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Be Smart About Heart Health



According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in both men and women. Fortunately, for many people, heart disease can be preventable and controllable. Even men and women who are at high risk due to family history or other factors can help lower their risk now by changing a few of their daily habits.

The key to prevention is making healthy lifestyle choices now. By adopting a heart-healthy lifestyle, you can significantly decrease your risk of heart disease and heart attack.

Here are 5 easy tips to help you lower your risk of developing heart disease:

1. Eat healthy foods.

Choosing healthy meals and snack options can help you and your family avoid heart related issues in the future. Make sure your diet consists of at least 5 servings of fruits and vegetables and avoid foods that are high in saturated fat, trans fat, sodium and cholesterol.



2. Get regular exercise.

Exercising regularly can help you maintain a healthy body and weight, as well as lower your cholesterol and blood pressure. The average adult should have at least 30 minutes of moderate-intensity exercise every day.

3. Maintain a healthy weight.

Reducing and/or controlling your weight can decrease your risk for heart disease.

4. Don't smoke.

Smoking cigarettes can cause more than just lung cancer. It can also greatly increase your risk of heart disease. If you don't smoke, don't start. If you do, quit now. There are many programs and support groups that can help you or your loved one kick the habit.



5. Monitor your blood pressure.

High blood pressure can occur without any symptoms, so check your blood pressure on a regular basis. You can do so at home, at your doctor's office, or even at many pharmacies.

You can also supplement your heart-healthy lifestyle with a visit to a general cardiologist. A cardiologist can help you with a variety of approaches to fighting heart disease, including regular screenings for high blood pressure and normal heart function, as well as lifestyle changes.

If you'd like to learn more about heart healthy lifestyle choices, or would like to request an appointment with the UCSD Sulpizio Cardiovascular Center here at North Coast Health Center, visit www.heart.ucsd.edu.

New Physician Spotlight:

Zuhre Tutuncu, M.D., Rheumatologist, Scripps Coastal Medical Center



Why are rheumatologists known as detectives?

Autoimmune disorders can be tricky to diagnose, with signs and symptoms tending to change over time. Therefore, the diagnostic process requires a thorough and detailed work-up. Much like a detective, I use medical “clues” to solve a patient’s case.

When most people hear rheumatologist, they think arthritis. What other kinds of conditions do you treat?

Patients with various autoimmune conditions, such as systemic lupus erythematosus, scleroderma, vasculitis, Sjogren’s syndrome, sarcoidosis, omyositis and osteoporosis.

What is the most common question you receive from your patients? What do you tell them?

Newly diagnosed rheumatoid arthritis patients are often concerned about developing joint deformities. I tell them sticking to their treatment plan is key. New treatments, including biologic drugs, enable us to arrest disease progression, prevent deformities and preserve function.

When did you know that you wanted to become a doctor?

I’ve always wanted to be a doctor. I cannot imagine myself somewhere else.

For Dr. Tutuncu, what would the perfect day include?

Playing tennis early in the morning, followed by a busy day in the clinic with interesting patients, and ending the day with a nice dinner viewing the sunset. I am very fortunate!

To make an appointment with Dr. Tutuncu or any of the 13 Scripps Coastal Encinitas clinicians, please call 760-806-5890 or visit scripps.org.

Kids’ Corner

Did you know?

While most pediatricians will prescribe oral antibiotics for an ear infection, studies have shown that antibiotics often do little to reduce the symptoms of ear infections and cannot treat all causes of ear infections.

Children’s ENT of San Diego takes a more comprehensive approach to treating ear infections in children. After examining your child, Dr. Ochi, one of San Diego’s “Top Doctors”, reviews all possible causes of the ear infection and prescribes the best course of treatment available. If surgery is need, Dr. Ochi utilizes the latest surgical techniques and can incorporate medical acupuncture to reduce postoperative pain and promote a faster recovery time.

If you think your child could be suffering from an ear infection or other ear problem, call Children’s ENT of San Diego at (858) 792-4800 to schedule an appointment today!



