

A CLOSER LOOK

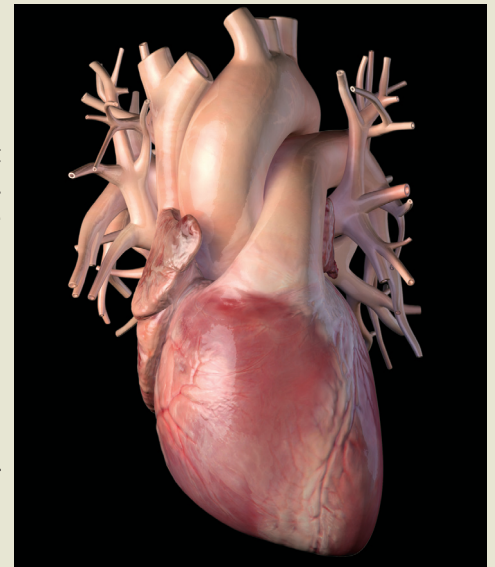
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MAYFAIR DIAGNOSTICS' NEWSLETTER

HEART FACTS & FIGURES

DID YOU KNOW...?

- Weighing in at less than a pound, an adult human heart is about the size of your fist. Every minute, it pumps the body's entire blood content (approximately five litres) through its chambers.
- If you're 10 years old, your heart has pumped about 26.5 million litres of blood and beaten about 35,700,000 times.
- If you're 70, your heart has pumped over 189 million litres of blood and beaten about 2.5 billion times.
- The "boomp-boomp" sound of your heartbeat is made mainly by the closing of your heart's valves.
- The smaller the animal, the faster its heartbeat. A hummingbird, for example, has a heart rate of about 1,000 beats per minute. An elephant heart beats about 25 times per minute.
- The first heart attack was diagnosed in 1912 by James B. Herrick, an American physician.



WHAT SHOULD ANDY DO?

"My mother has angina, and my dad's dad died of a heart attack when he was only 59. Still, I've never smoked, I've always been reasonably fit, and I've never noticed any symptoms of heart disease. No shortness of breath at the top of the stairs, no shooting pains in my arms while I'm shovelling snow, no cold sweats while I'm walking the dog.

"When I turned 50 last year, my wife urged me to get screened for heart disease – especially since family history wasn't on my side. Finding the time, though – that's been the tough part. I'm so consumed with work and community commitments and driving my teenage sons hither and yon, getting screened always ends up on the backburner."

So...what should Andy do? (What would you do?)

(continued...)

SO WHAT DID ANDY DO?



Shortly after he turned 52, Andy heeded his wife's advice and obtained a referral for a Mayfair Diagnostics Heart Scan. The calculated coronary calcium score of 750 placed Andy above the 90th percentile in his age and gender group. This level suggested Andy was at significant risk for an adverse cardiovascular event, and a treadmill-aided myocardial perfusion examination was recommended as an appropriate next step.

The exam demonstrated a significant perfusion defect within Andy's left ventricle, suggesting that blood flow into this part of his heart was compromised.

"I was immediately referred to a local cardiologist, and an angiogram revealed a 90%+ blockage of my left anterior descending artery. Stents were inserted to re-establish appropriate circulation, and a heart attack (which the cardiologist said was just a matter of time) was averted.

"We often hear about the value of early detection in treating disease and avoiding medical disasters. Today, I'm walking, talking proof that it's true."

FROM ARTERY CLOGGER TO 'SUPERFOOD': THE EGG'S EXTRAORDINARY COMEBACK

During the 1970s and '80s, dietitians, nutritionists and doctors singled out high cholesterol as a leading cause of the West's most prolific killer: heart disease. A casualty of all the cholesterol bashing was a mainstay of the North American diet – the farm-fresh egg, which took a beating due to the dietary cholesterol content of its yolk.

In recent years, scientific study has vindicated the egg's spotty reputation by demonstrating that food cholesterol and blood cholesterol aren't as directly related as once thought.

Dietary cholesterol occurs naturally in meat, poultry, seafood, eggs and dairy products. Humans need it to maintain cell walls, insulate nerve fibers and produce vitamin D, among other things.

Blood cholesterol is a different animal altogether. Also called serum cholesterol, it is produced in the liver and floats around in our bloodstream. There are two types: high-density lipoprotein (HDL) and low-density

lipoprotein (LDL). LDL cholesterol is considered "bad" because it sticks to artery walls and leads eventually to cardiovascular disease, whereas HDL (a.k.a. "good cholesterol") carries excess HDL back to the liver to be excreted.

Many scientists argue that consuming foods rich in dietary cholesterol does not increase blood cholesterol. As a result, eggs are experiencing a renaissance, appearing frequently on Top 10 lists of the so-called "Superfoods" because of their vitamin, mineral, protein and antioxidant richness.

