



# HEART

## The Inside Scoop...

- Patients Say the Darndest Things...page 4
- A Tribute to Dr. Robert Conn...page 6
- Clearing Tough Coronary Blockages...page 8
- Vein Clinic Treats Underlying Disease...page 10

Your Newsletter from Saint Luke's Cardiovascular Consultants

Fall 2011

## Take Heart, You Are Not Alone

By James H. O'Keefe, M.D.

**O**n May 22 at 5:42 p.m., Chris Moreno was driving to St. John's Hospital, where he worked as a medical tech/phlebotomist, when the most lethal tornado in America for almost a century descended upon Joplin. From that moment on, Chris has been working full time as a volunteer helping his community recover. In the first few minutes to hours, he scurried from house to house responding to the desperate pleas of people trapped under fallen debris. After the initial frenzy subsided, Chris helped to set up and run a front-line emergency medical triage tent near the destroyed hospital.

Thirty-six hours after the tornado hit, my 19-year-old son, Evan, and I drove down to Joplin hoping to lend a hand. When we arrived, we pulled our bikes out of the back of our truck and wove our way around downed "live" power lines, mangled sheet metal, splintered wood, shards of glass and strewn bricks until we found my old friend Chris. That day I worked with him in the triage tent, while Evan joined a "Search and Rescue" team looking for survivors. The tornado killed 160 people and injured 1,150 others; seeing the aftermath first hand, I am astounded the casualties weren't much, much higher. About 7,000 houses and 500 businesses were destroyed. To date, an estimated 90,000 volunteers have rallied to help the homeless survivors, the orphans, and the



*Photo reprinted with permission from the Associated Press/Mike Gullett.*

traumatized victims climb out of and clean up the rubble left by the brutal Joplin twister.

I was inspired by people like Lois, a sweet 83-year-old woman with broken ribs and a fractured ankle, who, as we stabilized her leg for the ambulance ride, tried to insist that we take care of others first because they probably needed help more desperately. Or the firefighter, Joe, and his German shepherd rescue dog, Ranger, who were both so over-wrought from struggling to find and free trapped people that they hadn't had anything to eat or drink

for over 24 hours. Joe and Ranger were brought to the medical tent where they each needed a liter of intravenous fluids and a few bites to eat before they insisted on returning to their work—searching the debris fields.

A single moment can change the course of thousands of lives. The F-5 tornado cut a deadly swath through Joplin like a massive blender two-thirds of a mile in diameter. For a family huddling inside their home, the twister came and went within

*Continued on page 2*

Ten-time winner of the prestigious Healthcare Advertising Awards National Competition

## Take Heart *Continued from page 1*



*Photo courtesy of Chris Moreno.*

45 seconds, yet as winds in excess of 200 miles per hour ripped apart and shredded their house, that brief moment must have felt like an eternity. Chris recounts the story of the father and his 5-year-old son who climbed out of their bathtub and saw that their entire house was gone, yet the two of them were, miraculously, unscathed. The terrified and trembling dad embraced his son and exclaimed, "I don't understand how we didn't get sucked up into the funnel!" The little boy looked up at his father and asked, "Daddy, didn't you see the lady with the wings holding us down?"

No matter what happens, if we can be hopeful, resilient, and determined, we can adjust and recover. It also helps a great deal if you don't feel like it's you against the world. That's why a sense of support from your neighbors, family, friends, and community is crucial, especially when you encounter the inevitable rough patches along your journey through life.

I saw first hand the power of hope, love and community solidarity after the Joplin tornado. Just three months later, all of the Joplin schools re-opened, on time, and the community is not just surviving, but learning how to thrive again with

a lot of help and love from their neighbors. About one-third of the city of Joplin was utterly destroyed, and many residents lost almost everything they owned. Yet for their resilience and irrepressible spirit, the *Kansas City Star* declared on its front-page Aug. 18, 2011, that the people of Joplin are an, "An inspiration to the world."

**"I guess we're all one phone call from our knees."  
Matt Kearney**



*Photo courtesy of Chris Moreno.*

The Joplin twister also orphaned 1,100 dogs and cats whose masters had lost their homes and/or their lives. The animal shelters in Joplin were overwhelmed so they sent out a call for help; people responded from all over the region by adopting the displaced animals into loving new homes. Wayside Waifs, the largest animal shelter here in Kansas City, took in 200 of the displaced pets and quickly found homes for them in the area. Sometimes our modern urban world makes it seem like each one of us is a single isolated being, when in fact, we are just one small organism embedded within, and dependent upon, the ecosystem of life on Earth. Animals instinctively know that we are all interconnected through this "circle of life."

