



Welcome to SilverSneakers!



We are pleased to announce that New Heart is now partnering with the SilverSneakers program. This means that eligible individuals are now able to come to New Heart and participate in our exercise program at no or very low cost. SilverSneakers is the nation's leading exercise program designed exclusively for older adults. To see if you may be eligible, please contact our front office at 881-8195.

What does the SilverSneakers Program include?

Level	Benefits	Cost
Step 1	Basic membership	Free
Step 2	Basic membership, plus exercise prescription, blood pressure monitoring and more	\$5.00/month
Step 3	Same as Step 2, plus clinical medical supervision	\$10.00/month

- Membership
- SilverSneakers Classes
- Health education and social events
- Nationwide reciprocity means members have access to over 2600 fitness centers nationwide!

What is the SilverSneakers class?

- The class uses a variety of equipment such as chairs, resistance bands, small play balls, and hand weights.
- The exercises done in class also help our members maintain or regain their ability to perform “activities of daily living” or ADLs by emphasizing muscular strength and range of motion, balance, coordination, agility and dexterity
- Class lasts 45-60 minutes and can be done seated or standing
- Class size is limited to 30 participants
- Classes are taught by certified instructors who receive special training for teaching older adults

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NOT AGING BUT *SAGE-ING*®

Gary Carlson, PhD

Are you getting older? Join the crowd! Actually, the issue is not whether you're getting older, but how you feel about it. Recent research indicates that people who feel positive about aging live 7 years longer than those who have a negative attitude. Equally importantly, those who approach their elder years enthusiastically enjoy their lives more, no matter how long they live.

So why don't we always feel positive about aging? First, aging gets a bad rap from the media and business interests. Youth is worshipped, age is pitied. Also, the transitions that occur as we age, including retirement and empty nest, can be challenging. And there really are losses that may occur as we age, including the eventual outcome of aging which is dying.



Gary Carlson, PhD

As actress Bette Davis once famously said, "Aging is not for sissies."

Nonetheless, many people feel that their elder years are the best, most fulfilling years of their lives. Even those who have encountered life-threatening illnesses frequently find that life takes on new meaning afterward. Again, it's less about what happens to us and more about how we choose to respond.

In February, March and April, I will present two introductory talks and a seven-week class at New Heart in which we will explore how to approach our aging more consciously and more joyously. You can choose the way you want to age, and it's worth choosing wisely. Join us!

Bio sketch: Gary Carlson, PhD, is co-director of the Sage-ing® Group of New Mexico, an organization that

presents workshops on conscious aging. He is a leader of the Conscious Aging Network of New Mexico and the Sage-ing Guild, an international professional organization for Sage-ing Leaders

Program Listings

Connections: Giving Our Lives Meaning—This seminar discusses the importance of many types of connections in bringing joy and meaning to our lives. It also provides an introduction to sage-ing/conscious aging concepts. Presented February 12 and 21 at noon. **Free.** Instructor: Gary Carlson, PhD

Sage-ing: Growing Whole, Not Old—At age 60, most of us will have many more years to live. This 7-week class will focus on aging not as a time of decline, but rather as a time of exciting personal growth and development. The class will be highly interactive, with discussions and exercises to add to your understanding. Begins Thursday morning, March 8. \$75 for 7 two-hour classes; includes class text and materials. Instructor: Gary Carlson, PhD

Christina Hewes to Chair Fund Development Board

Our Fund Development Board meetings will now be chaired by Christina Hewes. Noel Behne, New Heart Board member and chairman of the Development Committee, will step down from his development leadership position after having served for two years as chair. Noel will continue on as a member of the committee, sharing his keen business insight and fundraising ideas with us for New Heart's benefit.

Christina (Chris) is a recent member of our Fund Development Board, having joined only one year ago. Her interest in contributing her time and energies to New Heart stem directly from her own recent open heart surgery and cardio-rehab experiences in New Jersey, as well as her strong business background. Five years ago Chris underwent emergency cardiac surgery after she was found to have a large ventricular aneurysm, which had just begun to leak. It appears the aneurysm developed over the preceding several months after successive "silent" heart attacks, so common in women.

