A new cardiac specialty area is emerging to care for cancer patients who have or are at risk for heart problems. This area of specialty helps cancer patients prepare for surgeries or treatments such as bone marrow transplantation, radiation or chemotherapy. In some individuals, certain types of chemotherapy can affect the heart and arteries. Careful monitoring of heart function along with administering certain cardiovascular medications can help reduce this effect during treatment. Radiation therapy, depending on the amount and location, can affect blood vessels in the treated area.

Testing in patients at risk, such as stress tests, echocardiograms and MRIs, are used to determine if a patient is ready for cancer treatment and to evaluate how they are responding to therapy. Appropriate management of cardiovascular risk factors such as diabetes, high blood pressure, high cholesterol and being physically active can reduce the risk of heart problems in cancer patients during treatment. A cardio-oncology specialist not only understands the cardiovascular system but also has a great deal of knowledge of the effect of cancer therapies on the heart.

What do cancer and heart disease have in common?

7 healthy living habits not only reduce the risk for cardiovascular disease but also for cancer.

1. Being physically active
2. Maintaining a healthy weight
3. Eating a healthy diet
4. Keeping cholesterol under control
5. Lowering blood pressure
6. Keeping blood sugar in check
7. Not smoking

Rasmussen Perspective:

We now know that many non-cardiovascular illnesses are associated with a higher risk for cardiovascular disease, such as heart attacks. Some of this risk may be associated with inflammation or inflammatory diseases, such as rheumatoid arthritis and AIDS. Some of it may be related to the therapy of these diseases. With cancer, long-term survivors have demonstrated an increased risk for cardiovascular disease, either due to the disease or its therapy with chemo or radiation. These treatments may damage the inner lining of the blood vessels (the endothelium) and lead to atherosclerosis and heart attacks. Evaluation in our Center provides information about the health of the arteries in such individuals and allows us to individualize therapy to protect people from future heart attacks and strokes. Such evaluation is recommended for those with conditions associated with increased risk.

Suma Konety, MD, MS
Assistant Professor of Medicine
Director, Cardio-Oncology Clinic,
University Campus

Jay N. Cohn, MD
Professor of Medicine, Director,
Rasmussen Center for Cardiovascular Disease Prevention
In the News

The MN Resuscitation Consortium, led by Dr. Demetris Yannopoulos, is hosting their third Resuscitation Academy from June 24-25 to educate providers on the advancements being made in cardiac arrest care. Visit www.mrc.umn.edu for more details.

The Depot in Minneapolis was awash in red as the Lillehei Heart Institute held its third annual Red Hot Soiree to benefit research and education into the prevention, detection and treatment of cardiovascular disease. Approximately 700 guests attended the Red Hot Soiree event. As a result of strong community and business sponsorship support, as well as the funds generated by guests during the silent and live auctions, raffles and fund-a-need, the Red Hot Soiree raised more than $720,000 to continue this tradition of discovery and innovation.

Recipe: Blueberry Kale Smoothie

http://sunshinefordinner.com

Ingredients

½ c Greek Yogurt
1 c frozen blueberries
1 banana
½ a bundle of kale - about 6-7 leaves, no stem
2 t honey
1/4 c water

Directions: Dump it in, mix it till it is smooth and kale disappears.
Scrape down the sides with a rubber spatula, blend again to incorporate, then dish out into glasses.

Test your Knowledge!

Match the healthy cancer and cardiovascular disease fighting food to its description.

<table>
<thead>
<tr>
<th>1. Apples &amp; Cherries</th>
<th>A. Contain lycopene. The higher the level of lycopene the lower the level of disease like cancer and heart disease.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Blueberries</td>
<td>B. Helps prevents damage to DNA that can lead to cancer. High in fiber and high in folate.</td>
</tr>
<tr>
<td>4. Tomatoes</td>
<td>D. Contains cancer fighting glucosinolate. Is an antioxidant high in fiber and Vitamin C.</td>
</tr>
<tr>
<td>6. Grapes</td>
<td>F. Anti-inflammatory, high in vitamin C and fiber.</td>
</tr>
</tbody>
</table>

Answer key: 1-F, 2-E, 3-D, 4-A, 5-B, 6-C

Questions, comments or suggestions? Have ideas for future newsletter topics?
Send an e-mail to Natalia Florea at nflorea@umphysicians.com or call 612-624-9650