

Thrive

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[with Heart Disorders]



Stay in Circulation

If you're experiencing discomfort while walking, it could be a sign of vascular disease

By Pamela Tronetti, DO, AGSF, PMC Senior Services Medical Director

Plaque buildup from excess cholesterol and fat in the blood affects more than your heart. It also affects the blood vessels in your arms and legs. The condition is called peripheral artery disease, or PAD. It affects 8 million Americans and is common among smokers, people with diabetes or cardiovascular disease, and older adults.

PAD is serious. Over time, plaque in the major arteries can harden and narrow the arteries, restricting blood flow to the

legs, feet, arms and pelvis. People often refer to the reduced blood flow in the lower extremities as "poor circulation." Those with PAD are at higher risk for having a heart attack or a stroke.

The classic symptoms of PAD are "cramplike" leg muscle fatigue or heaviness, and discomfort or pain that occurs in the buttocks, thighs or calves while walking or climbing stairs. The pain typically ceases five to 10 **continued on next page**

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minutes after resting or stopping the activity. Other symptoms of PAD include coldness, numbness and tingling in the lower legs and feet, and ulcers or sores on the legs or feet that don't heal.

It's unclear what causes PAD, but certain factors increase the risk.

- Age (50 or older)
- Race (African-American)
- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Personal history of heart attack or stroke

If you think you are at risk for PAD, your doctor can perform a physical exam to check the circulation in your feet and order tests as needed.

Although there is no cure for PAD, noninvasive treatment focuses on lifestyle changes to prevent the disease from progressing and to reduce complications. PAD also can be responsive to exercise rehabilitation.

Concerned About PAD?

To find out your risk for peripheral artery disease (PAD), see a Parrish Medical Group physician for a screening. Visit parrishmedgroup.com or call **321-268-6PMG (6764)**.

Heartfelt Differences

FREE EVENT: Explore the unique needs of the hearts of men and women.

Tuesday, Feb. 9, 10–11:30 a.m.

parrishthrive.com/events

Healthy Living



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2 Cardiac and pulmonary wellness. This clinically supervised, small-group exercise program teaches people to manage their heart and lung health. Benefits include reduced hospital visits, lowered blood pressure, increased breathing capacity, improved strength and flexibility, and overall heart and lung health.

For more information on cardiac rehabilitation and cardiac and pulmonary wellness, call Parrish Medical Center at **321-268-6726**.



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Thrive

Deep Sleep Needed

There are many stages of sleep that serve to restore your body through the night. TV, caffeine and light can prevent you from reaching those stages.

“For instance, those who fall asleep with the TV on will not reach their deep, good delta sleep,” says Kristina Weaver, Parrish Sleep Disorders Center technician and educator. “Their brains are kept in a faster brain-wave activity due to the noise. If you don’t reach enough delta sleep at least six nights a week, your immune system is suppressed by 300 percent.”

And not reaching your delta sleep will make it that much harder to transition to the dream state, the most restorative for your brain. A lack in reaching the dream state can also cause crankiness, forgetfulness and productivity loss.

To get the best sleep, make sure your room is dark, cool and quiet.