Prior to her cardiac surgery, Chris was a Partner at Kepner-Tregoe, Inc., an international management development and consulting firm based in Princeton, NJ. Over her fifteen years at Kepner-Tregoe Chris practiced strategic planning consulting and structured large productivity improvement projects with Fortune 500 clients, largely in the US and Puerto Rico, with primary focus in healthcare manufacturing. Chris holds a B.A. in biology from Wittenberg University, an M.S. in pharmacology from Indiana University, and an M.B.A. in marketing and finance from Northwestern University.

Chris' current special interests include cooking, reading fiction, golf, bridge, and indulging in the fine and performing arts. "Living in New Jersey just outside Manhattan was a great venue for the latter, but now I'm enjoying New Mexico's enchantment - - the big sky, golf, the symphony, gallery visits, training to be a docent at the Albuquerque museum and working with New Heart. There is so much to explore and learn about New Mexico and the Southwest - I look forward to the adventure and the challenge!"

New Heart Gift Form

I'd like to donate to New Heart!

Name _____

Address _____

City _____ State _____ Zip _____ Phone (____) _____

E-mail _____ Amount of my gift \$ _____ My check is enclosed.

Charge my: Master Card Visa Discover Number _____ Expiration ____/____/____

Send to: **New Heart, Inc.** 601 Lomas Blvd. NE, Albuquerque, NM 87102

Naming Opportunities

As we continue our fundraising campaign to replace aging exercise equipment we would like to give you the opportunity to be recognized for an important contribution to New Heart. You can have your name on a plaque on any piece of equipment you would like to purchase for us. Just specify on your check what the contribution is for.

Treadmill	\$4,200	Recumbent Bike	\$2,000
Crosstrainer	\$3,500	Arm Ergometer	\$1,500
Elliptical Trainer	\$3,500	Stationary Bike	\$1,100
Nu Step	\$3,200	Rower	\$950
Stair Master	\$2,200	Air Dyne	\$600

The Iron Horse



Editor's Note: The following article was written by Durand Smith, a graduate of the cardiac rehabilitation program at New Heart.

Less than a year ago, I had my "event," as they say at New Heart. On June 25, 2005, I was brought to the Heart Hospital with a heart attack, and the next day, I had a triple bypass. After I returned home, my wife Terry drove me to New Heart for new patient orientation. I was using a bottle of oxygen, and I was so weak that I had to sit down at every opportunity as Goldyn took the group on a tour of the gym. Looking back now at my initial treadmill test photo, I see a ghost with a pale face and black circles



around my eyes. It seems hard to believe that I could recover and train to complete the Iron Horse Bicycle Classic, but I did. In fact, training for and riding the Iron Horse gave me the focus and drive I needed to recuperate.

At the time of my surgery, I was a program manager for a large aerospace company, managing 125 people in two locations and often working over seventy hours a week. There was little time for myself or my family, and my bicycle seldom made it out of the garage. After my heart attack, I realized that some things needed to change. I devoted myself to my exercise program, and I also took a stress management class to address



The New Heart First Anniversary Celebration was held on October 19

New Heart's live and silent auction was held in the workout gym with Dick Rock's Dixieland band adding a wonderful ambience. More than 36 auction items were up for bid. The most exotic auction item was a private plane tour of Chaco Canyon and Monument Valley donated by John Moore. A special friend of New Heart purchased the auction item as a surprise birthday present for her husband. She has reported back that "it was absolutely a great experience and the country was more beautiful than she imagined it to be".



Dick Lueker, Medical Director, was Master of Ceremony and Bill Wiley, Vice President of Wells Fargo Bank, did a superb job as the Auctioneer.

The proceeds, \$15,704.00 will be used to purchase new gym equipment. Meg Lueker said she had recently ordered 19 pieces of new equipment which should be here very soon. More than \$80,000 has been raised for the



project this past year. Our special thanks to our many donors who helped make this purchase possible.

some of the other factors affecting my health. I knew I couldn't continue as I had been at work, so I asked my boss for a different assignment with more reasonable hours. Around this time, I also decided to commit myself to training for the Iron Horse.

As I got stronger, I steadily increased the level and frequency of my workouts at New Heart. I began to add in bicycle rides with my son-in-law Michael, who had ridden the Iron Horse before. Finally, after all of our training, I was ready. We drove to Durango, CO on a Friday for the Saturday Memorial Day weekend ride. The town was bustling with over 2400 riders and people attending other events. My family joined me, including my wife Terry, our daughters, grandkids and Michael. On Friday evening, we went for the traditional pre-race carbohydrate-loading dinner

and strolled the town before turning in to rest up for the big race.