### **Sunny's Survival Instinct**

One sweltering hot Saturday evening during the "dog days" of summer a few years ago, Evan was at home babysitting his younger sisters Kathleen and Caroline, when he noticed a bedraggled orange tabby cat sitting and peering in the sliding glass door to the back patio. This skinny little cat seemed unfazed by our dogs barking menacingly at her, as she sat and meowed for help.

Evan let her in, fed her and gave her water. After about an hour she made it clear she had to leave, so Evan let her back outside. The next morning she showed up again, just long enough to eat, drink and bond with the kids for an hour or two. This time Evan followed her back to her little den, which was burrowed up under the ivy in a shady spot by a neighbor's house. Huddled together in the den were four scrawny newborn kittens.

Sunny, the name we chose for the mother, was a feral (wild) cat who had enough sense to know that she was overwhelmed and needed help. She was emaciated, exhausted, and now with the arrival of four new mouths to feed, she knew she couldn't make it on her own. Sunny somehow sensed that Evan loves animals, especially cats. He brought those four cute little kittens, before their eyes had even opened for the first time yet, back to our safe and cool air-conditioned home, where Evan and his sisters nursed Sunny and her four kittens back to health and vigor. We gave away the kittens after they were weaned, and Sunny became a permanent resident, where to this day she remains our most lovable and affectionate pet among a menagerie of three dogs and three cats. Sunny instinctively understood that

*Continued on page 3*

## Take Heart *Continued from page 2*

she couldn't make it on her own. There will be times in life, when each one of us will need the help of others to survive—and thrive again.

### The Angel Assigned Your Case

There is something about knowing you are not alone that makes the tough times easier to endure and the happy times more joyful.

Acclaimed author Elizabeth Gilbert writes about how she can find spiritual support by journaling, which provides her a channel to divine love, wisdom and strength especially when she is feeling alone and afraid. Liz writes in *Eat, Pray, Love* about arriving in Italy by herself

and feeling helpless and frightened. "I am spiraling in panic and I don't know what to do, so I reach for my private notebook. I open it up and write: I need your help. Then I wait. After a little while, a response comes, in my own handwriting: I'm right here. What can I do for you? And here recommences my strangest and most secret conversation. Here in this private notebook, is where I talk to myself. Even during the worst of suffering, that calm, compassionate, affectionate, and infinitely wise voice is always available for a conversation on paper at any time of day or night. Maybe the voice I am reaching for is God, or maybe it's the angel who was assigned to my case, or maybe it's my highest self. What I write in my journal that night in my room is

that I am weak and full of fear and that depression and loneliness have shown up and I am scared they won't leave. I'm terrified that I will never really pull my life together.

In response, somewhere from within me, rises a now-familiar presence offering me all the certainties I have always wished another person would say to me when I was troubled. This is what I find myself writing to myself on the page: I'm here. I love you. I don't care if you need to stay up crying all night long, I will stay with you. There is nothing you can ever do to lose my love. I will protect you until you die, and after your death I will still protect you. I am stronger than depression and I am braver than loneliness and nothing will ever exhaust me."

## 10 Tips to be Healthy and Happy

I have a list of 10 things I try to do every day, which I have found to keep me healthy and happy. I can't say it's a prescription for everyone, but this is what works for my mind, body and soul. When I take care of these things, everything else takes care of itself. Here is the list:

1. Take a walk.
2. Write something.
3. Read something.
4. Don't eat too much.
5. Spend some time in silence.
6. Stretch.
7. Send a message of love to someone.
8. Drink water.
9. Mess around in the garden.
10. Floss.



*Elizabeth Gilbert, author of the best-selling book, "Eat, Pray, Love."*

# Patients Keep Saying the Darndest Things

By James H. O'Keefe, M.D.

**D**r. O'Keefe: "I am not happy to see your weight is up nine pounds since your last visit; what's been going on?"



Bonnie: "Well my asthma flared up, so my family physician put me on steroids for a few months. I call this (as she looks down and rubs her protruding belly) my "predni-sone pregnancy."



Tom: "I am following the Seafood Diet."

