

Heart to Heart

WakeMed Heart & Vascular News
Winter 2022

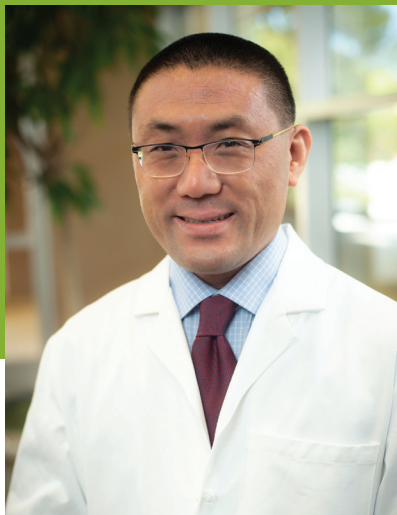
Heart Healthy
Ways to Indulge
Your Sweet Tooth

Find Your
Strength With
Resistance
Training

Myocarditis:
What Happens
When Inflammation
Hits the Heart



TAKE with...



Peter Chan, MD, FACC, is a board-certified cardiologist who specializes in complex coronary interventions and is fellowship-trained in treating structural heart problems and circulation disorders. Let's get to know Dr. Chan, why he chose to join WakeMed Heart & Vascular, and what's the latest in interventional cardiology.

Q: Tell us a little bit about yourself.

I grew up in Atlanta, where my parents still live. I went to Harvard for college and then spent an amazing year in Bangkok, Thailand, on a Fulbright scholarship researching childhood asthma and allergies. I went to Cornell for medical school in New York before returning to Boston for my post-graduate training in internal medicine, general cardiology, and interventional cardiology. I met my wife in Boston as we were finishing training (she's a pediatric urologist), and our first jobs brought us to the Midwest where our two daughters were born. Although I loved my time in other parts of the country, it is so nice being back in the South where I grew up!

Q: You're relatively new with WakeMed Heart & Vascular. What inspired you to join our team?

I was drawn to the culture here – when I first visited, I heard about 'the Wake Way,' and while I didn't know exactly what it was, I could see that WakeMed was a truly special place that prioritizes compassionate care. Now that I'm here, I see this commitment in every team member. I feel very fortunate to use what I have learned in many years of training to the fullest and to really feel supported in fulfilling the mission of providing excellent patient care.

Q: How would you describe your approach to patient care?

It's so important to me that my patients fully understand their condition and why we're pursuing a specific treatment, so I spend a lot of time explaining and talking to my patients in the clearest terms I can use. I believe patients should be full participants in their own health care, and decisions in medicine should be made with them, not for them. As an interventional cardiologist, I appreciate having the opportunity to make a difference in people's lives both in the hospital when they're having an emergency and after they go home through follow-up care.

Q: What's new in interventional cardiology and what's on the horizon?

Over the past year we have used a new, minimally-invasive technology that uses sonic pressure waves to break up calcium found in the walls of the arteries. Known as intravascular lithotripsy, this tool allows us to modify calcium so we can place stents at the appropriate size, which can reduce future complications such as scar tissue or clot formation. In the future, I think we'll see more stents being placed using intravascular imaging (cameras that show inside the blood vessel walls). We adopted this strategy early on as routine to allow us to better size and position stents more precisely – which leads to fewer complications. Based on the benefits we've seen here, I expect the industry will shift and make this practice mainstream in the coming years.

Q: What do you like to do in your free time?

I spend as much time as I can with my two daughters, who are currently four and six. I love listening to and playing music (I grew up playing classical piano and violin), and also enjoy cooking and photography. I'm a big Atlanta Braves fan, and I also enjoy watching and occasionally participating in motorsports (mostly autocross).



February is Heart Month!

Each year, we observe Heart Month to raise awareness of the dangers of heart disease and its many risk factors. This month, the American Heart Association reminds us of this important message during these difficult times.

When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same.

