

CORAL GABLES HOSPITAL

# Good Morning, *health*

CAUTION FOR  
Weekend  
Warriors

## SURVIVING A STROKE

**SIMPLY  
DELICIOUS**  
RECIPE  
Ingrid Hoffman

SUMMER 2010

COVER PHOTO: THE BILTMORE HOTEL

# CAUTION! For Weekend Warriors

## SMART TIPS FOR AVOIDING INJURY

**OVER 10 MILLION SPORTS INJURIES ARE TREATED EVERY YEAR, ACCOUNTING FOR ABOUT 10% OF EMERGENCY ROOM VISITS.**

There are many more people who have chronic pain due to injuries. They can happen at any age, from high school and college athletes to those who like to play weekend pickup games. According to one expert with the **Orthopedics Program at Coral Gables Hospital**, those weekend games are a common reason for injuries among older adults.

“The problem is that even though you might still feel active, you may not have the same physical ability you had when you were younger,” says Dr. Alejandro Posada, Orthopedic Surgeon at Coral Gables Hospital. “We see a lot of injuries from these types of activities.”



## HERE ARE SOME SIMPLE STEPS TO HELP PREVENT INJURIES

### EXERCISE REGULARLY

Not only can regular physical activity help prevent injuries, it also attributes to overall fitness, helping to control your weight and have better cardiovascular health.

### ALWAYS WARM UP

A good warm up can include a gentle jog or getting on an exercise bike. You should develop a light sweat. Always make sure you stretch before and after a workout.

### USE THE PROPER EQUIPMENT

The wrong equipment can cause serious injury so it's important to use required safety measures and to maintain all sports equipment:

- **RUNNING** - Make sure you replace shoes regularly because the soles can lose shock absorbing capacity.
- **TENNIS** - The tension in the cords of a tennis racket need to be tight and make sure the racket has the right grip.
- **GOLF** - Clubs need to be the right height; otherwise you can injure your back or knees.
- **ROLLER BLADE** - Always use wrist, knee and elbow guards.

Weekend sports can be fun, but they can also bring injuries.

Play smart so you can stay healthy and strong.

### EXERCISE FOR THE SPECIFIC SPORT YOU LIKE TO PLAY

Work the muscles you use most often for your particular sport. For example, if you play golf, exercise the back. For sports like soccer, concentrate on running sprints and working out the legs.

### DO CROSS TRAINING

Cross training is important to help prevent injuries, by using a different group of muscles to reduce stress and strain. That means you should run one day, and rest the next. Or do a sport that uses different muscles, such as weight training or yoga. You should always let your muscles rest, and remember that the older you get the longer it takes your body to recuperate.

### LISTEN TO YOUR BODY

“It sounds simple, but so many people ignore pain, thinking it will go away,” Dr. Posada says. “I can't stress enough that you shouldn't play if you're hurt. Rest and if you don't get better see an orthopedist.”



### Alejandro Posada, M.D.

is an Orthopedic Surgeon at Coral Gables Hospital. He was fellowship-trained in Sports Medicine at Harvard University.

### THE ORTHOPEDICS PROGRAM AT CORAL GABLES HOSPITAL

specializes in treating sports-related injuries, including sprains and fractures, as well as complex ACL reconstruction, rotator cuff repair, shoulder dislocation and meniscus tears. Our orthopedic experts also offer joint replacement, arthroscopic surgery, podiatric services and hand surgery. We offer advanced diagnostics, surgical expertise and state-of-the-art rehabilitation from a team of highly-trained orthopedic professionals.

Cover photo was shot on location at The Biltmore Hotel in Coral Gables [www.biltmorehotel.com](http://www.biltmorehotel.com)

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# Surviving a Stroke

## WARNING SIGNS OF A STROKE

- 1** Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- 2** Sudden confusion, trouble speaking or understanding
- 3** Sudden trouble seeing in one or both eyes
- 4** Sudden trouble walking, dizziness, loss of balance or coordination
- 5** Sudden, severe headache with no known cause

If you or someone you love experiences any of these symptoms dial **911 immediately!**

According to the American Stroke Association, someone in the U.S. suffers a stroke every 40 seconds. That's why it's important for everyone to know crucial information that could save your life or the life of someone you love. First, know the symptoms of a stroke, and if you suspect one, call 911 immediately. "Time is crucial when treating a stroke and the sooner medical intervention starts, the better the chance of reducing long-term effects," says Dr. Elizabeth Garcia, Neurologist at Coral Gables Hospital. You should also ensure you seek treatment at a hospital that has a **Stroke Program** in place, like the one Coral Gables Hospital.