Dr. O'Keefe: "Well it doesn't seem to be working; your weight is higher than when I saw you last. Tell me how this Seafood Diet works."

"Tom: "It's simple—when I see food, I eat it."



Dr. O'Keefe: "Your blood pressure is 168/94 today; I think you may need a medication."

Virginia: "It's not usually this high."

Dr. O'Keefe: "Well, I typically let my patients subtract about 10 points for being in the doctor's office, so I would expect that your blood pressure at home is often about 158/84, which is still way too high."

Virginia: "But I am very upset this morning. My next-door neighbor has Alzheimer's disease, and macular degeneration."

Dr. O'Keefe: "While I'm sure that is upsetting for you, it shouldn't be raising your blood pressure like this."

Virginia: "No you don't understand. She is my driver, and it was after we rear-ended the garbage truck this morning, that she told me she is legally blind and has dementia."



Dr. O'Keefe: "Ray, do you snore at night?"

Wife: "Yes, he snores VERY loudly."

Ray: "I disagree. I sleep like a baby and NEVER hear myself snoring. And she is sleeping in a different bedroom at the other end of the house, so how would she know?"

Wife: "You sleep like a baby all right—every two hours you wake up cranky, and have to pee and eat before you go back to sleep."



John confided during a recent office visit: "I've been divorced for three years, but I still had been seeing my ex-wife once a week. Recently she told me she is seeing someone else, and doesn't want to be going out on dates with me anymore. Strangely, this has somehow made me feel better; like I have some closure and I can finally move on with my life. My mood is so much better, like a weight has been lifted off my chest."

I told him: "That's great John; now maybe you can go out and find a new someone special for yourself; to make your heart happy again."

As his eyes welled up with tears, John asked: "Is my heart strong enough for that now?"

I replied: "Well, honestly those are not the kinda heart problems that I am trained to diagnose or treat, but my intuition tells me that yes, John you have a very good heart in more ways than one, and love is exactly what you need more than anything else right now."



Dr. O'Keefe: "Jerry, you are in great shape for a 69-year-old. If you keep up your excellent diet and exercise, and continue to take these medicines and supplements, I think you can plan on at least another decade of a vigorous life, if not two or three."

Jerry: "Really?! In that case I am going to have to coax my wife out of retirement to make sure we don't run outta money."



Stuart: "Is it safe for me to be having sex?"

Dr. Magalski: "Sure. Sex is like exercise—it will make you live longer... if it doesn't kill you first."

Stuart: "Somehow that doesn't reassure me."

Dr. Magalski: "Well, it's like this: sex, like vigorous exercise, will slightly increase your risk of having a cardiac event, such as a heart attack—only while you are exerting yourself, but for most people the long-term benefits strongly outweigh those risks."

Stuart: "Gotcha. It sounds like I have one more reason to stay fit—I won't need to worry about my ticker when my beautiful wife makes my heart race."

Dr. Magalski: "Exactly."

## Staying Alive!

By James H. O'Keefe, M.D.

**A**n important paper published in the July 6, 2011 issue of the *Journal of the American Medical Association (JAMA)* reported that a healthy diet and lifestyle can reduce your risk of sudden cardiac death by an astounding 92 percent! This study followed over 80,000 women for about two decades and found their risk of dying suddenly was nearly eliminated by following these four essential health habits:

- 1 Do not use of tobacco of any kind.
- 2 Exercise 30 minutes or more each day.
- 3 Eat a healthy diet that emphasizes intake of vegetables, fruits, nuts, beans, fish and olive oil. If you use alcohol, limit it to one (women) or two (men) drinks daily.
- 4 Avoid being overweight or obese.

Promise me you will go to Google and enter: AHA staying alive. Click on the first link at the top of the list. It's a YouTube video that is a hilarious, life-saving way to remember exactly what to do if someone around you has a cardiac arrest. In just 110 seconds, this unforgettable, surprisingly "hip" new AHA video by comedian Ken Jeong will teach you how to do "Hands Only CPR"—call 911 and push hard and fast on the breast bone to the beat of Staying Alive!

## Is Laughter the Best Medicine—Really?

By James H. O'Keefe, M.D.

**T**his cartoon was created by Charles Barsotti, an award-winning cartoonist who has been writing and drawing for the *New Yorker* magazine for decades. Charles has been a loyal patient of mine here at Saint Luke's Cardiovascular Consultants for 15 years, and he and I have grown to be friends during this time.

