

NEWS FROM FORT SANDERS REGIONAL MEDICAL CENTER

His Own Prescription for Good Cardiac Health

Dr. George Krisle is a practicing cardiologist with Knoxville Heart Group at Fort Sanders Regional Medical Center. In 1977 when he began his cardiology career, there was no Cath Lab, no heart program and the hospital didn't even do heart surgeries! He saw that as an opportunity.

"We opened the Cath Lab here at Fort Sanders in 1985 and began our heart surgery program in 1988," says Krisle, "that seems such a long time ago." But he is glad that the advancements made in heart care have continued to improve since those early days.

Heart disease is the number one health issue in our country today. Obesity and smoking are two of the main reasons why. And, adds Krisle, "I learned the hard way that you can't outrun your family history." Krisle's grandfather was a smoker and passed away suddenly when he was 58 years old. His father smoked one pack a day and also developed vascular disease at age 58.

"Now, I'm supposed to be a smart guy," laughs Krisle. "I knew that I had to get past that 58 year mark!" In March of 2009, Dr. Krisle was getting ready to

go cross country skiing. He was in the middle of a one-hour plus workout. At the 58 minute mark (eerie, isn't it) he felt a tweak. He knew it was angina, chest pain that occurs when an area of your heart muscle doesn't get enough oxygen-rich blood.

He consulted with his Knoxville Heart Group partners and proceeded with a cardiac

"Fort Sanders Regional is a great place to be and I know about it first hand."

catheterization procedure, which examines blood flow to the heart and tests how well the heart is pumping. Dr. Krisle found out that three of his blood vessels leading to the heart were clogged 80 - 90%. Fortunately, the pumping chamber was strong and good.

"This meant coronary artery bypass surgery for me," says Krisle.

Dr. Krisle had his procedure at Fort Sanders Regional Medical Center and was under the care of cardiovascular surgeon Dr. Lacy Harville. Everything went extremely well and Krisle got to

see the side of the hospital his patients have experienced. "I had great care. If anyone ever asks you if you get great care at Fort Sanders, I can say the care was spectacular. It's a wonderful place to be. I knew that as a physician, and now firsthand as a patient."

The only down side? The staff made Dr. Krisle wear socks while he was in the hospital - something he hasn't done since college!

When Krisle was discharged, he was given strict instructions to stay home for six weeks. He laughs, "I had never eaten breakfast or lunch at home! I would get up at 5:15am and

get home at 6, 7, 8, or 9:00 at night. I found that I enjoyed staying at home with my wife Susan. Each morning I would sit by the fire, read the newspaper and get my breakfast."

The second week into his recovery, Dr. Krisle had a meeting with nutritionist Betsy Bohannon. He was asked to bring his wife along for the meeting. According to Krisle, Betsy "spoke to me for about a minute and to Susan for 45 minutes." Following that meeting, Krisle began eating balanced meals and walking five miles each day. He also participated in the



Fort Sanders Regional Cardiac Rehabilitation exercise program and loved it.

On the 31st day into his 42-day recovery period, something changed. "There was no fire, no newspaper and no breakfast. I asked Susan what was happening and she said 'George, today you are going back to work!' When I protested, she said 'I don't care what they said; you are going back to work.' I guess my 'vacation' wasn't as fun for her!" says Krisle.

He did go back to the office and was on limited duty until his full 42 days were complete.

Dr. Krisle is now down to his college weight and feels terrific. "I am doing great. But I want everyone to know that heart disease is the number one problem in the United States. If you need to make some lifestyle changes to get your heart healthy, then do it," he says. "I'm living proof it can make a difference."

Get moving toward heart health

Exercising as little as 30 minutes a day can help you reduce your risk of heart disease, according to the American Heart Association. For each 30 minutes you exercise each day, you may be adding two hours to your lifespan. No one is too old to start. Find an activity you can do and work it into your daily routine.

Here are some ideas:

1. Walking is the simplest exercise that is easy, safe, and affordable. Every hour of walking could increase your life expectancy by two hours, and a 30 minute brisk walk provides heart health benefits. Start with short 10 minute walks and work your way up to more.

For more benefit, choose a hilly route. It's OK to spread your walks out during the day, with 10 minutes before breakfast, 10 at lunch, and 10 after dinner. When shopping or going to work, park

at the back of the parking lot and walk the extra distance. Always take the stairs, not the elevator. In winter, try walking in the mall. If you have a dog, take him. It's good for you both!

2. At Home, do your own housework and yard work. Buy a good exercise machine that you enjoy, like a treadmill or elliptical machine, and park it in front of a television. Or while watching TV, do isometric exercises (pushups and sit-ups), and stretches.

3. At Work, walk with a co-worker at lunch or during breaks. Take advantage of hotel fitness rooms when you travel. If there's no fitness room, pack a jump rope in your suitcase or walk around the hotel building. Join a sports team with your company. Investigate if your firm offers a discount on a fitness club. If you have

to speak to a coworker at length, walk down the hall instead of using the phone.



Six Numbers at the Heart of Good Health

What you measure, you improve. That's the goal of Know Your Six, a community outreach effort to fight heart disease from Covenant Health and WATE-TV 6.

By knowing just six simple numbers, you can get a general heart health profile.

Six Numbers That Matter Most for Your Heart

Cholesterol	Total cholesterol of 200 mg/dL or lower. HDL ("good" cholesterol) of 50 mg/dL or higher, if you're a woman, or 40 mg/dL or higher, if you're a man. Optimal LDL is 100 or lower
Fasting Glucose	Less than 100 mg/dL -- Optimal 100 mg/dL to 125 mg/dL -- Pre-Diabetic More than 125 mg/dL -- Diabetic
Blood Pressure	Less than 120/80 mm Hg -- Normal 120/80 mm Hg to 139/89 mm Hg -- Prehypertension 140/90 mm Hg to 159/99 mm Hg -- Stage 1 hypertension 160/100 mm Hg or higher -- Stage 2 hypertension
Body Mass Index (BMI)	Less than 18.5 -- Underweight 18.5-24.9 -- Healthy Weight 25-29.9 -- Overweight 30-39.9 -- Obese 40+ -- Morbidly Obese
Physical Activity	30 minutes of exercise 6x week
Sleep	7 to 8 hours of sleep a night Too little sleep can promote calcium buildup in the heart arteries, leading to the plaques that can break apart and cause heart attacks and strokes.

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