To learn more about American Heart Month, visit nhlbi.nih.gov/education/american-heart-month or heart.org

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Heart to Heart, at
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What's Inside

IN SIMPLE TERMS

4

Myocarditis –
What Happens When
Inflammation Hits the Heart

NEW + NOTEWORTHY

5

Welcome New Physicians
New Cardiac Rehab
Facility in Cary

LIVING THE GOOD LIFE

6-7

Find Your Strength with
Resistance Training

THE JOY OF FOOD

8-10

Indulging Your Sweet Tooth
In Heart Healthy Ways

STORIES FROM THE HEART

11

On the Right Road to Recovery

This heart month, we'd  to give a 'shout-out'...

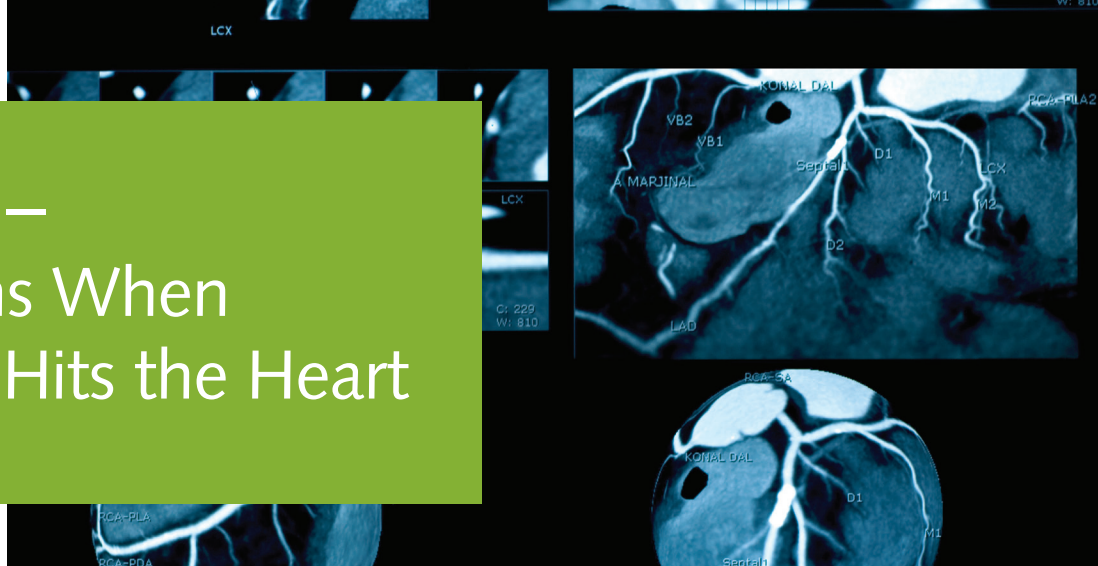


to the incredible, compassionate care teams who make WakeMed Heart & Vascular the special place it is. It has been a challenging few years, yet their commitment and dedication to our patients has never wavered. **Please join us in thanking these remarkable caregivers for all they do!**



Cardiovascular surgeon Dr. Bryon Boulton and several of his colleagues including Dana Earle, BSN, CCRN, and Todd Smyre demonstrated their humanitarian spirit by traveling to Bomet, Kenya, to perform open heart surgery on several adolescents and adults at a small hospital in the mountains.

Myocarditis – What Happens When Inflammation Hits the Heart



Amidst the COVID-19 pandemic, a relatively rare heart condition called myocarditis has garnered a lot of media attention. Identified as inflammation of the heart muscle, acute myocarditis is most often caused by infection with a virus. Historically, viruses such as the common cold, hepatitis B and C, the herpes simplex virus and parvovirus were the most common offenders, but COVID-19 has emerged as a common trigger for inflammation of the heart muscle. In some cases, even the COVID-19 vaccine has been known to trigger myocarditis, although the incidence is more common in adolescent males. In other cases, bacteria, fungi or parasites can cause myocarditis.