Admittedly, the claim that laughter is the "best medicine" is a bit of a stretch, though it certainly can make the world seem like a happier place. And while it would be easy for me to write a prescription for more laughter, it may be problematic to get it filled, even by your friendly pharmacist.

Scientists aren't sure if it is the act of laughing that improves cardio-health and a sense of well-being, or if it's just that laughter goes along with a good sense of humor, a positive attitude, and the enjoyment of life with your friends and family. Regardless, you will likely be better off if you can infuse your life with more joy and laughter.

### Potential Benefits of a Good Belly Laugh (Besides Making Life More Enjoyable):

- **Improved Circulation and Better Cardio Health.** Laughter helps your arteries to relax and dilate, which improves blood flow—which in turn, is good for just about everything in your body.
- **Stronger Immunity.** Stress diminishes the protective power of your immune system, while laughter appears to boost the immune response—which wards off infections and cancer.
- **Normalized Blood Glucose.** One study showed that watching a hilarious comedy rather than a boring lecture improved the blood sugar levels of people with diabetes.
- **Relaxation and More Restful Sleep.** No debate here, genuine laughter is great for helping you to relax and feel less anxious.



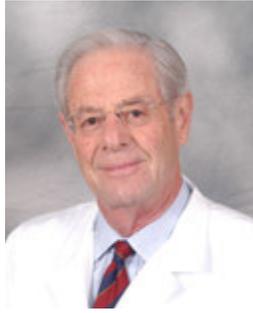
# Dr. Robert Conn: An Icon in American Cardiology

By James H. O’Keefe, M.D.

**D**r. Robert Conn died this summer. Bob was a cardiologist for over a half century and he was a very special man to a lot of people; including virtually everyone who knew him here at Saint Luke’s Cardiovascular Consultants. Bob and I had a deep bond right from the beginning. I remember the first week that I was assigned to our very busy hospital service as a staff physician at Saint Luke’s 23 years ago. I was a brand new cardiologist and to be honest, I was feeling a bit overwhelmed. Dr. Conn took me under his wing, as if to say, “James, you belong here. You are not alone, you’re one of us. This is noble and rewarding work.”

Bob was a typical hero from the Greatest Generation—humble, hard working, eager to serve others; a man who understood that the most important things in life aren’t things at all, but people, and relationships. Bob instinctively knew that life isn’t a contest where the person who dies with the most money wins, but instead is a journey during which one does his or her best to use their God-given talents to make others’ lives better. By this standard, Bob lived a very rich life.

Bob was president of our cardiology group during the ‘90s. He started our outreach program and was its anchor for decades. He used to fly his own plane to and from the hospitals. For me, I thought I was doing well to find these little hospitals by car. Back in the pre-Garmin days, when I would ask him how to find the outreach clinic in Garnett, or Trenton, or Clinton, or Maryville, he would say, “James, just find your way to the town and then follow the Blue ‘H’ signs.” Like all of his advice, it was spot on.



Bob never quit doing the hard things; he was on top of his game still as a clinical cardiologist until Lou Gehrig’s disease (ALS) forced him to retire just last year. Even then his mind yearned to do hard things. During the very last year of his 77-year life he was the first author on three notable scientific papers, two published in the esteemed *American Journal of Cardiology*. Dr. Bill Roberts, the notorious editor of AJC who is a contemporary of Bob’s said, “Robert Conn has been an icon in cardiology for decades.”

During the final months of his life ALS, the merciless, vicious unrelenting disease that it can sometimes be, destroyed Bob’s body, but couldn’t touch his irrepressible spirit. Through all this, his wife Rogene was an angel, doting on Bob day and

night, showing him love, bringing him comfort, and keeping the mood upbeat. She wanted him to live out his last days at home and initially felt sad when he had to be admitted to Saint Luke’s near the end. But then she realized that Saint Luke’s Hospital was his second home. Angie, one of Bob’s favorite nurses, moved over from the Heart Institute to care for him. All of Saint Luke’s embraced him, as if to say, “You belong here. You are not alone, you’re one of us. We will take care of you, like you loved and cared for us and for our patients for so many decades.”

Each of us builds the world in which we live by how we treat the people in our lives. Bob lived in a world where he was surrounded by admiration, respect and love. His egalitarian approach to life and work, and his focus on patient well being rather than the financial bottom line has been the legacy upon which Saint Luke’s Cardiovascular Consultants has been built.