The day of the ride was beautiful. Conditions in Durango were ideal -- 39° and calm. I rode to the starting line, near the Durango train station, and the excitement built with the steam of the Iron Horse. The whistle blew, signaling the start of the ride, and the mass of riders started for Silverton, 48 miles away. By the time we cleared Durango, the crowd had thinned out enough that we could relax and enjoy the ride. The countryside was beautiful, and we rode alongside the Iron Horse for several miles.

The ride was not always an easy one. We rode over two passes, each of which was over 10,000 feet, and there were some scary moments with narrow mountain roads, cattle trucks, and steep drop-offs with no guardrails.



The last several miles were especially hard, but I pushed on past other bikers who by then were walking. I was tired and sore, but my heart felt great and inspired me on.

Finally, after a snack at the last aid station, we began our descent into Silverton. My family was waiting at the finish line, cheering like I was the first to cross. The Iron Horse was waiting in the station, and I knew I was back and could take on physical challenges again.

The Lueker Abstracts



Dr. Richard Lueker

Stopping Smoking in NYC credited with saving lives

Mayor Blumberg's antismoking crusade has already reduced number of deaths more than

800 a year from 2000 to 2005, a drop of more than 10 percent. Most of the decline was in death from cardiovascular disease. Despite fierce opposition at the time, the smoking ban is now widely accepted.

New York Times, December 21, 2006

Study casts doubts on new blood tests

New blood tests that were touted to more accurately predict which patients were headed for heart attack or stroke have been shown to be no better than the standard risk predictors. It had been hoped that the more sophisticated tests, namely C-reactive

protein, homocysteine, and B-type natriuretic peptide would be better predictors. The study showed the best predictors of heart attack were cholesterol levels, blood pressure, smoking, obesity, lack of exercise and diabetes.

American Heart Association
quoted in *NYT*, December 20, 2006

Folic acid supplementation and cardiovascular disease risk questioned

No apparent benefit for folic acid supplementation in reducing risk of cardiovascular diseases. While some studies have suggested that folate intake decreases risk of heart disease, recent research trials using folate supplementation have been inconsistent. A very large study at Tulane University, with data from over 16,000 participants, did not show any decrease in cardiac or all-cause mortality. Several ongoing trials may shed additional light on this issue.

JAMA, December 13, 2006

Preventing heart disease by controlling weight and doing exercise:

A recent meeting of the European Society of Cardiology joined the World Heart Federation in stressing the importance of "Healthy Weight, Healthy Shape for a Heart for Life" on World Heart Day September 25, 2005. Studies show a steady increase in obesity in both sexes in nearly all European countries. Two studies reported the benefits of physical exercise as a preventative measure against heart disease. The report indicated that even moderately active persons were 30-40% less likely to die from heart disease than an inactive, sedentary person.

European Heart Journal, September 2005

Dietary Omega-3 Fatty Acid Intake and Cardiovascular Risk:

Omega-3 fatty acids have a remarkable cardio-protective effect. The major source of the longer-chain

Continued on page 6

omega-3 fatty acids is fish, including farm-raised fish and their wild counterparts. Plant sources include flaxseed, flaxseed oil, walnuts, canola oil and soybean oil. These sources should be increased in our diets to reduce heart disease risk.

American Journal of Cardiology, August 2006

Coronary artery plaque stabilization from statin medication?

Statin medications lower cholesterol and thus impact coronary artery disease. A new emerging concept suggests that statin medication may have a benefit on the coronary artery plaque that is not due entirely to cho-

lesterol (LDL) lowering. There is emerging evidence that statins beneficial effects may be in part due to plaque stabilization, preventing the plaque rupture and subsequent coronary artery closing. This is a very important area of ongoing study.

American Journal of Cardiology,
December 2006

Programs for *You* at New Heart!



Cardiac Rehabilitation – This 12-week program includes pre and post-program walk tests, periodic physician visits, and a personalized exercise program designed to strengthen your heart slowly and safely after a cardiac event such as a heart attack, bypass surgery or other invasive treatment.

Insurance reimbursement.