Symptoms to be on the lookout for include chest pain, fatigue, shortness of breath, or fluid build-up/swelling of the legs, feet and ankles, although some patients will have no symptoms at all. If you are concerned about myocarditis, consult with your physician who may perform blood tests, an EKG or echocardiogram, or imaging studies (e.g. chest X-ray or cardiac MRI) to try to get to the root of your symptoms.

The good news is that many cases of myocarditis – particularly mild cases, will resolve within a few days with little to no treatment. However, when myocarditis is severe, it can lead to rapid and lasting effects on the heart. That’s because when inflammation attacks the heart, it can reduce the organ’s ability to pump. This can cause rapid or irregular heart rhythms or heart failure over time. Severe myocarditis (which is rare) can lead to heart attack, heart failure, or sudden cardiac arrest.

he explains. “For patients experiencing mild symptoms, we often use anti-inflammatory medications to treat inflammation, or medications to address symptoms such as heart failure or rhythm problems.” For patients with severe myocarditis or unresolved rhythm problems, more aggressive treatments or procedures may be required.

Diagnosing myocarditis early (when it’s in the mild stages) can help improve outcomes and prevent long-term damage to the heart. “Fortunately, with uncomplicated (mild) myocarditis we see most patients resolve their symptoms after a few weeks or months.” After a patient’s acute myocarditis is resolved, the chances of reoccurrence are low.

For patients who have recently had COVID-19 or even those who have had the vaccine, it’s important to be aware of any changes in how you’re feeling and consult with your doctor if you notice any new symptoms.



RAJ FOFARIA, MD
WakeMed Heart & Vascular

WakeMed Heart & Vascular physician Raj Fofaria, MD, explains that treatment for myocarditis isn’t the same for every patient. “When we’re treating inflammation of the heart, we’re looking carefully at what symptoms the patient is experiencing and their severity, which will help us develop an individualized treatment plan,”

PATIENTS WITH COVID-19 **16X** HIGHER RISK OF GETTING MYOCARDITIS

“While there’s been a lot of attention given to vaccine-related myocarditis, inflammation of the heart is far more common in patients who actually have COVID-19,” explains Dr. Fofaria. “According to the CDC, patients with COVID-19 have a 16 times higher risk of getting myocarditis than those without COVID-19. We strongly believe that vaccination – particularly for patients with an underlying heart condition – is the best way to protect yourself from both myocarditis and the dangers of COVID-19.”

NEW + NOTEWORTHY

Welcome Dr. Tolia!



Sheel Tolia, DO, FACC, is a board-certified non-invasive cardiologist with clinical interest in preventing, diagnosing and managing coronary artery disease, heart failure, valvular heart disease, cardiac arrhythmias and other cardiovascular ailments. Dr. Tolia specializes in echocardiography,

including transesophageal echocardiograms and nuclear cardiology. She earned her medical degree from Michigan State University in East Lansing. Dr. Tolia is fellowship trained in cardiology and completed her internal medicine residency at St. John Providence Health System in Warren, Michigan. In addition to English, she is also fluent in Hindi and Gujarati.

Dr. Tolia enjoys building a meaningful relationship with every patient and believes it is the key to wellness. She wants her patients to feel comfortable and encourages them to be active in their own health care. Outside of work, Dr. Tolia enjoys traveling, photography, cycling and meditation. She is currently welcoming new patients at our Cary and Fuquay-Varina office locations.



New Location: WakeMed Cardiac Rehab & Safeway to Fitness Programs

WakeMed's cardiac rehab and medically directed fitness and wellness programs now have a new location in Cary! WakeMed Healthworks – Cary is located in the HealthPark at Kildaire Building II, at 110 Kildaire Park Drive, across the street from WakeMed Cary Hospital. To learn more about WakeMed's Cardiac Rehab and Safeway to Fitness programs in Cary, call Healthworks at 919-350-7003. Just interested in checking out Healthworks – Cary for their fitness equipment, classes and facility? Then visit us to learn more and enjoy three free sessions before you join. WakeMed Healthworks also participates in insurance-based programs – SilverSneakers®, Silver&Fit®, and Renew Active™, however, these are not supervised exercise programs.



