



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Matthew Kempton | mkempton@willapa.net
360-875-4528

Willapa Harbor Hospital Highlights the Dangers of Cardiovascular Disease

The dangerous condition is the second-leading causes of death in the state.

SOUTH BEND, Wash. (January 29, 2020) – February has kicked off American Heart Month, a nationwide awareness program designed to raise awareness of the dangers of cardiovascular diseases. Willapa Harbor Hospital is participating by encouraging Pacific County residents to begin a dialogue with each other and their physicians about this deadly disease.

“For many, a heart attack or stroke may come as a surprise, but heart-related conditions can often be detected in advance through proper screenings,” explains Frank Hing, MD, a General Practice/Geriatrics physician in South Bend. “Knowing where you stand when it comes to heart health starts with a discussion with your primary care physician.”

As the number one cause of death in the United States, heart disease continues to be a health crisis, causing much concern for medical professionals. Heart disease is also the second-leading cause of death in Washington State, claiming the lives of more than 11,500 victims.

Approximately 85.6 million Americans are living with some form of cardiovascular disease, including congestive heart failure, coronary heart disease or high blood pressure. Major risk factors for cardiovascular disease, all of which are controllable to a certain degree, include high blood pressure, stress, high cholesterol, smoking, diabetes, obesity, and lack of regular exercise.

Dr. Hing says that a thorough history and physical exam of your weight, blood pressure and cardiovascular fitness can help identify your risk for cardiovascular disease. Individuals who may be at risk for heart disease could benefit from an electrocardiogram or stress test: these can be performed locally at Willapa Harbor Hospital and would allow the physicians to take a closer look at your heart’s performance.

Physicians can supply individuals who are at high risk for heart disease with medication and resources to prevent complications. Prescribed medication, a medically directed diet and an exercise program are usually recommended options.

Physically active individuals are not immune to cardiovascular disease, but are twice as likely to avoid a heart attack. Exercise is beneficial because it decreases the risk factors for cardiovascular disease and other illnesses.

MORE



Willapa Harbor Hospital Highlights the Dangers of Cardiovascular Disease

Page 2

Exercise routines should be brisk enough to raise the heart and breathing rates and sustain them for at least 30 minutes without interruption, and they should be repeated at least three to five times per week.

For individuals who have recently experienced a cardiac episode, rehabilitation is key to regaining their strength. A cardiac rehabilitation program is offered at Willapa Harbor Hospital and provides a convenient setting with professionals who understand how these individuals are feeling.

Integrating education, counseling and medical tests, the program helps individuals safely increase their physical fitness while reducing cardiac symptoms.

“Cardiac-related deaths can be reduced by as much as 30 percent when patients recuperate in a cardiac rehab program.” Dr. Hing explains. “The program at Willapa Harbor Hospital can help reduce your chances of a relapse while helping you make the most of the life ahead of you.”

Though the cardiac rehab program is personalized for each patient, based on his or her condition, patients typically attend three sessions a week for 12 weeks. Exercise programs are performed under carefully monitored conditions to ensure that there is a safe strength progression.

Dr. Hing says that easing into activities that do not overstimulate the heart is important to recovery. Overexertion can cause physical harm while underperforming has the potential to prevent the body from successfully healing.

A referral by a physician to the cardiac rehabilitation program is required. For more information about cardiovascular disease and whether the cardiopulmonary rehabilitation program may benefit you, talk with your cardiologist or primary care provider.

About Willapa Harbor Hospital

Founded in 1954, Willapa Harbor Hospital serves the healthcare needs of north Pacific County residents. The hospital offers a wealth of medical services, including in-patient care, a Level V 24-hour trauma center and advanced radiology services (including CT, MRIs, and mammograms), an outpatient lab, minor surgical services, [cardiac rehabilitation](#), patient education and more. Pacific Family Health Center and Willapa Harbor Hospital Family Medicine are medical clinics that are operated by Willapa Harbor Hospital. For more information, please visit www.willapaharborhospital.com.