## Conn’s Laws

**D**r. Bob Conn was perceptive, open-minded, insightful, and insatiably curious. He could see patterns where others would see only chaos. He personally created a series of truisms that came to be affectionately referred to as Conn’s Laws. Below are few of my favorites:

- When you eat for health rather than taste, you develop a healthy taste.
- Whenever you are talking about someone, look behind you, they are standing right there.
- When you get angry at patients and families, it’s your fault—you are the professional.
- Your genes are only as good as you treat them. (FYI, Bob was referring to your DNA, not your Levi’s).
- When you quit doing the hard things, the easy things become hard.



## Get Your ZZZs, Please

**Y**ou may believe that you can get by just fine on six hours of sleep each night, but the accumulating scientific evidence suggests otherwise.

A recent study of college athletes demonstrated clearly that more than six hours of sleep a night is not enough for optimal health and performance.

Stanford researchers studied members of the varsity basketball team to determine how their sleep duration affected their performance in school, on the court, and their moods. Initially, the players were allowed to follow their usual sleep routines, which on average included just 6.7 hours of sleep time.

Then for several weeks the players were encouraged to extend their sleep time to eight to 10 hours per 24-hour period, in part by napping when possible. The players, after making a habit of getting more sleep, improved significantly with respect to sprinting speeds, free throw and three-point shooting accuracy, reaction times, academic performance, and mood.

In the final analysis, time spent sleeping is not wasted time. To the contrary, it is one of the most important time investments you can make on a daily basis in your quest to become the best you can be, physically, mentally, and emotionally. And it might even turn you into a basketball star!

# Preventing Heart Disease Saves Dollars and Makes Sense!

By Tracy Stevens, M.D., medical director,  
Muriel I. Kauffman Women's Heart Center

**A**s a heart patient, you instinctively know that it costs much less to prevent heart disease than to treat it. After all, you have likely been on the receiving end of hospital bills for balloon angioplasty, open heart surgery and cardiac rehab. But until recently, there was a concern that the health care system could not afford prevention.



Now a review conducted by the American Heart Association's (AHA) Advocacy Coordinating Committee confirms what you suspected—that an ounce of prevention is worth a pound of cure! "True health care reform will be realized only when we focus attention on disease prevention and not disease management," said AHA president Dr. Gordon F. Tomaselli, Johns Hopkins University, Baltimore, Md. To investigate existing evidence about the value of preventing heart disease, the AHA commissioned this policy statement, and the team reviewed over 200 papers.

## Some of the main findings were:

- Every \$1 spent on building biking trails and walking paths would save an estimated nearly \$3 in medical expenses.
- Reducing average individual sodium intake to 1,500 mg/day in the United States would lead to an estimated 25 percent decrease in hypertension and health care savings of \$26 billion a year.
- Increasing tobacco taxes by 40 percent would reduce smoking prevalence by an estimated 15 percent by 2025, with large gains in life expectancy and quality of life and a total savings of \$682 billion.
- For every \$1 spent in wellness programs, companies would save about \$3.27 in medical costs and \$2.73 in absenteeism costs.

Educational efforts, such as *The Heart* newsletter, our public forums and support groups, our CardioWellness Clinic and the retail services offered in the Women's Heart Center, are all important initiatives we have in place to help you live a healthier lifestyle.

At Saint Luke's Mid America Heart & Vascular Institute and Saint Luke's Cardiovascular Consultants, although we treat heart disease every day, we agree that prevention is the key to improving each individual's lifestyle, health and longevity. Making changes in your diet and getting more exercise are just two things you can do to lower your personal health care costs, and the nation's overall health care tab. As you can see from the AHA's findings, every little thing each of us does, ultimately has the potential to make a big impact!

# Finding a Way...

## How Saint Luke's Cardiologists Tackle the Toughest Coronary Blockages

**H**ave you ever been driving along, when suddenly a detour sign appears ahead? It re-routes you through side streets and intersections, but ultimately gets you to your destination.

That's what patients with Chronic Total Occlusions (CTOs) face every day—only it's not their car that's getting re-routed—it's the blood flowing through their hearts.

Chronic Total Occlusions are found in approximately one-third of all patients who have angiography. A CTO occurs when a blood vessel becomes completely and permanently blocked by plaques typically made up of dense, hard fibrous tissue and calcification.