Dr. Saroj Neupane (interventional cardiologist) and Taylor Wall (left) and Rhonda Norton (right) from the WakeMed Clinical Research Institute

New Study Evaluates the Use of Drug-Coated Balloons

Dr. Saroj Neupane is serving as the principal investigator for a new clinical trial designed to evaluate the effectiveness of a new drug-coated balloon for patients with in-stent stenosis. WakeMed Heart & Vascular was recently the first site in North Carolina to enroll a patient in this important new study for patients who have had prior stenting of a coronary artery and need revascularization due to restenosis. As the first drug-coated balloon to be used in coronary arteries, this is a ground-breaking trial that can impact future therapeutic options. Congratulations, Dr. Neupane!

Find Your Strength with Resistance Training



For heart patients, some could argue that cardiovascular aerobic exercise gets all the attention. After all, most of us understand the value of vigorous exercise to get your heart pumping, lowering blood pressure, improving cholesterol and blood sugar regulation.

Yet, the value of resistance training – also known as strength training – shouldn't be underestimated for patients managing heart disease and its many risk factors. In fact, the American Heart Association recommends moderate to high-intensity muscle strengthening exercise at least twice per week, and there are dozens of studies that demonstrate the many cardiovascular benefits of improving muscle strength. As you age, it's also a great way to keep your body strong enough to maintain independence and perform the regular activities of daily life – which can lead to an improved quality of life in the golden years.

If you're envisioning bodybuilders bulking up at the gym lifting extremely heavy weights, that's not what we're talking about. Depending on your equipment availability and what you enjoy, strength training comes in many forms that you can try:

Body weight exercises: Things like squats, lunges, pushups, plank holds... the possibilities are endless! This type of strength training is most accessible because it can be done anywhere without special equipment and still be extremely effective.

Resistance bands or tubing: Although inexpensive and lightweight, don't let the fitness tubing fool you. They can offer serious strength training work! When stretched, the resistance from these products can be used in a variety of full-body exercises.

Free weights: Dumbbells, barbells, kettle bells and medicine balls are the classic tools for strength training. They can also be great tools for balance training. They come in a variety of shapes and sizes and are extremely versatile to help you reach your goals.

Weight machines: Usually available in most gyms or fitness centers. If you're not sure how to use them, ask for help!

Cable suspension training: Using cables, you will suspend part of your body while doing another type of exercise, like pushups or rowing. These also build balance in a big way.

Warming Up to Resistance Training

If you want to get started building your strength with resistance training, it's a good idea to first consult with your cardiologist. Once you get the green light, here are six easy steps to incorporating strength training into your weekly routine.

- 1 Start with a warm-up.** Spend 5 to 10 minutes before you start resistance training to prepare your body for upcoming exercise and to prevent injury.
- 2 Learn correct form.** This is the most important part of a strength training program and correct form should be practiced through every movement. Body positioning when doing any type of strength training, even if completely unloaded, is essential to prevent injury and to maximize benefit. Correct body alignment will help you move smoothly through each exercise. Think slow, smooth, and controlled for every repetition completed.
- 3 Know how much to do.** In strength training, every individual exercise you complete is called a repetition, or rep. In most cases, starting with 10-15 reps for each exercise is best. Each group of reps is called a set. One set is an OK place to start, but strive to build up to 2-3 sets of each movement. You can do as many as 8-10 muscle groups per day – and spending 20-30 minutes is a good overall goal.
- 4 Breathe.** Exhale when working against resistance; inhale as you release.
- 5 Challenge the muscles.** If you are able to maintain perfect form, slowly increase weight, repetitions and/or sets. A general rule of thumb is to choose a weight or resistance that allows your muscles to reach fatigue while completing the last two repetitions of an exercise.
- 6 Take a break.** Days off between strength training sessions allows for muscle recovery, which is essential to prevent injury and allow for growth.
- 7 Work with an expert.** Did you know that our cardiac rehab facilities in Raleigh and Cary have trained fitness specialists who can offer assistance with strength training? Many of our former cardiac rehab patients join Medicare's Silver Sneakers program to get access to our strength training equipment – taking comfort in our medically-supervised environment. For more information visit wakemed.org/fitness-programs.

