

The Heart Beat

Heart to Heart Teamwork

If you want to catch Paul and Shirley Putnik, "Akron's busiest retired couple," you will have to call them early in the morning or in the evening. Otherwise, they'll be out.

"We're on the go a lot," said Paul. "We have our four kids, six grandchildren, church, our volunteer work at the senior center and visiting Shirley's mother who is in a nursing home. And, of course, there's cardiac rehab at Summa's Akron City Hospital. That's what keeps it all going."

In December 1987, Paul underwent an angioplasty procedure, followed by a double bypass. It was after that, in 1988, that he and his wife became active in the cardiac rehab phase IV program, which at that time was based at the YMCA. The couple continues to work out at what is now Summa's cardiac rehab center every Tuesday and Thursday evening.

"They encourage spouses to attend, whether they've had heart trouble or not, and I think it's great," said Paul. "We support each other. There may be a day you don't feel like going to exercise, but if you do, you feel much better. It's good to have someone to encourage you. We try to get other people to bring spouses, and there are some other couples there. The couples stay with the program longer."

"It was 10 years for us (as participants in the program) last September, and it's still great," Shirley said. "We've made so many friends. We enjoy the staff so much. The whole place is like a family to us. We do aerobics, work on machines, do some walking. It's become such a routine in our lives, we feel strange if we have to miss a night."



NEXT SUNDAY:
Summa's Special Delivery,
especially for new families.

Q: My doctor says I have a heart murmur. Is that a serious condition?

A: Your murmur is a sound that is heard by a health professional who listens to your heart with a stethoscope. Murmurs are caused by turbulence of blood flow and are often detected in people with completely normal hearts, especially pregnant women. In many cases, these murmurs are totally innocent. Sometimes, however, they are caused by abnormally narrowed heart valves (known as stenosis) or leaky heart valves (called insufficiency). In other patients, they can be due to abnormal connections within or near the heart. Your physician can often distinguish by the specific sound of a murmur whether or not it indicates an abnormal heart condition. In some instances, undergoing a painless ultrasound test called an echocardiogram can greatly assist your doctor in this determination.

Robert D. Mosteller, M.D.
Cardiologist
Summa Health System

What's Up, Doc?

Cardiac Rehab Phase IV

Summa's supervised exercise program for adults with heart conditions is offered at Akron City Hospital at the following times. A physician referral is required.

Tues. & Thurs. • 6:30 to 8 p.m. • (330) 375-4472

Cardiac Rehab Phase IV

Summa also offers cardiac rehab IV at the Akron Jewish Community Center. Please call the facility directly for more information or to register. A physician referral is required.

Tues. & Thurs. • 11 a.m. to noon • (330) 867-7850

For information on these programs and others, call Summa's Cardiac Rehab Center at (330) 375-4472, Monday through Friday, 9 a.m. to 4 p.m.



Summa's
Center for
Cardiac Care

AKRON CITY ♦ ST. THOMAS

(800) 23-SUMMA

(800-237-8662)

www.summahealth.org