In many of these patients, the blood is detoured, or re-routed through other arteries, finding a new path through the heart and creating what doctors call collateral circulation. "Collateral circulation is not sufficient to restore normal blood flow," says J. Aaron Grantham, M.D., an interventional cardiologist with Saint Luke's Cardiovascular Consultants. That means many CTO patients must learn to live with their symptoms which can include chest pain, shortness of breath or fatigue.

"Restoring blood flow to these chronically occluded arteries is essential to helping these patients live symptom-free and reducing the risk of further damage to the heart, or even death," he says.

While many of these patients are treated medically for this prob-



lem, medications often aren't enough. Bypass surgery also may be an option for some patients, but it is major surgery. Angioplasty and drug-eluting stents are less invasive, but also haven't proven effective, until recently.

"Some very innovative Japanese cardiologists discovered that these total blockages can be cleared better using new tools and techniques," Dr. Grantham says. The technique, called a retrograde approach, helps the cardiologist approach the blockage from a different angle. "This method is technically challenging and requires the interventional cardiologist to learn a new technique," Dr. Grantham explains.

"We are the only center in the Midwest, and one of just a handful in the nation to have a dedicated Chronic Total Occlusion (CTO) team who has learned and become proficient in these techniques," Dr. Grantham adds. Other team members include Barry Rutherford, M.D., David Safley, M.D., and Steven Marso, M.D.

The doctors are using new tools, including new catheter sys-

tems, to clear these total blockages in patients whose only options once would have been bypass surgery or medications.

"Our research from the FACTOR Trial has shown among patients who are experiencing symptoms of CTO, there are profound benefits to their quality of life, benefits that are real and measurable," Dr. Grantham adds.

### Stents Save Lives

A recent scientific article in the *Journal of the American Medical Association (JAMA)* entitled, "Appropriateness of Percutaneous Coronary Intervention," by Saint Luke's Cardiovascular Consultants cardiologists Paul Chan and John Spertus drew national attention, including a front page story on the July 6, 2011 *Wall Street Journal* that argued that coronary stent procedures were vastly overused in the U.S. In this massive study of a half million patients and 1,000 hospitals, overall just one of every 25 coronary stent procedures, and only one of every 100 stent procedures done urgently for heart attack were deemed inappropriate.

Thirty years ago, Saint Luke's Cardiovascular Consultants' doctors Geoff Hartzler and Barry Rutherford performed the first-ever balloon angioplasty for an evolving heart attack. In subsequent presentations at national cardiology meetings they were harshly criticized for undertaking these daring procedures that at the time were previously untested in people in the throes of an acute heart attack. However, those nay-sayers were on the wrong side of history; ensuing scientific studies and clinical experience have shown that stenting an acutely blocked coronary artery and re-establishing blood flow to the heart muscle is the most important intervention for preventing heart damage and saving lives.

Indeed, during the three decades since the introduction of urgent stenting, the death rate following acute heart attacks has fallen by over 50 percent. In the study Drs. Chan and Spertus documented 70 percent of stents implanted were placed in patients suffering from a heart attack. In this setting, stents are not just appropriate, but also are potentially life saving.

Furthermore, the more quickly an acutely blocked coronary artery can be reopened, the less the heart damage and the better the chances for survival; so time is vitally important.

Bottom line: if you think you are having a heart attack or you have chest pain at rest that won't go away after 10 to 15 minutes, get to a hospital immediately; a stent might just save your life.

On the other hand, if you have stable coronary disease and chest pain only with exertion, you can work closely with your cardiologist and by following an effective medical program, you may well be able to avoid invasive procedures like stents or coronary artery bypass surgery.



*Robert Marx and his wife Patricia in the Colorado Rockies.*

## 40...Again!

**S**tanding on the deck of his vacation home in the Colorado Rockies, Robert Marx takes a deep breath of mountain air—something he had trouble doing just a few months earlier. “I didn’t think I would ever have any problems with my heart, but looking back now, my energy level was much lower than usual, and I had one instance at a football game in Boulder where I felt out of breath. I just chalked it up to growing older and the higher altitude,” he says.

Then a check-up for his 60<sup>th</sup> birthday led to two potentially life-threatening health discoveries. “When I went in to see the doctor, I thought I felt fine, but my PSA test results were abnormal and the doctor diagnosed me with prostate cancer,” Marx says.