The Many Benefits of Strength Training

"The benefits of strength training are often underestimated, but the truth is that a combination of cardio plus resistance offers patients with heart disease the greatest cardiovascular protection," explains Amy Birling, BS, CCRP, RCEP, program director for WakeMed's Cary Hospital Cardiac Rehab program.

"Strength training makes the heart more efficient, and reduces the chances of ischemia (when the heart doesn't get enough oxygen), which can lead to heart attack."

But that's not all. Outlined below, you can see the many important reasons to incorporate strength training into your exercise program.

- ✓ Can decrease blood pressure.
- ✓ Improves blood circulation by strengthening the heart and blood vessels.
- ✓ Lowers total and LDL (bad) cholesterol.
- ✓ Helps manage blood sugar levels.
- ✓ Can help maintain a healthy body weight.
- ✓ Increases strength, endurance and power.
- ✓ Helps improve balance and decreases risk of falling.
- ✓ Increases bone density and reduces risk of fractures.
- ✓ For arthritis patients, reduces pain and improves physical functioning.
- ✓ Promotes greater mobility and flexibility.
- ✓ Can be done anywhere with little to no equipment.










Indulging Your Sweet Tooth In Heart Healthy Ways

Everyone craves a sweet treat every now and then, but when you're managing health conditions like heart disease, diabetes, high blood pressure and/or cholesterol, finding the right balance of satisfying your sweet tooth and not overindulging can be challenging. The good news is, it can be done. While many desserts are high in saturated fat, added sugar and sodium – there are plenty of heart healthier options that can leave you satisfied without sacrificing your long-term health.

What makes desserts unhealthy?

While most desserts are OK in moderation, many include ingredients that are either detrimental to your overall heart health or those that simply have no nutritional value at all. Let's take a look at some common ingredients in today's popular desserts and some tips for making them a bit healthier.

Unhealthy Ingredients & What to Do About Them

Common Dessert Ingredients	Why It's Not Heart Healthy	Healthier Hacks
Butter 	It's high in saturated fat and calories.	Use canola oil, olive oil, vegetable oil or even applesauce to reduce saturated fat content.
White Sugar 	It has no nutritional value and has been linked to obesity, high BP and cholesterol, diabetes and inflammation. It has a very high glycemic index, which isn't good for patients with diabetes.	Natural options such as honey or agave have a lower glycemic index, which slows the blood sugar spike; Artificial sweeteners such as sucralose (Splenda), xylitol and aspartame can also work depending on the application.
All-purpose White Flour 	It's been stripped of all its nutrients, eliminating healthy fiber, etc.	Whole wheat flour offers healthy fibers that can help lower cholesterol, reduce the risk of stroke and type 2 diabetes and support weight loss.
White or Milk Chocolate 	High in saturated fat, calories and sugar.	Try a dark chocolate instead, which has less fat, sugar and calories, and also provides flavonoids/flavanols which are associated with a lower risk of heart disease.
Whole Milk 	High in saturated fat and calories.	Try using a reduced fat milk, such as 1% or non-fat milk for a healthier option.
Sodium/Salt 	Can lead to high blood pressure, and can cause fluid retention for patients with heart failure.	Cut added salt in recipes and avoid processed sweets, which tend to be high in sodium.
Whipped Cream 	High in saturated fat, calories and sugar.	Replace with meringue or a fat-free and/or sugar-free whipped topping.

WakeMed dietitian Marissa Parminter, MS, RD, LDN, warns against ignoring a sweet tooth. “I tell my patients not to completely disregard their cravings as doing so can lead to binging or overindulging. Instead, try eating less and being mindful while you’re eating a treat by savoring each bite. For example, instead of eating two to three cookies, eat a half a cookie and really enjoy it. Or try a small square of dark chocolate – whatever it is that’s truly satisfying to you personally is the best choice.”