"Having a designated Stroke Program means our emergency room has specific protocols in place for treating patients suspected of having a stroke," explains Dr. Luis Gutierrez-Galatas, Emergency Room Medical Director.

There is more than one type of stroke and each requires different medical care. "The most common type, accounting for about 87% of all cases, is called an ischemic stroke," explains Dr. Garcia. "It is caused when a blood vessel to the brain becomes blocked due to a buildup of fatty deposits on the lining of the vessel wall. It's similar to what happens in the case of a heart attack."

One of the most common treatments

for an ischemic stroke is a medication called Tissue Plasminogen Activators or tPA. "tPA is blood thinner that helps unblock the artery," says Dr. Gutierrez-Galatas. "However, the medication must be administered within 3 - 4.5 hours. After that time the brain begins to suffer irreversible damage."

If a blood vessel breaks, called a hemorrhagic stroke, the treatment is different. "The goal with a hemorrhagic stroke is to stop the bleeding," Dr. Gutierrez-Galatas explains. "We have Neurosurgeons on staff who can evaluate these patients and administer treatment such as shunts that relieve pressure on the brain. We may also give medications to control blood pressure, which is one of the leading causes of this type of stroke."

Coral Gables Hospital also has technology in place that allows for a remote consultation with a neurologist. "When we don't have a neurologist physically in the ER, we use a camera called a Teleneurologists so the patient can actually be seen by the doctor in another location," says Dr. Gutierrez-Galatas. "The neurologist receives all



the information through a television feed transmitted through a direct link to the hospital and the radiology system."

Treatment doesn't stop once the patient leaves the ER. After the patient is admitted, he or she is examined again by an in-house neurologist. In effect, they get consultations from two different neurologists. Coral Gables Hospital also has an advanced rehabilitation center that provides one-on-one therapy sessions, including physical, occupational and speech therapy, as well as dysphagia therapy to treat swallowing disorders.

The key to surviving a stroke is to be aware of the symptoms and to seek medical care at a facility with a specialized **Stroke Program** in place. A facility like Coral Gables Hospital.



### Luis Gutierrez-Galatas, M.D.

is an Emergency Room Medical Director at Coral Gables Hospital. He is Board-Certified in Internal Medicine and has over 30 years experience in the ER.



### Elizabeth Garcia, M.D.

is the Emergency Room Medical Director at Coral Gables Hospital. He is board-certified in Internal Medicine and has over 30 years experience in the ER.

## VISIT US ONLINE

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# A WOMAN'S Heart

## A WOMAN'S DISEASE

Heart disease is usually regarded as a man's disease, but actually it is the number one cause of death among women in the United States. In fact, twice as many women die from heart disease, heart attack and stroke than from all forms of cancer combined. Unfortunately, many women are not as aware of risk factors or symptoms of a heart attack, which can cause a delay in seeking treatment. There are important things every woman should be aware of in order to reduce her risk.

## TIPS FOR REDUCING YOUR RISKS

♥ **Be diligent about health checkups** - Have your blood pressure checked annually after age 18, and cholesterol and blood sugar tested annually after age 45. If you have a family history of heart disease you may want to talk to your doctor about starting these tests earlier.

♥ **Know the symptoms of a heart attack for women** - Women often have different symptoms of a heart attack than men. Classic symptoms include chest pain, but women may experience other things like indigestion, dizziness and anxiety. They also tend to have heart attacks later in life than men.

♥ **Be proactive with your doctor** - Ask about getting a heart risk assessment with a careful focus on cholesterol, blood pressure, blood sugar, weight and other risk factors.

♥ **Ask about an electrocardiogram (ECG)** - If you have more than one risk factor, ask your doctor about having an ECG or stress test.

♥ **Remain diligent about reviewing the risk factors** - Ask your doctor to review heart disease risk factors and heart attack symptoms at your annual physical to remind yourself of them.

♥ **Be aware of family history** - Family history of heart disease, heart attack or stroke is an important risk factor for you, so inform your doctor if you have a close relative who experienced any of these diseases.