Prevent Heart Disease (PHD) – You can choose either a self-managed exercise program or a personalized program in which

our team of exercise physiologists create a work-out regimen that's right for you. Staff will monitor your program, keeping track of blood pressure, heart rate and blood sugar (if needed), and guide you through a progression that will help you achieve your health and fitness goals.

\$25, \$35, or \$40 per month.

Cardiovascular Risk Profile w/HRA & Health Coaching Sessions – This package is a great tool for establishing health goals and getting you on the road to making lifestyle changes that will help you reach those goals. The cardiovascular risk profile includes a lipid and blood sugar test, a target heart rate walk test, body weights and measures, and a discussion of your results. You will also complete an online health risk assessment that gives you information about a wider range of health issues. You will then have one in-person and 3 telephone consultations with a health coach who will help you focus your goals into a manageable, sustainable plan. *\$175.*

Risk Profile – We will test your cholesterol and blood sugar levels, take some body weights and measures, do a short walk test to establish a good exercising heart rate and discuss your overall risk of heart disease and what you can do to lower your risks *\$40.*

Stress Skills Seminar – This 4-session series is in an educational/experiential format that is designed to help you learn your own personal stress response pattern and ways to more efficiently handle the stress in your life. *Free. Instructor: Erin Tooley.*

Gentle Yoga – This weekly class is a gentle form of yoga that uses mindfulness, breathing, yoga movements and guided relaxation to enhance flexibility and energy and reduce the stress of daily living. *\$10 per 75-minute session or \$48 for 6 weeks.*

Instructor: Judy Hayes (Certified Yoga Therapist).

A Morning of Mindfulness – Mindfulness is being awake to whatever is happening in our present moment experience. Life can be good just as it is. Come and see! This 3-hour Saturday-morning event will include mindful movement, mindful breathing, mindful walking, mindfulness meditation, and more. *\$20.*

Facilitator: Judy Hayes (Certified Yoga Therapist)

Weight for Wellness – This 6-week course is designed to help you be mindful of the way you eat and of the pitfalls you might encounter when trying to maintain a healthy diet. The program includes a cooking demonstration as well as guest speakers who discuss topics such as stress reduction and exercising at home. *\$9 per 1-hour session or \$50 for 6 weeks. Instructor: Pam Fletcher, RD MA*

Diabetes Education – If you suffer from diabetes, this program will help you learn when and how to measure your blood sugar, how to read your glucose meter, how to eat well and how exercise can be help improve your health. *Will bill insurance, no out-of-pocket cost for patients. Instructor: Valerie Quinn (Certified Diabetes Educator).*

Support Group – New Heart has support groups for men and women with heart disease and for caregivers of heart patients. These informal groups are facilitated by volunteers and designed as a place where you can talk to others who have had experiences similar to yours. *Free. Facilitators: Robert Lewis, MA MLFT; Erin Tooley; Kathy Wiggins.*

Economic costs of heart disease and mental health

In 2005, the Centers for Disease Control and Prevention projected the annual cost of heart disease to exceed \$394 billion. Of this number \$242 billion was due to direct costs and \$152 billion due to loss of productivity, death and disability. Incidental

absences in which employees call in "sick" for short periods create greater financial losses for employers than short term disability programs.

Depression develops in one of four people who have had heart attacks. When depression and heart disease are present together the risk of death is 3 times greater than in those indi-

viduals with heart disease who are not depressed.

Report from CDC, 2005



Health Coaching – Using the principles of Motivational Interviewing, our health coaches help individuals identify their personal values and goals and begin taking the steps necessary to reach those goals and live a more healthy and fulfilling life. \$20 per 30-minute session.

Journaling for Wellness – This unique program combines guided relaxation techniques with journal writing as a means of exploring health and wellness issues while helping you develop a mindful approach to living. \$90 for 6 weeks.

Instructors: Judy Hayes (Certified Yoga Therapist) and Gail Nowosadko

Health Education Seminars – This changing series of seminars addresses issues related to heart health and overall wellness. Topics include mindful eating, emotions and heart disease, relaxation in a hectic world, exercise at home and life in balance. \$3 per 1-hour session.

Tai Chi – The gentle forms of tai chi are used to improve energy flow, reduce stress, enhance breathing and invigorate the heart. \$11 per 1-hour class. *Instructor: Steve Wong.*

Nutrition Counseling – Eating right can be a complicated and difficult task. Let registered dietitian Pam Fletcher be your guide on the road to better nutritional health. In addition to the basics of what foods to eat and how to prepare them, Pam can help with issues such as emotions and eating, exercise and nutrition and making changes for the whole family. \$25 per 30-minute consultation.