The Game Changers: A New Frontier for Cataract Surgery

by: Jeffrey B. Morris, M.D., M.P.H



Just like a camera has a lens, so does the eye. A cataract is a cloudy formation on the natural lens within the eye and the only way to remove a cataract is with cataract surgery.

During the early 1980s and prior to that time period, surgeons used a technique called extracapsular cataract surgery which required very large incisions to be made by hand, but the complication rates of such surgery were rather high. In the late 1980's and early 1990's ophthalmologists embraced a technique called phacoemulsification, which used smaller incisions and ultrasound to help break up the cataract into smaller pieces. Now, looking forward to the future of cataract surgery, 2014 marks the beginning of a new exciting frontier!

Today I am proud to announce that Morris Eye Group is among the first practices in the country to offer the Bausch & Lomb Victus® Cataract Laser. The Victus® laser automates the most challenging parts of the cataract procedure and eliminates the surgeon's free-hand incisions that were previously done with blades and sharp instruments. The laser creates precise incisions and a round opening in the capsule of the lens. Remarkably, all of this is done without actually creating an open wound in the eye.

As I look back on my career as an ophthalmologist, I am proud that we have come so far with treatment options for patients. The evolution of ophthalmology has brought about priceless advancements that I see directly when performing modern cataract surgery including: lowered risk, surgical astigmatism correction, greater visual outcomes, and faster, easier recovery time for patients. To learn more or to make an appointment, please call 760-631-3500 and select option 2 when dialing.

*The evolution
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This is an excerpt from the original article that ran in The Coast News. To read the article in its entirety, visit www.NorthCoastHealthCenter.com.



Michael L. Myers, DDS, Inc.

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Dr. Myers has been elevating the quality of his patients' lives for many years. His Encinitas General Dentistry Practice turns 35 this month! To celebrate, Dr. Myers is offering a 20% New Patient Discount for initial exam, x-rays and cleaning!*

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*New patient discount valid 2/1-3/31/2014. Must mention this newsletter ad to receive discount. Professional discount available to NCHC physicians and staff only. Restrictions may apply

Family Medicine at its Best

by: Georgine Jorgensen, MD, MPH

Connor's little pink fists clench into the air as I place my cool stethoscope on his rising chest. A shrill squeal escapes his tiny lips and his eyes strain to peel open under the bright hospital lights. Kate is watching us both intently. At four years old she is already fiercely protective of him.

She strokes his fine, blonde curls and whispers in her best big girl voice, "It's okay, Katie's here." I reassure her that she has a perfect little brother.

Still weary from a 3:00 am delivery, Jenny beams proudly at both of them from her bed, her own blonde curls matted down against her face by the sweat of labor. The large door to their room suddenly swings open as Mike and his parents burst in buzzing with anxious delight. Grandpa Jack gives me a big bear hug and thanks me for being there. I tell him there is no place else I'd rather be. Everyone in this room is my patient. I am their family doctor.



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The doctors of North Coast Family Medical Group (NCFMG) have been caring for the families of Coastal North County San Diego for over 35 years. As family physicians, we have been trained in all areas of medicine to provide comprehensive care to our patients through all stages of life. We are at the center of patient care, coordinating and guiding our patients through what can be a very confusing and fragmented health care system.

NCFMG is proud to be named the only private practice group listed among the top five medical practices in San Diego for two consecutive years. We are also honored with the distinction of having all six of our physicians named as Top Doctors by San Diego Magazine—recognized by their physician peers as doctors they would recommend to their family members. We truly are committed to treating every patient as we would want our family members to be treated.

For the convenience of our patients, we are open from 8am to 8pm Monday through Friday and every Saturday from 9am to 1pm. We have easy access to appointments—most patients can be accommodated within 24 hours of their request to be seen. NCFMG accepts many different insurance plans. To learn more about NCFMG, call (760) 942-0118 or visit www.ncfmg.com

This is an excerpt from the original article that ran in The Coast News. To read the article in its entirety, visit www.NorthCoastHealthCenter.com.



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www.NorthCoastHealthCenter.com**