

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

February 2018

February is American Heart Month

Heart disease is the leading cause of death for both men and women. In 2005, more than 34% of all Wisconsin deaths (15,892) were due to cardiovascular disease (CVD). Based on 2005 data, cardiovascular disease causes more deaths annually than cancer, AIDS, automobile crashes, domestic abuse, and alcohol abuse combined.

To prevent heart disease and increase awareness of its effects, the Aspirus School District of Rhinelander Clinic is proudly participating in American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Did you know that there are new tests to help detect heart disease early?

Coronary artery calcium scoring can detect the earliest signs of heart disease event before symptoms occur. The test uses a CT scanner to measure the amount of calcified plaque in your heart's arteries and can help assess your risk of having a heart attack.

Calcium scoring is recommended for people who are over age 40 and have two or more risk factors for heart disease:

- High cholesterol
- Smoking
- High blood pressure
- Diabetes
- Overweight
- Family history of heart disease.

School Year Clinic Hours

- **Monday: 3pm-5:30pm**
- **Tuesday: 11am-1pm**
- **Wednesday: 3pm-5:30pm**
- **Thursday: 11am-2pm**
- **Friday: 2:30pm-4:30pm**

We encourage you to check with your health insurance to determine if the scan is covered under your preventative benefit. If not, the test costs around \$50 and the entire test takes less than 30 minutes to complete. For more information please visit aspirus.org/calciumscoring.

To schedule an appointment, you can visit us at the onsite clinic to discuss a referral or call Aspirus Central Scheduling at 715-847-2550.

Sleep Apnea and Heart Disease

We can all agree that snoring be annoying to listen to, but did you know that it can also be a symptom of a condition called sleep apnea, especially when the person who snores repeatedly stops breathing for even brief moments during sleep. This prevents restful sleep and can temporarily cause low oxygen levels in the blood. This in turn increases a person's risk for serious health problems, including obesity, heart disease, diabetes, and strokes. One in every five adults has mild sleep apnea, and it affects men more often than women. The good news is that there are tests to detect sleep apnea and treatments available.

If you are concerned that you or a loved one might have sleep apnea, click the following link to complete a sleep apnea risk calculator: [STOP BANG Sleep Apnea Screening Tool](#)

If you would like additional information on sleep apnea, please schedule an appointment at the onsite clinic to discuss further. You can also visit the American Heart Association's (AHA) web page: [AHA Sleep Apnea Link](#)



Meditation for Heart Health?

Not only can meditation be good for your mind and stress reduction, but there is research looking into the benefits of meditation for heart health. According to the American College of Cardiology's Cardiosmart Newsletter published in October 2017, "Based on existing evidence, experts agreed that meditation *may* promote heart health and reduce cardiovascular risk. For example, studies suggest that meditation may help lower blood pressure, aid in smoking cessation, and reduce mortality risk from heart disease. Studies have also linked meditation to healthier arteries and improved blood flow to the heart... Given the low costs and risks associated with meditation, they explain that it's reasonable to consider meditation in combination with a healthy lifestyle and established therapies." Unsure where to start? Here is a helpful guide from New York Times writer, David Gelles: [How to Meditate](#)

Recipe of the month:

Chipotle Shrimp Tacos with Avocado Salsa Verde

By A Bountiful Kitchen ([recipe link](#))

Avocado Salsa:

- 1 small onion, quartered, or 1/2 sweet onion, 1/2 red onion
- 1 garlic clove, minced
- 4 medium tomatillos, (about 8 ounces) husked, rinsed
- 1 Hass avocado
- 1/2 cup loosely packed fresh cilantro leaves
- 1 teaspoons kosher salt
- juice from one lime or about 2-3 tablespoons lime juice



Shrimp:

- 1 tablespoon olive oil
- 1 teaspoon chipotle or blended chili powder
- 1/2 teaspoon kosher salt
- 1 pound medium shrimp (about 20), peeled and deveined
- 12 small yellow or white corn tortillas
- 2 limes, cut into wedges. Chop all of the salsa ingredients, season with salt. Juice the lime and pour the juice onto the chopped vegetables, set aside. Heat a stove top or outdoor grill to medium-high. Mix the olive oil, chipotle or chili powder, and salt in a large bowl. Add the shrimp and toss to coat. Grill the shrimp until translucent, about 1 1/2 to 2 minutes on each side. Do not over-cook, or the shrimp will become tough. Grill tortillas, until slightly charred and pliable, about 20 seconds per side. (Alternatively, wrap in a damp paper towel and heat in a microwave). Top each tortilla with about 3 shrimp and some avocado salsa. Serve with a lime wedge on the side.

Tips:

If you don't have the time, or don't have a BBQ grill, you may sauté the shrimp over medium high heat in a frying pan. Lightly grease the pan or use a non-stick pan.

In review from previous issues:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770** or **Aspirus Business Health-Rhineland Office at 715-361-5482**



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



Mental Health Services:

Counseling services are available!

Aspirus Licensed Professional Counselor, Steve Kuhn, provides counseling services in Rhineland at no cost to you. For help with stress, depression, and anxiety. Call 800.236.4457 today to schedule your appointment.

References:

- <https://healthfinder.gov/NHO/FebAnnounce.aspx>
- <https://www.dhs.wisconsin.gov/heart-disease/facts.htm>
- <https://www.cardiosmart.org/News-and-Events/2017/10/Meditation-A-Tool-for-Heart-Health>



Location

665 Coolidge Ave. Door #7
Rhinelanders, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

Aspirus Business Health-Rhinelanders Office

715-361-5482