Not-So-Common Dessert Ingredient Ideas

Not-So-Common Dessert Ingredients	Why They're Heart Healthy	Healthy Hacks
Avocado 	Packed with fiber and heart-healthy fats that lower cardiovascular inflammation. High potassium content helps level out blood pressure.	Great in smoothies, pudding, or mousse. Substitute for butter or oil into your favorite baked good recipes such as brownies or breads.
Fresh or dried fruit 	Nutrients can help lower cholesterol and blood pressure and support weight loss. Dried fruit can be used as a sugar substitute (e.g. dates, raisins, apricots), and offers a lower glycemic index than table sugar.	Fresh fruit makes for a great sweet treat when topped with low fat whipped topping and/or granola. Cooking fresh fruit brings out more natural sugars, so try roasting, poaching, baking or grilling your favorite fruits.
Nuts 	Fiber and plant sterols can help lower cholesterol. Many have Omega-3 fatty acids that can help protect your heart. Vitamin E may prevent plaque buildup. Lastly, L-arginine can help prevent blood clots.	Add a sprinkle to any dessert to add a healthful crunch, but be sure to keep it under 1.5 ounces (a serving size). Nut butter can add a healthy punch of flavor to cookies, smoothies or breads.
Oats 	Proven to help lower harmful LDL cholesterol, and the high soluble fiber content can help lower blood pressure and support blood sugar control.	Oats can be added to nearly any baked good, including cookies, muffins or fruit streusel. They're great to add to smoothies, or to make homemade granola.
Black beans 	Great source of plant-based protein (which means no cholesterol or saturated fat), high fiber content is good for lowering cholesterol and keeping blood sugar stable.	Incorporate into baked goods such as cookies, cakes, brownies or homemade protein bars. They're often paired with chocolate for a rich, fudgy taste.
Tofu 	High in isoflavones, which lower your risk of heart disease. Soy may also reduce BMI, weight and total cholesterol – particularly when used as an alternative to animal protein.	Silken tofu is great for use in creamy desserts like pudding, mousse or pie. Other types can be incorporated into baked goods like cakes, cookies or brownies for added protein and nutrients.
Sweet potatoes, carrots or zucchini 	Low calorie, high-fiber content can support a healthy BMI and lower cholesterol. Nutrients may help reduce blood pressure.	Use grated or mashed veggies in baked goods such as muffins, cakes or cookies.



Orange Peel Cake

SERVES 12

INGREDIENTS

2 ¼ c. cake flour	1 T. orange peel, zested
2 ¼ tsp. baking powder	¾ c. low-fat (1 percent) or fat-free milk
4 T. margarine	Optional cake topping
1 ¼ c. sugar	1 T. powdered sugar
4 eggs	Candied orange peel
1 tsp. vanilla extract	

INSTRUCTIONS

- 1 Preheat the oven to 325.
- 2 Grease a Bundt pan (or 10-inch round) with nonstick cooking spray, powder pan with flour and tap out excess flour.
- 3 In a mixing bowl, sift the cake flour and baking powder together.
- 4 In a separate bowl, beat together the margarine and sugar until soft and creamy.
- 5 Beat in eggs, vanilla and orange peel.
- 6 Gradually add the flour mixture, alternating with the milk, beginning and ending with flour.
- 7 Pour the mixture into the pan. Bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely.
- 8 To make candied orange peel, fill a small saucepan with water and bring to a boil. Add the peels and cook for three minutes. Pour the peels into a colander and rinse with cold water.
- 9 Dust the cooled cake with powdered sugar and if desired, top with candied orange peel.

