes are now on the menu. The restaurant also offers Friday night seafood parties including low-country boils. Tilmon, who grew up in Aiken, promises to keep up the tradition of high quality at the restaurant. She even does her own baking and offers a variety of breads. Not to worry, the cafe still offers Amanda's famous lobster bisque.

Amanda's is located on Hayne Avenue and shares a storefront with The Book Stall. They are open Monday through Friday from 10am to 3pm. Reservations are required for Friday night seafood dinners. The cafe is also open for private parties and offers catering.

For more information or reservations, call (803) 641-2228.

Red Bean Chili Stew

- 1 lb cooked red beans
- 1 clove of garlic, chopped
- 2 large carrots, peeled & diced
- 1 large onion, chopped
- 1 parsnip, peeled & diced
- 1 med - large summer squash or zucchini, diced

Caramelize onions, add garlic, then add beans (precooked) & vegetables. Season to taste, let simmer 10-20 minutes.

Fruit Salsa

- 1 orange, segmented
- 2-3 tbsp of good olive oil
- 1 grapefruit, segmented
- 1 lemon, segmented
- 1-2 roasted chiles, chopped (for salsa)
- sour cream (garnish)
- tops of 2-3 green onions (garnish)

In a medium bowl combine fruit, chilies, and olive oil.

Plating: Ladle stew into a medium soup bowl and top with salsa, add a dollop of sour cream and finish with green onions. Serve with cornbread or crusty bread. Makes 4 servings.



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)
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 Volume Reduction Surgery
Lung Surgery	Vascular Access Surgery
Peripheral Vascular Surgery	Thoracoscopic Surgery
Esophagus Surgery	

CAROLINA
HEART & VASCULAR CENTER

(803) 641-4874

137 Miracle Drive NW
Aiken, SC 29801

WWW.CAROLINAHVC.COM

Barnwell Office • 154 Wren Street • (803) 541-8880