♥ **Know your medications** - Be aware of what medications you're taking and any special instructions regarding them. Talk to your doctor if you're unsure about anything.

♥ **Watch diet & lifestyle** - Pay careful attention to your diet. Avoid foods that are high in saturated fats, while eating more servings of fruits and vegetables. Make sure you get regular exercise and control your weight. Try to find ways to reduce stress.

♥ **No smoking** - Don't start smoking, and if you do, quit.

♥ **Look for help if you need it** - Research community programs, hospital centers or other organizations to help you stop smoking, get regular exercise, lose weight and reduce stress.

The most important thing to know is that if you experience any symptoms of a heart attack, call 911 right away. The longer a heart attack goes untreated, the higher the risk of having permanent damage to the heart. Don't make the mistake of thinking heart disease can't happen to you. Be aware of the risks, symptoms and take steps to protect your health.

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### Anays Santana-Izquierdo, M.D.

is Cardiologist at Coral Gables Hospital. She completed her Cardiology Fellowship at Mt. Sinai Medical Center.

## SYMPTOMS OF A HEART ATTACK FOR WOMEN

### CLASSIC SYMPTOMS

- » Chest pain, pressure or tightness
- » Shortness of breath
- » Sweating
- » Pain that spreads to the arm, neck or shoulder
- » Feeling of heartburn or indigestion with or without nausea and vomiting
- » Sudden dizziness or loss of consciousness

### SYMPTOMS MORE LIKELY FOR WOMEN

- » Indigestion or gas-like pain
- » Dizziness, nausea or vomiting
- » Unexplained weakness or fatigue
- » Discomfort in the jaw, neck, shoulders, upper back or abdomen
- » Recurring chest discomfort
- » Anxiety or sense of impending doom

# FOCUS ON: Pelvic Organ Prolapse

**A** pelvic organ prolapse occurs when organs in the pelvis fall from their normal position. There are different types of prolapse, which can affect the bladder, vagina, uterus, cervix and rectum. According to the National Association for Continence, as many as 50% of all women over age 50 have experienced symptoms. Women who suffer from the condition can find help through their gynecologist.

## What *causes* organ prolapse?

Anything that weakens the supportive tissue and muscles of the pelvis may cause prolapse," says Dr. Dana Owens, Obstetrician-Gynecologist at Coral Gables Hospital. "It is often the result of a pregnancy or trauma from a vaginal birth. Hormonal changes due to menopause may also cause the condition, as well as heavy lifting, constipation, chronic coughing and obesity."

## Who usually *experiences* this condition?

Prolapse can actually occur at any age, from women in their 20s to those in their 50s and 60s. There is a higher incidence among older women who have had several children.

## What *treatments* are available?

There are several non-surgical solutions that may help. These can include pelvic floor retraining and Kegel exercises for mild prolapse. Some women can benefit from a device called a Pessary, which is inserted into the vagina to help support the prolapsed organs. Lifestyle changes can also help, including not smoking, medications to prevent chronic coughs, as well as adjusting medications that interfere with urinary incontinence. Vaginal estrogen may also be used, which can increase the girth of the vaginal tissue.

For more severe cases, surgery to repair the affected organs may be performed. "We do uterine, bladder and rectum repairs," says Dr. Owens. "This usually involves using mesh or other materials to form a sling that can support the prolapsed organs. A hysterectomy is sometimes done to remove a prolapsed uterus."

"Unfortunately, many women have prolapse, but don't know it," reports Dr. Owens. "They think their symptoms are normal so they don't complain unless symptoms become severe or interfere with their life. This doesn't have to be the case. There are many treatments available that can help restore normal function."



### **Dana Owens, M.D.**

is an Obstetrician-Gynecologist at Coral Gables Hospital. She is fellowship-trained in minimally-invasive Gynecological Surgery and Pelvic Reconstruction, and serves as a Clinical Adjunct Professor at Nova Southeastern University.

# ASK a DOCTOR

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SOURCES: Statistics: <http://www.nafc.org/media/statistics/pelvic-organ-prolap>

## **SYMPTOMS OF ORGAN PROLAPSE**

- » A feeling of fullness or pressure
- » A lump
- » Trouble with bowel or urine movements
- » Pain in the lower back
- » Pain during intercourse

If you have questions about prolapse or any other gynecologic issue and would like a physician referral, call **305-441-6877** or go to [www.coralgableshospital.com](http://www.coralgableshospital.com).

