

Health News From Cleveland County HealthCare System

BEING HEART SMART

You're never too young to learn and CRMC can help

By PAULA VESS
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SHELBY – About three years ago, Annie Sentell felt bad. Her chest hurt, and she had very little energy. “I was having these ‘spells’ with my heart several times a day,” she said.

Sentell, 28, was diagnosed with ventricular tachycardia, a type of heart arrhythmia where the bottom chambers of the heart beat too fast to allow blood to properly pass through the heart. The condition can cause chest discomfort, fainting, shortness of breath and other symptoms. Her doctor treated the condition with a non-surgical procedure.

About a year later Sentell began having some of the same problems again. This time, they found a hole in her heart, a defect she probably has had since birth. She had a procedure to close the hole.

Despite these treatments, she continued to feel bad and experience chest pain. Sentell realized that her lifestyle was impacting her health negatively. She was overweight, didn't eat right and smoked. Her family history was working against her, too. Her father died of a massive heart attack at the age of 35, when she was only 5 years old. Plus, her mother has heart disease and has had more than one heart attack.

Sentell knew she had to make some changes.

She asked her doctor to recommend a nutritionist or a program. “I needed to change my lifestyle but I didn't know where to start,” she said. Sentell's doctor referred her to the Cardiac Rehab Program at Cleveland Regional Medical Center (CRMC).

Last September Sentell began working with that team of experts. “I wanted to lose weight and I knew I needed to find an exercise program where I could learn to exercise and be progressive at it, not just do it for a week and quit,” she said.

Sean Mayes, an exercise physiologist, worked with Sentell one-on-one to develop an exercise program that would work for her.

First, Mayes and his team evaluated Sentell's physical condition. Once they established what kind of shape she was in, they put her to work. As she exercises, Mayes and his team monitor Sentell's heart and track her progress. “They work with you and push you to try harder, but if you can't



do it they won't make you,” she said.

Sentell also works with Sara Smart, a registered clinical dietician to improve her eating habits. “I wanted to learn to eat healthy so I could instill those healthy habits in my children. That was the most important thing for me,” she said. “Sara gives us a lot of information and teaches us about the foods we eat and what they do to the body.”

The program has also helped Sentell learn to take things one step at a time. “Sara tells me I don't have to change everything at once,” she said.

Taking it one step at a time, Sentell is moving forward.

A month after starting the cardiac rehab program, Sentell quit smoking. She completed the initial eight-week course last November and continues to participate in a maintenance program three days a week. “My endurance level has increased 100

percent, I've lost 19 pounds and my eating habits are different. I can breathe. I feel better about me.”

Cardiac rehab has given Sentell more than an exercise program and some eating tips. The support and encouragement she received from the staff and her fellow participants made a huge impact on her and has contributed to her success. “They're an outstanding group. The people are all so caring,” she said. “If I miss a class they ask where I was. They ask how you're doing or they say good job when you've lost more weight.”

It has not been an easy road for Sentell, but she's determined to stick to it. She sees how far she has come. “I used to feel really bad every day. I have a 4-year-old and a 5-year-old. It was to the point that I was so tired by the time I got up in the mornings and got them ready for daycare and school I would have to get in my vehicle

and just sit there to recuperate from getting them ready.”

These days Sentell does a workout most mornings before getting her children out of bed. “I have so much energy now. I don't just sit down in a recliner at the end of the day,” she said. “My kids and I stay outside more. We play all the time.”

Sentell wants others to experience what she has. She knows people may feel nervous or scared about starting the program. “I don't want people to feel like that. I want them to know it's fun, enjoyable. It's not scary,” she said. “They're going to take care of you. It's more like friends.”

For more information on the cardiac and pulmonary rehab programs call 980-487-3697, or visit www.ClevelandCountyHealthCareSystem.org to watch videos and read more about the program.

Giving you
The Power of **HEALTH**



**MARCH
2011**

Breastfeeding Support Group & Mom to Mom Support Group

March 2 10 a.m. – Noon

Women's Life Center Conference Room
Open to all breastfeeding mothers and nursing babies and expectant moms who are interested in breastfeeding. Please call 980-487-3887 and 980-487-3983 to register.

Healthy Hearts Support Group

March 2 Noon

CRMC T. R. Harris Conference Center
“Dining Out” For more information, please call 980-487-3659.

Pink Ribbon Network

March 3 12 – 1 p.m.

CRMC Oncology Board Room
A gathering for newly diagnosed breast cancer patients. Lunch served. To register, please call 980-487-3757.

Skin Cancer Screening

March 5 8 a.m. – Noon

CRMC Oncology
For an appointment, call 980-487-3724.

Infant and Child CPR Class

March 7 6 p.m.

CRMC Women's Life Center Conference Room. For parents and other infant/child caregivers. Fee: \$10/person or \$15/couple
To register, please call 980-487-3983.

WINGS Cancer Support Group

March 7 6 p.m.

CRMC Cancer Center
A support group for patients with all types of cancer. Marie Honeycutt, cancer survivor and poet will share her new book of poetry. For more information, please call 980-487-3025.

Diabetes Wellness & Resource Group

March 8 5:30 p.m.

CRMC Auditorium

“What's New in Diet” Sara Smart, RD, LDN Clinical Dietitian Cardiac Rehab.
For more information, call 980-487-3953.

OB Tour

March 13 2 – 4 p.m.

CRMC Women's Life Center Conf. Room
A special tour for expectant parents
To register, please call 980-487-3983.

Bridges

March 14 2 – 3 p.m. & March 28 2 – 3 p.m.

CRMC Blumenthal Cancer Center
A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy.
Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Look Good...Feel Better

March 14 - 3 p.m.

CRMC Blumenthal Cancer Center
This class focuses on beauty techniques while dealing with cancer. For more

information, please call 980-487-3757.

Lobby Blood Pressure Screen

March 22 11:30 a.m. – 2 p.m.

CRMC Lobby

Car Seat Safety Class

March 24 5:15 p.m.

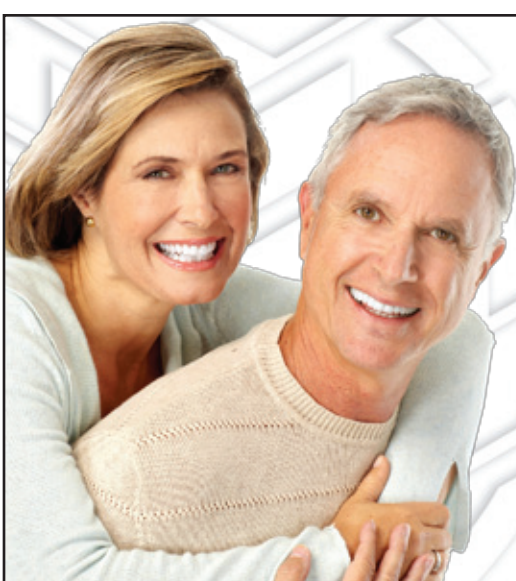
CRMC Women's Life Center Conf. Room
Information on current laws and how to keep your new baby safe while traveling
To register, please call 980-487-3983.

Kangaroo Kapers

March 28 6 p.m.

CRMC Women's Life Center Conf. Room
Provides children expecting a brother or sister a positive introduction to the hospital and to what life will be like with a new baby. Pre-registration is required. Please call 980-487-3983.

Some programs may require pre-registration or appointments. Some require a fee.



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www.SangerHeart.org

For more information, call 704-482-1006.



Sanger Heart & Vascular Institute