Nutritional Information Per Slice: Calories: 224; Total Fat: 5g; Saturated Fat: 1.2g; Cholesterol: 54.6mg; Total Carbohydrates: 40g; Sugars: 22g; Fiber: 0.5g; Protein: 4g; Sodium: 150mg

Dark Chocolate Nut Bark

SERVES 36
(1 SERVING IS 1½ INCHES)

INGREDIENTS

2 cups bittersweet chocolate chips
1 ½ cups assorted nuts, such as walnuts, almonds, pistachios



INSTRUCTIONS

- 1 Melt chocolate. In microwave, heat on medium power for 1 minute. Stir, then continue microwaving for 20 seconds. Stir again and continue until fully melted. Or, place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted smooth.
- 2 Line a rimmed baking sheet with foil, smooth out any wrinkles in the foil.
- 3 Combine melted chocolate and nuts in a medium bowl.
- 4 Scrape the mixture into an approximate 9 x 12 rectangle.
- 5 Sprinkle with additional finely chopped nuts.
- 6 Refrigerate until set, approximately 20 minutes. Cut into 1½ inch pieces and enjoy!

Nutritional Information Per Serving: Calories: 74 calories; Total Fat: 5.4g; Saturated Fat: 2g; Carbohydrates: 7.2g; Fiber: 0.9g; Sugars: 5.3g; Protein: 1.2g; Sodium: 1.4mg



Daniel Rogers: On the Right Road to Recovery

Anyone who's ever recovered from a major heart attack knows it's no easy feat. From understanding new dietary restrictions and medications to managing fear and anxiety plus the intensity of physical rehabilitation, the road to recovery can be overwhelming. But, a positive attitude and steadfast discipline contribute significantly to a speedy and safe recovery. Fortunately for WakeMed Heart & Vascular patient Daniel Rogers, a strong faith and a great attitude helped him find the right path to wellness. His positivity is contagious, and he hopes his recent experience can help others find solace in the very personal journey of recovering from a heart attack.

The 'Widowmaker' Strikes

On September 10, 2021, Daniel was leading an online Bible study when he began to feel an unusual and unfamiliar back pain. "I thought I had pulled a muscle – I was excited and animated during our prayer, so I didn't think much of it," Daniel explains. He fought through the discomfort until their session was finished. As soon as his friends uttered the words 'Amen,' Daniel realized something was seriously wrong.

His wife, Linda, rushed him to the nearest emergency department, which was WakeMed Garner Healthplex. Upon his arrival, Linda was told her husband was having a massive heart attack. She would later learn it occurred due to a blockage of his left anterior descending (LAD) artery – also known as a 'widowmaker.' Because this artery supplies blood to the largest portion of the heart, a blockage can cause permanent damage in a matter of moments.

"By this point, I knew my life was in God's hands," explains Daniel. Thanks to his faith, his quick-acting wife and the rapid response from the WakeMed Heart & Vascular team, Daniel relates that he wasn't overly concerned. "Between the doctors, nurses and my loving wife, I was comfortable throughout the entire process. Their support kept me calm and relaxed."

Daniel was immediately administered life-saving treatment and was transferred to the WakeMed Raleigh Campus where the 24/7 cardiac cath team was waiting for him. Within minutes, Daniel had a stent placed to restore blood flow in the LAD artery. Soon thereafter, he had additional stents placed to address secondary blockages. At the end of his five-day hospital stay, Daniel was sent home with detailed discharge instructions and a strict order to begin cardiac rehabilitation to help him recover and regain his strength.

Daniel's Recovery

Armed with all the information needed to make important lifestyle changes, Daniel and his wife were committed to getting him back to his vibrant self.

He began attending cardiac rehabilitation three days per week, which Daniel credits with much of his recovery. "I was nervous at first and unsure of what I could safely do," Daniel explains. "The team helped me learn how to exercise safely. I was able to regain my strength much more quickly than I expected. When I first started cardiac rehab, I'd say I felt like a three on a scale of one to 10. Now, just a few months later, I feel like a 10 and I'm ready to take on the world."

