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**Why do I have to use Phreesia at each visit?**

“Nothing has changed” “I’m not computer savvy.”

“I have trouble reading from the screen.”

With the nationwide implementation of electronic medical records (EMR), the process by which we manage your Protected Health Information (PHI) has evolved as well. As a result, you will be asked to complete your check in process via *Phreesia*. For your convenience, we offer two convenient methods: you can use the *Phreesia* tablet on the day of your appointment, or you can check in remotely from the comfort of your home via your desktop computer or hand held device. If you prefer to skip the tablet and check in from home, all we need is your email address and we will send you a reminder in the days preceding your appointment. You can then check in from home using your personal computer or hand held device. If you choose to check in from home, you will not be asked to complete the *Phreesia* tablet when you present to the office on the day of your appointment. This will allow you to focus on what is most important- your visit with your cardiologist!



Once you have entered your personal information and demographics into *Phreesia* for the first time, it is stored on your EMR and can be reloaded for your review and edit each visit. It is important to review the stored information at each visit so that we will have the most current insurance and contact information on file. In addition, using *Phreesia* is another way we keep your PHI safe, secure, and private.

If you do not have access to email or a computer, or prefer to use the tablet at the time of the office visit, please feel free to ask a staff member for help if needed. We are eager to assist. Our ultimate goal is to provide the highest level of care to you, and this includes protecting your PHI as well as taking care of your heart!

**Tea is Actually Good For Me?**

Do you like to drink tea? If so, we have good news for you. Drinking tea can actually benefit your health! According to the American Heart Association, drinking tea is associated with decreased coronary artery calcium progression and a lower incidence of major cardiovascular events, such as heart attacks, angina (chest pain), cardiac arrest, stroke, and death from other types of heart disease.

Tea is a good source of compounds known as catechins and epicatechins, which belong to a group of plant chemicals called flavonoids. Flavonoids are thought to reduce inflammation, which may reduce plaque buildup inside your arteries.

Green tea antioxidants may prevent clogging of the arteries, burn fat, reduce the risk of stroke, improve cholesterol levels, and disrupt the growth of certain cancers. The health benefits of hibiscus tea include relief from high blood pressure and high cholesterol, as well as digestive system, immune system, and inflammatory problems. Antioxidants from tea play a role in helping liver function, reducing the risk of certain cancers and most importantly speeding up the metabolism to help in healthy, gradual weight loss.

Hot or cold, tea can be enjoyed all year long, throughout all seasons. In its purest form, it has only 2 calories. However, adding sugar, honey, cream, or milk will increase the caloric content and may contribute to a variety of health problems. So use caution when fixing your next cup of tea, and enjoy!

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## Avoiding Heat Stroke This Summer

The warm weather of summer can be an inviting welcome for many, but may also present risk for dangerous conditions caused by overheating, which include : heart cramps, heat exhaustion and heat stroke. The good news is that all three of these syndromes are preventable.

In hot weather your body produces sweat in an effort to cool your core temperature. However, prolonged exposure to heat, or physical overexertion in this environment, makes it difficult for the body to cool itself down. As a result, you may develop heat cramps, the symptoms of which include sweating, thirst, muscle cramps and fatigue. Further exposure can cause progression to heat exhaustion. Signs and symptoms may develop suddenly or over time and include cool moist skin with goose bumps when in the heat, heavy sweating, dizziness or faintness, weak rapid pulse, nausea/vomiting and headache. When this occurs, immediate action is required: stop all activity, rest, move to a cooler place, drink cool water or electrolyte fortified drinks. If symptoms persist for longer than 1 hour despite treatment, or if your body temperature reaches 103 F, your condition may be progressing to heat stroke. Heat stroke is a serious, potentially life threatening condition that requires immediate medical attention. If left untreated, it can cause organ damage. Additional symptoms include: confusion or change in behavior, and a change in sweating pattern,. In this emergency condition, excessive clothing should be removed, and attempts to cool the body by whatever means possible should be taken, such as a garden hose, cool tub, or ice packs/cold cloths to the head, neck, armpits and groin.

The best strategy to prevent any and all of these conditions is to avoid prolonged exposure to excessive heat. Exercise in the early morning hours, before the temperature and humidity rise. Avoid caffeine and alcohol. Drink plenty of water and electrolyte replacement fluids, aka sports drinks, especially if you anticipate being in the heat. Stay in the shade whenever possible, and keep your home and car cool with fans and air conditioning. Certain medications and medical conditions may affect your body's ability to stay hydrated and respond to heat. If you have concerns about your exposure risk, ask your doctor at your next office visit. Summer is only here for a few months each year, and we want you to enjoy the weather and stay safe in doing so!

| HEAT EXHAUSTION   | OR | HEAT STROKE   |
|---|----|---|
| Faint or dizzy  |    | Throbbing headache  |
| Excessive sweating  |    | No sweating   |
| Cool, pale, clammy skin   |    | Body temperature above 103°<br>Red, hot, dry skin   |
| Nausea or vomiting  |    | Nausea or vomiting  |
| Rapid, weak pulse   |    | Rapid, strong pulse   |
| Muscle cramps   |    | May lose consciousness  |
| <ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul> |    | <h2 style="text-align: center;">CALL 9-1-1</h2> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul> |

### Mediterranean Grilled Chicken with Lemon Cucumber Relish

Makes 4 Serving

#### INGREDIENTS

- 4 skinless, boneless chicken breast halves (1-1/2 pounds)
- 1 - 2 tablespoons olive oil
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 1 medium seedless cucumber, chopped (2 1/2 cups)
- 1 large tomato, chopped (1 cup)
- 1/4 cup finely chopped onion
- 1/2 teaspoon finely shredded lemon peel
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1/3 cup nonfat plain Greek yogurt
- 1 tablespoon honey
- 1 tablespoon milk

#### INSTRUCTIONS

- Brush chicken breast halves with olive oil; sprinkle with ground cumin, salt, and pepper. Grill on a covered grill directly over medium heat for 12 to 15 minutes, until done (170 degrees F), turning once.
- Meanwhile, for Lemon-Cucumber Relish, in a medium bowl combine cucumber, tomato, onion, lemon peel, lemon juice, and garlic; stir to combine. In a small bowl combine yogurt, honey, and milk; stir to combine.
- To serve, top chicken with Lemon-Cucumber Relish. Drizzle with yogurt sauce. Makes 4 servings.

recipe link: <http://www.bhg.com/recipe/grilled-chicken-with-lemon-cucumber-relish/>