As he prepared for surgery, his physician performed a routine cardiac examination. That’s when his second life-threatening health problem surfaced and he was diagnosed with a chronic total occlusion, a difficult-to-clear blockage in his heart.

“Initially, the doctors weren’t sure what I should have fixed first—my prostate or my heart,” Marx says. But after a thorough cardiac evaluation, doctors recommended Marx have the prostate surgery he needed to rid his body of cancer.

Eight weeks later, J. Aaron Grantham, M.D., an interventional cardiologist with Saint Luke's Cardiovascular Consultants, performed an angioplasty to open the chronic blockage in his heart, placing several stents to prop Marx's arteries open.

“I was just in the hospital one night for the angioplasty,” Marx says. “Dr. Grantham did a wonderful job. I felt better immediately.”

Now the 60-year-old Kansas City man says he feels like a 40-year-old. “I’ve gotten rid of 20 years,” Marx says enthusiastically. “Since the angioplasty, my quality of life is amazing! I have twice the energy I did before. Dr. Grantham was very astute in assessing and treating the chronic total occlusion. I just feel terrific. I’m so glad I came to the pros here at Saint Luke’s.”

# Vein Clinic Treats Underlying Disease

**S**hirley Bean is an active 72-year-old who loves to garden and golf. So when she began experiencing an aching, heavy feeling in her legs two years ago, she knew something was wrong.

"I had a heaviness in the lower part of my legs," Bean says. "I could walk, but my legs really bothered me when I tried to sleep." One of the veins in Bean's right leg bulged from her groin to her calf, and another on her left leg from above her knee to her calf. "The vein on my right leg stood up a good quarter of an inch from the surface," she describes.

Jack Fast, a 74-year-old retiree, also had painful legs and a vein that protruded, but he didn't realize his veins were the cause. "My legs hurt and I had cold feet, but I blamed it on arthritis," Fast says.

"Shirley and Jack both had very common symptoms of venous disease," says Steve Laster, M.D., an interventional cardiologist with the new Vein Clinic in the Saint Luke's Muriel I. Kauffman Women's Heart Center. The clinic features a medical spa atmosphere and specializes in evaluating and treating venous disease. Will Daniel, M.D., and Jason Lindsay, M.D., cardiologists, also work with the clinic's patients.

"As cardiologists, we understand that venous disease is more than a cosmetic problem. It's usually caused by an underlying medical issue that can worsen over time," Dr. Laster says. "The key to our program is a comprehensive medical evaluation, including an ultrasound of your veins, performed by a specialized vascular technologist, and supervised by board-certified cardiologists and a cardiac nurse practitioner."

The vascular technologist "maps" each patient's veins to



determine the source of their problem. "When a patient has varicose or even spider veins, it can be a sign that their venous pressure is too high," Dr. Laster explains. "A comprehensive venous map can help us determine the best way to treat the problem."

Many patients are treated using either a laser or a radiofrequency ablation procedure called VNUS Closure. For both Bean and Fast, treatment included the minimally invasive VNUS Closure procedure. This outpatient procedure treats venous reflux disease in the superficial venous system. Using ultrasound, the cardiologist positions a catheter in the abnormal veins through a small opening in the skin.

The catheter, powered by radiofrequency energy, delivers heat to the vein wall. As the thermal energy is delivered, the vein shrinks and is sealed closed. Once the vein is closed, the body naturally re-routes blood to the patient's other normally functioning veins. Following the procedure, the patient's leg is bandaged and compression stockings are applied to aid in healing.

In more severe cases, such as the one shown above, the doctors perform an ambulatory phlebectomy. "We make 10 to 20 tiny incisions and remove the vein in pieces using a tool that looks much like a crochet hook," Dr. Laster says. The patient's

leg is then wrapped with a compression bandage, usually worn for two weeks.

Other treatment options include conservative therapies with compression stockings, pain medication, leg elevation, weight loss and exercise; or sclerotherapy, a proven and effective non-surgical treatment for spider, reticular and varicose veins. Sclerotherapy involves injecting a solution into the vein which displaces the blood in the veins, causing the vein walls to adhere together. The blood is re-directed to healthier veins. Typically the vein is absorbed by the body and disappears over time. No special preparations are needed prior to sclerotherapy, and the patient can resume normal activities the same day.

