

Be  
Aware.

Be  
Informed.

February is  
Hoag Heart Month

## Hoag Heart Month focuses on Heart Valve Disease

Building awareness about valvular heart disease (VHD) is the focus of this year's Hoag Heart Month—a time filled with various activities and events to educate and inspire community residents to take a more active role in their heart health.

Details about early detection and treatment of VHD, as well as other cardiovascular diseases, will be presented at various community education classes held throughout February. See below for detailed information about the classes offered throughout the month.

You can register for classes by visiting [www.hoaghospital.org](http://www.hoaghospital.org), or by calling Hoag's Community Education Line at 800/514-HOAG (4624).

### Hoag Heart Month Community Education Classes

#### Minimally Invasive Options for Valve Disease

Join us for a discussion on contemporary non-surgical treatment options in valve disease.

**Monday, February 8, 6 p.m.**  
at Lakeview Senior Center, Irvine

Presented by Subbarao Myla, M.D., medical director of cardiovascular research and vascular intervention at Hoag Heart and Vascular Institute

**Tuesday, February 23, 6 p.m.**  
at Hoag Conference Center

Presented by Jacques Kpodonu, M.D., surgical director of hybrid intervention at Hoag Heart and Vascular Institute

#### Heart Healthy Cooking

Join us as Hoag Executive Chef Sam Sellona demonstrates heart-healthy cooking for flavorful and easy meal preparation.

**Wednesday, February 3, 11:30 a.m.**  
at Hoag Hospital Cafeteria

**Tuesday, February 9, 6 p.m.**  
at Bloomingdale's Home Store  
at Fashion Island, Newport Beach

**Thursday, February 11, 6 p.m.**  
at Hoag Conference Center

#### Symptoms and Treatment of Aortic Valve Stenosis

Join us for a discussion regarding aortic valve stenosis (AS), the most common form of valvular heart disease. The discussion will cover the history and symptoms of AS, when it is best to seek treatment and new treatment frontiers. Presented by Cardiologist David Porzio, M.D.

**Wednesday, February 10, 6 p.m.**  
at Hoag Cancer Center Auditorium

#### What are the Early Signs of Valve Disease?

Tens of thousands of men and women between the ages of 20-65 in Orange County are living with, or are at risk for developing, a heart valve abnormality. Join us as we discuss the various

symptoms of heart valve disease and leading-edge technology available for early diagnosis. Presented by Cardiologist Ray Gandhi, M.D.

**Tuesday, February 16, 6 p.m.**  
at Hoag Conference Center

#### Do you Need to Worry about Heart Disease?

Although heart disease is the leading cause of death for both men and women, there are several steps you can take to reduce your risk. Join us for a discussion on heart disease and the preventive steps you can take to ensure a healthier heart. Presented by Cardiologist Dennis Sarabi, M.D.

**Wednesday, February 17, 6 p.m.**  
at Lakeview Senior Center, Irvine

#### Diagnosed with Atrial Fibrillation... Now What?

Have you been diagnosed with an abnormal heart rhythm, one of the most common disorders seen by physicians? Are you unsure of what to do next? Join us for a discussion on the treatment and management of atrial fibrillation, including medication therapy, medical procedures and lifestyle changes. Presented by Cardiac Surgeon Douglas Zusman, M.D.

**Thursday, February 18, 6 p.m.**  
at Hoag Conference Center

#### Cholesterol and Blood Pressure Screening

Join us for Hoag's annual cholesterol and blood pressure screening. Cholesterol results will be mailed to your home. Advanced registration is required and a 14-hour fast is recommended. Fee \$25, check or cash only payable at time of service.

**Saturday, February 20, 7 – 11 a.m.**  
at Hoag Hospital Laboratory

**Saturday, March 6, 7 – 11 a.m.**  
at Hoag Health Center-Irvine

#### When Does Atrial Fibrillation Need to be Treated?

Does your heart beat erratically? Are you one of

the 2.2 million Americans with atrial fibrillation?

Join us to learn about the signs, symptoms, and state-of-the-art treatment options for this increasingly common cardiovascular condition. Presented by Cardiologist Michael Panutich, M.D., a specialist in electrophysiology.

**Wednesday, February 24, 6 p.m.**  
at Lakeview Senior Center, Irvine

#### Uncover your Risk for Peripheral Vascular Disease

Join us for an in-depth discussion on the risk factors, prevention strategies and latest diagnosis and treatment options for peripheral vascular disease. Presented by Cardiologist Mahmoud Eslami, M.D.

**Thursday, February 25, 6 p.m.**  
at Sweet Shade Neighborhood Park

### For Seniors:

#### What are the Early Signs of Valve Disease?

Tens of thousands of men and women in Orange County are living with, or are at risk for developing, a heart valve abnormality. Join Barbara Eklund-Horn, R.N., valve clinic coordinator at Hoag Heart Valve Center as she discusses the various symptoms of heart valve disease and leading-edge technology available for early diagnosis.

**Monday, February 1, 10 a.m.**  
at Lakeview Senior Center, Irvine

**Tuesday, February 23, 2 p.m.**  
at Hoag Conference Center

#### A Special Note to Seniors 65 and Older:

Through a generous grant from Edwards Lifesciences, Orange County seniors may qualify to receive a heart valve screening at no cost. If you have not had previous valve surgery or have not been diagnosed with heart valve disease, you may be eligible. Please call Hoag Heart Valve Center at 949/764-VALVE (8258) for more information about this special program.

Reservation required, seating limited. Please call 800/514-HOAG (4624) to register.

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## What is VHD?

Valvular heart disease (VHD) describes a condition in which a heart valve either fails to open properly (stenosis) or fails to close completely, allowing backward flow of blood (regurgitation) into the heart. VHD can occur in any one, or a combination of the four heart valves. However, diseases of the aortic and mitral valves are the most common, affecting more than five percent of the population. If left untreated, VHD often leads to heart failure and other complications.

## Are you at risk for valvular heart disease?

An estimated 50,000 adults in Orange County have a heart valve abnormality, which puts them at greater risk for developing valvular heart disease (VHD). However, tens of thousands more could be at risk for VHD and not even know it. If left unchecked, at-risk individuals may develop VHD, which often does not present with any symptoms until irreversible heart damage has occurred.

Valvular heart disease was once thought to only be a condition that resulted from rheumatic fever, a secondary infection that can develop from untreated strep throat. However, despite the use of antibiotics and the decline of rheumatic fever in the United States, the prevalence of VHD remains high today. This is because it is now known that VHD is also linked to other conditions and risk factors, including:

- Congenital heart disorders (heart problems present at birth, usually involving the heart's chambers or valves, such as a heart murmur)
- Family history of heart valve disorders/disease
- Valve damage as a result of chemical agents (such as Phen-Fen, Ergot)
- Coronary artery disease
- Previous infection of the heart valve (endocarditis)
- Advancing age (an individual's risk for developing VHD increases with age)

Symptoms of heart valve disease include, but are not limited to: shortness of breath, severe swelling, heart palpitations, chest pain, fainting, frequent falls, fatigue and/or decreased endurance.

**For details about how you can reduce your risk for valvular heart disease, call the Hoag Heart and Vascular Institute at 949/764-5871 or visit [www.hoaghospital.org/heartinstitute](http://www.hoaghospital.org/heartinstitute).**