Daniel also worked closely with the WakeMed nutrition team, where he and his wife learned how to reduce sodium intake and the importance of making



Daniel and Linda Rogers

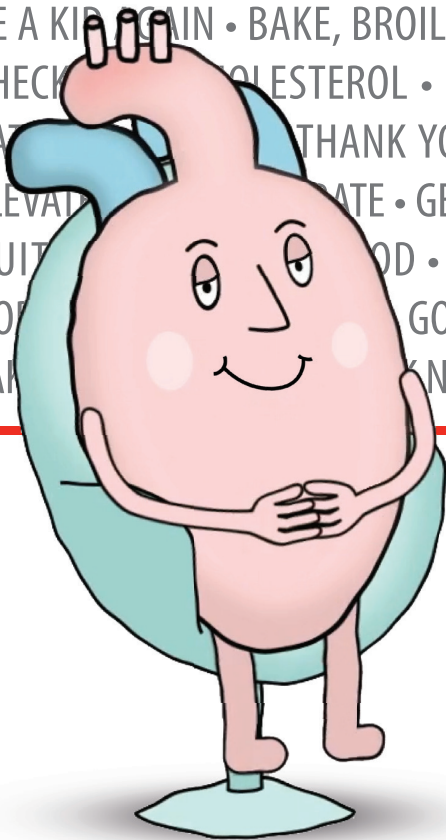
healthy choices. Daniel has cut down on his favorite Little Debbie snack cakes and is trying new foods like salmon, guacamole, dried beans and other heart-healthy items.

Since 'graduating' from cardiac rehab, Daniel has enrolled in the Silver Sneakers program and still visits the cardiac rehab gym three days a week. Seeing Daniel today, you'd never guess he suffered a massive heart attack just months ago.

Today, Daniel looks forward to visiting his daughter, Courtney and grandchildren in California (as COVID-19 permits), continuing to take long walks with his wife, and simply enjoying every day as it comes.

When asked to share his secrets to success, he says it's all about mindset. "On days when I woke up struggling to get through my recovery, I tried to relax my mind and just focus on getting well. Sometimes God clips your wings, but you still have to find solace in the blessings you've been given. My body has been given a second chance, and I'm going to take it."

EAT YOUR VEGGIES • MANAGE YOUR WEIGHT • GIVE A HUG, GET A HUG • WALK THE DOG (AGAIN)
MONITOR YOUR BP • DANCE, DANCE, DANCE • TAKE TIME FOR YOURSELF • GET UP AND MOVE
GIVE YOGA A TRY • SHAKE OFF THE SALT • TAKE THE STAIRS • WARM UP TO OATMEAL
EXPLORE YOUR GREENWAY • GET HOOKED ON FISH • SPICE THINGS UP • GET REGULAR
CHECKUPS • DREAM SWEET DREAMS • KNOW YOUR NUMBERS • KNOW YOUR RISK FACTORS
BE A KID AGAIN • BAKE, BROIL OR STIR FRY YOUR FOOD • PAY IT FORWARD • BE ACTIVE
CHECK YOUR CHOLESTEROL • LEARN TO MANAGE STRESS • DON'T WORRY, BE HAPPY
EAT HEALTHY • THANK YOUR CARDIOLOGIST • GO TO THE MOVIES • HIT THE GYM
ELEVATE YOUR METABOLISM • GET PLENTY OF EXERCISE • GET PLENTY OF SLEEP • MEDITATE
QUIT SMOKING • AVOID SECONDHAND SMOKE • MANAGE YOUR WEIGHT
HOP ON A BIKE • GO FOR A RIDE • KNOW YOUR FAMILY'S HEALTH HISTORY
TAKE NOTHING BUT POSITIVE THOUGHTS • LISTEN TO YOUR HEART



Hey, it's me, your heart.

With a very special Heart Month message.

Remember all those heart-to-heart talks about diet, exercise and managing stress? Well, they're working. You're listening to me. Not just how to keep me healthy, but who to go to if and when I need the leader in heart and vascular care. So keep up the good work. Because, should you revert to old habits, I can still be a real pain in the chest.

wakemed.org/hearts

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