Counselor: Pam Fletcher, RD, MA

Weight Training for Seniors – This series of three half-hour one-on-one sessions helps seniors develop a weight training program that will improve balance, reduce the risks of osteoporosis and strengthen muscles. \$60.

Life in Balance – This seminar introduces the importance of addressing the physical, emotional, social and spiritual elements of health in order to have the best possible quality of life. *Free. Instructors: Gail Nowosadko and Judy Hayes.*

Smoking Cessation – Our counseling staff uses the proven techniques of Motivational Interviewing to help those who wish to quit smoking reach their goals and maintain their achievements.

\$60 per hour for individual counseling and \$10 per one-hour class for groups of 6 or more. Counselor: Paulette Christopher.

Healing Music – Researchers are finding that music has a healing quality that is a unique experience for each of us. This series of four group sessions helps participants identify the music that resonates for them personally. Includes creation of a personalized music CD participants can pop in the CD player to enjoy again and again. \$45. *Instructor: Bonnie Schmader.*

Private Music Lessons – Flutist Bonnie Schmader offers private lessons on flute, piano and guitar at New Heart. \$15 per half hour. *Instructor: Bonnie Schmader.*

Give It
a Try!

Guest Pass 1

Present this Guest Pass

to attend any of our special classes.

Complete schedule above.

Offer good for 1 free class per quarter
per person. Expires 12/31/06.

Try It!
You'll Like It!

Guest Pass 2

Present this Guest Pass

on any Tuesday or Thursday

to tour our facility

and enjoy workout time
in our Gym facility.

New Heart Center for Wellness, Fitness and Cardiac Rehabilitation

Corporate Wellness Programs



If you've been reading the Wall Street Journal recently, you may already know something about corporate wellness programs. Already savvy business leaders are realizing the direct, causal relationship between risk factor reduction, behavior modification, lower health-care related costs and their bottom line.

It's simple economics: costs follow risks. While most corporations learn this the hard way, from paying high insurance premiums and suffering loss of productivity due to high rates of employee absenteeism, few CEOs and CFOs realize that the opposite is also true: you can significantly lower health-care related costs by educating and encouraging employees to modify lifestyle choices that, over time, reduce risk factors for heart disease, diabetes, and obesity, thereby minimizing health-care related costs, reducing absenteeism, and improving morale.

Recent studies based on New Mexico's workforce indicate that companies spend an average of \$3,500 per employee annually. A medium-risk individual costs \$1337 more (for a total of \$4837 per year) and a high-risk

individual is \$3475 more, or \$6975 per year. With health-care costs continuing to escalate, these numbers will rise (and corporate profit margins dwindle) accordingly. However, New Heart's studies show a return of approximately 25-30% in health-care related costs within 36 months of beginning a corporate wellness program.

Although many self-insured corporations already have a "wellness" component to their health insurance plan, what they don't realize is that HMOs associate "wellness" with intervention. But by its very nature, disease intervention occurs too late, after the valuable, but overburdened employee with great stores of institutional knowledge has suffered a heart attack, or once diabetes has set in, with serious, grave, and sometimes fatal results.

Rather than disease intervention—which is what most health insurance companies touting the benefits of their wellness plan offer—New Heart, Inc., offers a service of inestimable value: risk factor identification and assessment for disease prevention. The medical team of cardiac specialists, exercise physiologists, and nutritionists at New Heart, Inc., can demonstrate how the cumulative impact of your employees' lifestyle choices will compound over time to affect your company's bottom line.

Given health-care provider's reliance on disease intervention, it is no exaggeration to say that the current system of healthcare in America isn't a "health-care" system, but a "disease" care system.

If you look at it in terms of a business model, you'll realize that it is not only costly, but grossly inefficient. In this scenario, the only ones profiting are HMOs, while your profit margins, and your employees, are paying the price with their livelihood and well-being.

New Heart, Inc., is committed to seeing a paradigm shift in America's healthcare system, from "disease" care to preventative care. Hardly an issue for Human Resources, the benefit of preventative healthcare is far-reaching and cannot be quantified.



