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PRESS RELEASE

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Heart Health For Woodburn Residents

Woodburn - Heart disease is the leading cause of death in Oregon and nearly 80 percent of adults in our state exhibit one or more risk factors, including high blood pressure or cholesterol, diabetes, smoking or obesity. Tukwila Center for Health and Medicine is offering classes to help community members identify their risks and learn about lifestyle, and care options. The six-part series will be held Tuesdays, Mar. 7 - 28, 10-11:30 a.m. and Fridays, March 17 & 24 at Tukwila Center.

The heart health classes will be given by educators from Silverton Hospital's Cardiac Health Improvement Program (CHIP), a local heart care resource designed to provide information and integrated care to heart patients in the Woodburn, Mt. Angel, Scotts Mills and Silverton areas.

"CHIP is designed to educate people about heart disease, preventative measures and offers the latest information on medications and lifestyle management skills including

complementary therapies” said Janna Liewergen, RN and Nurse Coordinator for the program.

When diagnosed with heart disease, people are often left discouraged, confused, and overwhelmed. The cure lies in learning about the condition and taking steps toward managing it in order to live a longer and more enjoyable life. There are many things people can do to improve their quality of life, whether they suffer from an acute heart condition or have risk factors like high blood pressure. Simply watching one’s diet can prevent a trip to the emergency room. There are many lifestyle management skills patients and their families can learn so they can take control of their health and not become a victim of their disease.

CHIP utilizes an integrated approach to educating and treating heart patients. A registered nurse heart specialist works with patients and family members, coordinating the services needed for an individualized and streamlined course of care and lifestyle management. The CHIP team includes the patient’s primary physician, nurses, cardiopulmonary staff, registered dietitians, physical therapists, counselors, pharmacists, internist and Medical Director Curtis Climer, M. D. and cardiologist Kirk Walker, M.D. It is a template for the way medical conditions will be managed in the future – a team-based approach to chronic disease management rather than reaction to a crisis.

The CHIP classes will be led by program coordinator Janna Liewergen, R.N., B.S.N.; Pharmacist Elaine Senff, R.P.h., Dietician Michelle Moore, M.S., R.D.; Physical Therapist Kelley Mason, M.S.P.T., Counselor Jean Wilson, M.S.W. and Yoga instructor Jane Golden R.N., B.S.N.

The first class in the series will discuss heart disease, risk factors and warning signs of heart attack, stroke and heart failure. Class two will cover heart medications, herbs, supplements and potential drug-herb interactions. The third class will be led by a registered dietitian who will discuss a heart healthy diet with an emphasis on low sodium intake.

The fourth Tuesday class will discuss *Exercise and Activity for a healthy heart and for the Heart Patient*. Participants will learn how to pace daily activities to optimize energy levels as well as explore ways to monitor the frequency, intensity and timing of exercise.

The Friday classes will explore how the challenges of maintaining a healthy heart may impact one's emotional and spiritual well-being. Topics will include various aspects of depression and how to mentally, and emotionally manage stress. Participants will learn several techniques that can help manage physical stress.

The six-session CHIP series will be held at Tukwila Center for Health and Medicine. There is no charge, but registration is required. Please call Valerie at 982-4571 to register.

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Janna Liewergen, R.N., B.S.N. and Jane Golden, R.N., B.S.N. are part of Silverton Hospital's Cardiac Health Improvement Program (CHIP) program. A new series of

classes provide information and integrated care to heart patients.

