

CARDOLINA

HEART & VASCULAR CENTER

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FOR THE HOLIDAYS

The perfect holiday recipe combines family, friends, food and laughter. To achieve such an ideal mix, take that unwanted stress out of your celebrations through the following five steps:

- 1 Just because you are hosting the holiday feast does not mean you have to cook everything. Ask each guest to bring a side dish or pick up the desserts from a bakery.
- 2 Plan ahead – including the menu, seating, decorations, shopping, etc. The more you do in the beginning means the less you will have to do the day of the gathering.
- 3 Have festive hors d'oeuvres and snacks for family to munch on while the finishing touches are being added in the kitchen. This trick keeps everyone happy because it allows the company to graze and mingle, as well as keep them out of the kitchen!
- 4 Start early that day so you can enjoy the food and spend time with visitors.
- 5 Most importantly, don't fret over the little things and enjoy yourself. If the casserole catches on fire or the cake drops, then it's another great story to tell the next year.

Healthy HEART TIP

During the Holidays, the word to remember is **self-management**.

So if you eat & drink within moderation, you will have good reason to be merry.



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To Adore Davor's

Searching for Southern cuisine with a continental flair? Then try the restaurant Aikenites savor and adore – Davor's Café. Nestled on The Alley in downtown Aiken, Davor's Café offers an eclectic mix of delicacies for breakfast, lunch and dinner seven days a week. Davor's fans cherish their rich sauces and divine desserts, yet heart-healthy dishes, such as their Lamb Salad, are equally as tempting.

"Lean cuts of lamb can be part of a heart-healthy diet," said Heidi Sklizovic, co-owner of Davor's Café with her husband and the café's namesake Davor Sklizovic. "Serve smaller portions, 4 oz. or less, and make it an ingredient in the meal, not the main component."

LAMB SALAD WITH PEACH, PLUM AND FENNEL

- 1 medium fennel bulb, quartered, cored and trimmed
- 2 cloves of garlic
- 1 ts kosher salt
- 2 TB extra virgin olive oil
- 2 ts minced fresh marjoram
- 1-pound butterflied leg of lamb, fat trimmed
- Freshly ground black pepper
- 2 ripe plums
- 1 large ripe peach
- 8 cups mixed salad greens

Position a rack 6 inches from the broiler and preheat. Thinly slice the fennel lengthwise using a mandoline if you have one. Soak the cut fennel in a bowl of very cold water. Smash the garlic cloves, sprinkle with the 1-teaspoon salt, and, with the flat side of a large knife, mash and smear the mixture into a coarse paste. Stir the garlic, marjoram and olive oil together and rub all over the lamb. Season with pepper to taste. Place the lamb, trimmed-side down, on a broiler pan. Broil the meat until nicely browned, about 5 minutes. Turn and cook until an instant thermometer reads 120° F, another 2-3minutes. Set meat aside to rest while preparing the salad.

Pit and cut the plums and peach into chunks with their skins. Toss fruit in a salad bowl with the salad greens. Drain and pat the fennel dry, add to the salad.

Thinly slice the lamb against the grain into bite-sized pieces, and add that to the salad as well. Season salad with the salt and pepper, toss with the dressing and divide evenly among 4 plates and serve.

SHERRY DRESSING

- 2 TB aged sherry wine vinegar
- 2 ts whole-grain mustard
- 1 ts kosher salt
- Freshly ground black pepper
- 1/4-cup extra-virgin olive oil
- Whisk the vinegar, mustard, salt and pepper to taste in a small bowl. Gradually mix in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth, slightly thick dressing.

Recipe courtesy of Davor's Café (803) 641-1909
227 The Alley, Aiken, SC

Want to email the recipe to a friend? Visit www.carolinahvc.com.

Grand Opening

EXTRAVAGANZA

THE STAFF OF CAROLINA HEART & VASCULAR CENTER EXTENDED A HEARTWARMING WELCOME TO ALL THEIR FRIENDS, FAMILY AND COLLEAGUES WHO ATTENDED THE GRAND OPENING OF THEIR NEW FACILITY AT 137 MIRACLE DRIVE NW ON FRIDAY, NOVEMBER 11TH.

The ceremony began at 5:30 pm with opening remarks from Dr. Ansermo Arthur of Carolina Heart & Vascular Center. Arthur praised his fellow physicians and staff at the Center for their dedication, and shared humorous anecdotes about them, such as Dr. Gregory Eaves' passion for his alma mater's football team, the University of South Carolina Gamecocks.

"I am ready for Spurrier and the Carolina Gamecocks to win tomorrow night," said Dr. Arthur jokingly. "That way I know Dr. Eaves will come to work on Monday with a smile on his face."

Following Dr. Arthur, Dr. David Cundey of Carolina Heart & Vascular Center shared the Center's history and delivered words of appreciation to the organizers and supporters of the Open Heart Program at Aiken Regional Medical Centers.

Aiken Mayor Fred Cavanaugh stated, "Dr. Cundey, we would like to thank you, and Carolina Heart & Vascular Center as a whole, for your tireless commitment to your patients, as well as to the entire Aiken community." Cavanaugh concluded the ceremony with an invitation to cut the ribbon, which was followed by a reception honoring the Center's Grand Opening, as well as their newest physician, Dr. Amy Epps.

"This is an exciting day for us," said Joan Cundey, Practice Administrator of Carolina Heart and Vascular Center. "We have so much to celebrate – the opening of our wonderful new facility and the addition of a remarkable physician, Amy Epps."






Located at 137 Miracle Drive NW behind the Cancer Care Institute of Carolina, the 13,047 square-foot building houses the Center's expanded evaluation areas and state-of-the-art diagnostic equipment. Please call us for an appointment at 803-641-4874 or visit us on the World Wide Web at www.carolinahvc.com.





A tie for Jim. A scarf for Linda. You shop for months looking for the ideal gifts for loved ones, but what do you give yourself?

"You and managing your health should be at the top of your checklist this season," states Dr. Amy Epps of Carolina Heart & Vascular Center. The Holidays are at the height of flu season, so people should try to give their immune systems a boost by following these suggestions:

-  Check with your doctor about getting a flu shot and/or updating your vaccinations
-  Exercise regularly
-  Eat fruits and vegetables daily
-  Take a multivitamin daily
-  Get enough sleep

SERVICES

Carolina Heart & Vascular Center offers a wide variety of services:



AIKEN CARDIOVASCULAR ASSOCIATES

- Invasive and Non-Invasive Cardiology
- Cardiac Consultation
- Cardiac Catheterization
- Coronary, Carotid and Peripheral Angioplasty and Stenting
- Stroke Intervention
- Permanent Pacemaker Implantation
- Treadmill Testing
- Nuclear Cardiology
- Cardiac Echo-Doppler and Stress Echocardiography
- Carotid Doppler Ultrasound
- Non-Invasive Peripheral Vascular Testing
- Holter and Event Monitoring
- External Counterpulsation Therapy (ECP)

- Biventricular Resynchronization Therapy
- Cardiac Rehabilitation

AIKEN CARDIOVASCULAR SURGICAL ASSOCIATES

- Coronary Artery Surgery
- Off-Pump Coronary Artery Surgery
- Cardiac Valve Replacement
- Cardiac Valve Repair
- Peripheral Vascular Surgery
- Transmyocardial Laser Revascularization
- Surgical Ventricular Restoration in Heart Failure
- Lung Volume Reduction Surgery
- Lung Surgery
- Esophagus Surgery
- Thoracoscopic Surgery
- Vascular Access Surgery

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