Custom Corporate Wellness Programs

New Heart's Corporate Wellness Programs are based on a preventative health-care model and can be customized to meet your business' needs, but all consist of three elements: risk factor identification and assessment, education for behavior modification, and ongoing monitoring and reevaluation of risk factors.

Risk Factor Identification & Assessment

The initial consultation consists of identifying an individual's risk for heart disease, diabetes and obesity. These simple clinical screenings provide an overall baseline assessment of employee health and can even be done at the workplace. Following the

initial consultation, the Risk Factor Assessment consists of a cholesterol test, online assessment & treadmill test. The questionnaire format of the online assessment allows employees to assess their risk factors with a greater degree of accuracy, in a safe and anonymous manner.

Behavior Modification & Ongoing Monitoring

Beginning with a frank and compassionate discussion of their risk factor profile, a health coach meets with each employee to discuss behavior modification and lifestyle choices, and to begin the monitoring phase of New Heart's corporate wellness program.

Corporate Wellness Lecture Series

New Heart Wellness Center offers a series of wellness seminars designed to educate, inform and persuade participants to choose health. Dr. Richard Lueker is a cardiologist and Medical Director of the New Heart Center for Wellness, Fitness and Cardiac Rehabilitation. His expertise lends credibility and impact to presentations that take simple concepts and deliver powerful messages. Studies consistently show that every dollar spent in prevention equals a savings of three dollars. New Heart Wellness offers a series designed to prevent disease. Presentations include the following topics:

How Emotions Affect Health

Life happens. Our choices of joy, tranquility, hope, anger, depression or sadness make a difference in our body composition and subsequently in our reaction to such conditions as heart disease. This presentation discusses emotions and their positive or negative impact. Suggestions are offered to help participants make positive changes.

Preventing and Reversing Heart Disease: Everybody's Business

The incidence of heart disease is projected to double in the next half century; in fact, statistics show that there will be more people in the United States with heart disease than the population of Canada. How will we cope? New Heart Wellness Center offers insight to the six controllable factors that impact heart disease: blood pressure, smoking, obesity, depression, inactivity, and psychosocial issues.

The Emulator

In an interactive presentation, Dr. Richard Lueker takes specific examples of human behavior such as smoking,



exercise, cholesterol and shares their impact on the average person. The amazing flexibility of this system allows participants to choose varying ages, sex, and health choices and then see how those factors impact health. (NOTE: It is suggested that this lecture be a follow-up in the series.)

Diabetes, the Silent Epidemic

More than one of every three people will have diabetes in the next 50 years. Once diabetes is diagnosed, heart disease is present. Diabetes is a financial burden, forcing increased

health care costs and increased absenteeism for a company; more importantly, the disease impacts individuals and families; this New Heart Wellness Center presentation takes a look at potential solutions.

Smoking or Obesity: Which is Worse?

Statistics show that obesity exceeds smoking in the United States. Outpatient costs for obesity have been increasing at 30%-plus per year. In a frank discussion of risk, New Heart Wellness Center offers participants information on why prevention is the only option and why physical activity is the number one solution.

What's Changed About Cholesterol and How Do We Deal With It?

The new guidelines for cholesterol are not widely recognized outside the medical field. In fact, most people are either unaware of their cholesterol or, unaware of the meaning of the numbers. New Heart Wellness translates medical to reality. Participants are introduced to the "Big Three" methods of treatment.

Summary:

Each presentation is designed to be approximately 40 minutes in length with an additional 20 minute question and answer session for a total of one hour. Lunch and Learns are one consideration for session timings.

NOTE: In addition to the seminars listed here, New Heart Wellness Center can customize presentations for specific audiences or topics. New Heart Wellness offers ongoing sessions on nutrition, physical activity and stress management. In addition, participative workshops include experiential offerings such as mindfulness, meditation, journaling for wellness and more. Custom presentations require negotiated fees.

Cardiac Rehabilitation



and the ugly, as we do in our support group is healing, life affirming and a vital part of recovery.