# Ingrid Hoffman

*simply delicioso*

Ingrid Hoffman is an internationally-known chef, television personality and author. She is the host of **Simply Delicioso** and the Spanish-language shows **Delicioso** and **Un Minuto Delicioso** on Galavisión/Univision. She is also the author of **Simply Delicioso: A Collection of Everyday Recipes with a Latin Twist**. In 2010, Ingrid expanded her brand by launching her own line of cookware as well as a line of cutlery and kitchen accessories on HSN. In January, she launched Latin Burger and Taco, one of Miami's first gourmet food trucks.

Ingrid first started cooking with her mother, a Cordon Bleu chef, as a little girl. Raised in Colombia and the Netherlands, Ingrid moved to Miami where she opened La Capricieuse, a high fashion luxury boutique in Coconut Grove, as well as Rocca, the first restaurant to feature tabletop cooking on heated lava rocks. Ingrid has a monthly column in *People en Español* and is a regular guest on the #1 Spanish-language morning show, *Despierta America*. She has also made appearances on the *Martha Stewart Show*, *Oprah*, *The Today Show*, *The Early Show*, *Good Morning America*, *Ellen* and *Live with Regis & Kelly*.



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## healthy *arroz con pollo*

- 1 (3 1/2-pound) organic chicken cut into 8 pieces and skin removed
- 4 cups organic or reduced-sodium chicken broth
- 1 cup light beer
- 1 medium yellow onion, cut into quarters
- 1 cup chopped fresh cilantro
- 6 garlic cloves, coarsely chopped
- 3 tablespoons Worcestershire sauce
- 3 tablespoons organic seasoning blend
- 2 cups organic brown rice
- 8 oz. green beans, trimmed and cut into 1-inch pieces (about 1 cup)
- 2 medium carrot, diced (about 3/4 cup)
- 1 teaspoon salt
- 1 red bell pepper, seeded and thinly sliced
- 1 green bell pepper, seeded and thinly sliced
- 1 yellow onion, thinly sliced
- 1 cup homemade ketchup (recipe follows)
- 1 cup frozen peas
- 1 cup pimiento-stuffed olives

*Arroz con pollo is one of the most typical and versatile Latin American dishes. Each country in Latin America has its own version. My recipe is the offspring of the traditional Colombian version, updated for today's healthier lifestyles. Nutty brown rice replaces white rice and more veggies were added for crunch and texture. I replaced prepared ketchup for a delicious and super easy homemade version that has much less sugar and no additives.*

Combine the chicken, broth, beer, onion, 1/2 cup cilantro, garlic, Worcestershire, and seasoning blend in a Dutch oven; bring to a boil. Reduce the heat and simmer, covered, until the chicken is tender and cooked through, about 35 minutes. With a slotted spoon, transfer the chicken to a plate to cool. When cool enough to handle, shred the chicken discarding the bones; set aside.

Strain the cooking liquid discarding the onions and cilantro. Return the cooking liquid to the Dutch oven and set over medium-high heat. Add the rice, green beans, carrot and 3/4 teaspoon salt; bring to a boil. Reduce the heat and simmer, covered, until the liquid is evaporated and the rice is tender, about 40 minutes.

Meanwhile, in a non stick skillet cook the bell peppers, sliced onion, and the remaining 1/4 teaspoon salt. Cook, stirring occasionally, until the vegetables are tender, about 8 minutes. Stir in the shredded chicken.

Add the chicken mixture to the rice mixture. Stir in the ketchup, peas, and olives; heat through. Remove from the heat. Stir in the remaining 1/2 cup cilantro.

**Yield:** 9 cups    **Prep time:** 45 minutes    **Total Time:** 1 1/2 hours

## homemade

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 (28-ounce) can organic tomato puree
- 1 tablespoon tomato paste
- 1/2 cup cider vinegar
- 1/4 cup packed dark brown sugar or sugar in the raw
- 3/4 teaspoon salt

Heat the oil in a medium saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until the onion is tender, about 8 minutes. Add the remaining ingredients; bring to a boil. Reduce the heat and simmer, uncovered, stirring often to prevent scorching, until the ketchup is thickened and the flavors are blended, about 1 hour.

**Yield:** 4 cups    **Prep Time:** 10 minutes    **Total Time:** 1 hour 10 minutes