

Clinic Recognizes Women's Heart Health Month

Heart disease is the No. 1 killer of American women, accounting for one out of three women's lives lost every year. According to the American Heart Association, women are dying at a rate of one per minute because they think it is primarily a male disease, when in fact heart disease kills more women than men. In recognition of this sobering fact, February has been designated as Women's Heart Health Month. The Arthur Nagel Community Clinic is a ready participant in this nationwide recognition of the No. 1 threat to women's health.

"The Arthur Nagel Community Clinic is committed to providing the women who come to our clinic with the highest level of care. We are especially tuned in to symptoms of heart disease during this special month of Women's Heart Health," says K. Irene Stone, Executive Director. "The clinic staff and volunteers will be wearing red to commemorate the women – mothers, sisters, friends, and neighbors – who are struggling with heart-related disease."

Since Arthur Nagel Community Clinic is a primary and preventive care medical facility, emphasis is placed on helping patients maintain healthy hearts. This is accomplished through routine lab work, prescribed high blood pressure and cholesterol medications, recommended exercise regimens, and regular physicals. The clinic recently purchased an EKG machine so that in-house heart monitoring can be conducted by the clinic's Nurse Practitioner.

In order to successfully help female patients maintain a healthy heart, Arthur Nagel Community Clinic implements a two-step procedure. "By scheduling a routine Well Woman's Program appointment and following up with enrollment in RiskBusters, we can isolate potential cardiovascular problems and treat women for optimal heart health," Stone explained. Currently, the Clinic is promoting its Well Woman's Program to all female patients. "Many women will put off having their annual examinations when family finances are tight," says Stone. "Through the Well

Woman's Program, we can offer physical examinations, pap tests, birth control, mammograms, urinalysis, screening for colon cancer, STD testing, pregnancy tests, prenatal care referrals, and healthy lifestyle counseling." Sometimes, Stone continues, the medical team at the clinic will discover during a Well Woman's appointment that a patient has symptoms of heart disease, such as hypertension or high cholesterol. Caught in the early stages, heart health can be maintained through medication, proper diet, and exercise.

That is where the RiskBusters Program comes in. Susan Broa, the clinic's RiskBusters Manager, recommends patients adopt a healthy lifestyle by watching their fat intake, participating in an exercise plan of at least 30 minutes each day, and having regular checkups. These simple steps will lead to a healthy heart for women and men alike.

One thing women can do on their own to reduce their heart risk is to limit their sodium intake. The American Heart Association has issued a call to intensify efforts to reduce the amount of salt American women consume daily.

Also, high sugar consumption by American teenagers in soft drinks and foods may cause poor cholesterol profiles, which may lead to heart disease in adulthood.

The American Heart Association also recommends that people stop smoking and reduce their alcohol, control their blood pressure and cholesterol, maintain a healthy weight by getting physical and eating smart, and, if they are diabetic, manage their diabetes. Finally, reducing stress will save wear and tear on a person's heart.

To see if you qualify as a patient at the Arthur Nagel Community Clinic, call 796-3448 or come by the clinic at 1116 12th Street (next to Helping Hand) to pick up an application. If you would like to volunteer to help at the clinic or make a donation to support the Well Woman's program, please contact K. Irene Stone at 796-3448. You can also check the clinic's website at www.nagelclinic.org for online information and donations.

Be Good to Your Heart

1. **Meet with your Doctor to discuss your risks for heart disease.**
2. **Stop Smoking**
3. **Control your Blood Pressure**
4. **Control Cholesterol**
5. **Maintain a Healthy Weight**
6. **Get Physical**
7. **Eat Heart Smart—a diet rich in fiber and low in bad fats, sodium, and sugar**
8. **Manage Diabetes**
9. **Drink Alcohol only in Moderation**
10. **Reduce Stress**

Out & About in Bandera



Timeless Tunes II was a Valentine's gift to the clinic from the Almost Patsy Cline Band and Bandera Community Foundation. K. Irene Stone, Executive Director, samples a cupcake prepared by the Western Heritage Cowboy Church, where the special Valentine's Day event was held. Over 300 attendees listened to this unique musical about the history of country music. Afterwards, Bandera Community Foundation gave a grant from the night's festivities to the clinic.

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New Board Officers have been appointed to the clinic's Board of Directors for 2011. Dan Wise was elected Board President — this will be his second term as President. Bill Bringhurst became the new Vice-President, and Bruce Hanks, of Star Light Bookkeeping Services in Bandera, accepted the position of Treasurer. Barbara Shepard, the Volunteer Committee Chairman, will be Secretary to the Board. Also serving as a new incoming director on the Board is Tracy Thayer, Federal Programs and Communications Administrator for Bandera ISD. Current Board Members include Florida Barnes, Carmen Gascot, Vicki George, Don Giles, Cynthia Cox Payne, and Mike Smith. Advisory Board Members are Stephen Ball, Dr. Alan Fremland, and Dr. Saleh Jaafar. Here's to a great 2011 for the clinic!



Texas Tech Nursing Students, Sasha Valdez, Jerre Milam, and Sharon Scott visited with our nurse

practitioner, Margarita Sloan in February. All three nursing students are getting their masters in nursing before specializing in Family Practice as nurse practitioners, and plan to help at the clinic as time permits. Other visitors included six RN students and their instructor, Dr. Ruth Grubescic, from UT Health and Science Center in San Antonio. Nix Health SA (former Nix Hospital) mental health representative, Michael Correia also paid us a visit. We are always happy to have students and medical representatives stop by and check out our facility and patient programs!

2010 Volunteer of the Year is Sabrina McGugin (shown with outgoing Board President, Cindy Payne). This energetic mother of five graduated as valedictorian of her Certified Medical Assistants Program. Sabrina became our Prescription Assistance Program Administrator and was invaluable in finding free medical samples for our clinic. She put in over



950 volunteer hours, more than any other volunteer. Recently Sabrina accepted a position at Wal-Mart to assist in their pharmacy. We were sad to see her go, but Sabrina's dedication and commitment still serves as an inspiration to our whole staff.

Stationary Marathon is off to a super start! Over 20 enthusiastic participants are competing individually and as teams to raise money for the clinic for every mile they go on the treadmill or bike at Comprehensive Physical Therapy and Bandera Fitness. The exercise fundraiser officially kicked off on February 15 and will end March 15. Genny Thomson, our new Office Administrator for the clinic, and Susan Schmidtke from Bandera Veterinarian Clinic hit high gear to see who can get the most miles within 30 minutes.



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"As every thread of gold is valuable, so is every moment of time."