Experienced surgeons in our community can head off impending problems or repair damage, but that is just the beginning of the healing process; recovery entails much more. After the “plumbing is fixed,” the processes of recovery, both physical and psychological, begins. Psychological recovery includes verbalizing and working through all areas of our lives that are impacted by a cardiac event. Lifestyle changes may need to be made, relationship and work issues may need a closer look, and mortality issues often seem to be in the foreground of awareness. Many heart patients find that even though their recovery is pro-

Beginning in March of 2006, New Heart added a cardiac rehabilitation support group to their list of services. Our philosophy is that good heart care requires paying attention to all aspects of cardiac rehabilitation. This includes the emotions that surround cardiac procedures, bypass surgery and any other cardiac event. Our emotions are as crucial to our well being as any other aspect of our lives. Emotions can make us ill or bring us

great joy and happiness. Talking about our emotions, the good, the bad



New Heart would like to welcome Dr. Barbara McGuire, who joined the staff in 2006.

ABOUT BARBARA MCGUIRE AND CAMS

Cielo Azul Medical Services, LLC was founded by Dr. Barbara McGuire, who was raised in Albuquerque, NM. She graduated from Stanford University, completing a B.A. with Honors, in Human Biology. After a year as a volunteer teacher in a nursing school in Zacapu, Michoacan, Mexico, Dr. McGuire attended the University of New Mexico School of Medicine. She moved to Denver, CO for her Internal Medicine Residency at St. Joseph's

Hospital. Dr. McGuire then served in the Indian Health Service branch of the Public Health Service for the next 3 years as a Lieutenant Commander and Chief of Medicine/Director of the ICU in the Northern Navajo Indian Health Service Hospital in Shiprock, NM. Moving back to Albuquerque, she joined a private group Internal Medicine practice, the New Mexico Medical Group, for 7 years. Dr. McGuire then became a “first-wave” hospitalist. Initially practic-



Support Group



gressing, they find themselves discouraged or depressed much of the time.

Research has demonstrated that depression often follows heart surgery and may persist six months, one year or longer. This condition is often not addressed, especially for those people who have not experienced sustained depression in their lives. While feeling sad or blue on occasion touches all

of our lives, the illness of depression can have an enormous impact and staying power. Feeling or being depressed has nothing to do with personal weakness. There is no clear understanding as to why many post surgical patients are vulnerable to depression but many if not all report some type of personality change which can include depressed moods as well as a shift in priorities in their lives. In our group we address these issues and more, in a safe and nurturing setting with the common denominator that everyone in the group, with the exception of Kathy and Dr. Leuker, has experienced a cardiac event. The group is open to those people who have experienced a cardiac event as well as those who may be at risk for a possible heart attack or are facing surgery in the near

future. We have learned in the group that life offers new opportunities, directions and growth during the recovery process. Not only do we share our fears and anxieties but also our new hopes and dreams as we approach life after a cardiac event from a different vantage point. If you resonate with this article and you are part of the New Heart Family, then please join us on Fridays. The group is free and a service of New Heart.

My name is Robert Lewis, MA/LMFT. I am a psychotherapist in the community and along with Kathy Wiggins, a PhD intern from UNM, co-facilitate the cardiac rehab support group. We meet every Friday from noon to 1:00pm at New Heart.



ing in a long-term acute care/rehabilitation facility, she then co-founded Hospital Care Specialists, P.C., a private practice group and the first hospitalist group at Presbyterian Medical Center in Albuquerque, an acute care, tertiary referral hospital. Dr. McGuire subsequently became Chief Medical Officer for the St. Joseph Healthcare System overseeing 3 acute care hospitals, one rehabilitation hospital and a large outpatient employed physician group. After the sale of that system, she ventured into a new field by accepting the post of Regional

Medical Director for the NM prison inmate healthcare vendor. In that role, she witnessed the extraordinary medical and psychosocial tolls of substance abuse. In 2003, Dr. McGuire established Cielo Azul Medical Services, a clinical healthcare consulting firm. She recently completed her 4-year term as Governor for the 600-member NM Chapter of the American College of Physicians, and is currently the President of the Greater Albuquerque Medical Association (county medical society). Dr. McGuire is Board Certified in

Internal Medicine, Certified in Bone Densitometry, has a SAMHSA/CSAT Buprenorphine waiver, and earned a Master of Medical Management degree through the Tulane University School of Public Health and Tropical Medicine in May 2004. At the present time, Dr. McGuire is teaching Physician Assistant students at the University of St. Francis, developing an osteoporosis diagnosis/management program and a Buprenorphine outpatient treatment program, and providing expert medical witness testimony in selected cases.

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