"Venous disease is under-recognized and under-treated," Dr. Laster says. "Many people may think the symptoms are superficial, but they can be lifestyle-limiting and in a worst-case scenario, can result in a skin ulcer that doesn't heal."

Bean and Fast have been pleased with both the service they received in the Vein Clinic, and the procedures they had to treat venous disease.

"I noticed a difference in how my legs felt the next day," Fast says. "Everyone at the clinic has been very sincere about their work and how I am doing."

"They did a wonderful job of explaining what was causing my problem and have been very concerned about me," adds Bean, whose first sign of a problem was heaviness in her legs. "My legs already feel lighter!"

For more information about the Vein Clinic at the Saint Luke's Muriel I. Kauffman Women's Heart Center, call 816-932-5784.

# Let the Chips Fall Where They May

## Just Keep Them Out of Your Mouth!

By James H. O'Keefe, M.D.

**A**s a preventive cardiologist, one of the questions I am often asked by my patients is, "What can I do to live a longer, healthier life?" Surprisingly, the answer isn't all that elusive, as a recent study revealed. In fact, in the July 11, 2011 issue of the *Archives of Internal Medicine*, researchers reported consuming more potassium and less sodium on a daily basis can dramatically reduce your risk of death, and improve your heart health. This scientifically rigorous study followed 12,000 adults for 15 years and found that for every 1,000 mg of sodium consumed on a daily basis, the risk of death rose by 20 percent. By contrast, for every 1,000 mg of potassium consumed on a daily basis, the death rate fell by 20 percent.

The goal is to keep your sodium to potassium ratio much less than 1.0. This means you need to eat more potassium than sodium each day. We have known for a long time that too much sodium increases blood pressure. More recently, the Food and Drug Administration has labeled sodium as a known carcinogen, discouraging us from consuming more than 2,000 mg each day. This current study suggests that a high-sodium diet also increases risk of death from all causes, and particularly deaths from cardiovascular causes like heart attack and stroke.

You would be shocked to discover how much sodium is added to wholesome, fresh foods as they are

processed into the modern synthetic products we eat every day. For example, three ounces of unprocessed, fresh, lean pork contains about 60 mg of sodium and 340 mg of potassium. But after it is processed into ham, that same small piece of pork now contains a staggering 920 mg of sodium and the potassium has fallen by about one-third, to 240 mg. And the single biggest source of sodium in our diet? Breads—one more reason to choose vegetables and fruits instead.

### Eat This, Not That. . .

The best way to boost potassium intake is to substitute natural, whole plant and animal foods for processed foods. For example, a serving of pretzels has 340 mg of sodium and just 87 mg of potassium. Trade that snack for an orange, and instead you will consume just two mg of sodium and 150 mg of potassium. Or forgo a doughnut containing 210 mg of sodium and 120 mg of potassium, and instead choose a banana containing a whopping 467 mg of potassium and only 1 mg of sodium! Finally, one eight-ounce glass of low-sodium V-8 juice contains 840 mg of potassium and just 140 mg of sodium, for a sodium to potassium ratio of about one to six. But be careful, regular V-8 juice contains almost 1,000 mg of sodium per serving! So read each label carefully!

You should try to decrease your sodium intake, which is best accomplished by avoiding processed foods whenever and wherever possible.

In conjunction, you should increase potassium intake, which you can easily do by eating more fresh fruits and vegetables, non-fat or low-fat dairy products, and natural, whole and unprocessed foods and beverages. This simple strategy, along with cutting out excess calories, may be the two most important dietary changes you can make to improve your overall longevity, heart health and vigor.



### From the Heart Online

If you enjoy the common-sense, cutting-edge advice in this *Heart* newsletter, be sure to check out Dr. James O'Keefe's blog: *From the Heart*, at <http://cardionutrition.wordpress.com>.

There you will find new articles posted regularly, and information on the latest breakthroughs to help keep your heart healthy, your brain sharp, and your life vigorous. Now more than ever, knowledge is power, especially when it comes to your health. There's a lot of noise out there—you can count on us to give you trusted and enlightened advice that will improve your longevity and quality of life.

If you want an electronic version of this *Heart* newsletter to save and read on your laptop or forward to your friends and family, visit: <http://www.cc-pc.com/newsletters.htm>.



# Mediterraneans Abandoning Healthy Diet

By Joan O'Keefe, R.D.

**I**ronically, just when we are coming to understand that the traditional Mediterranean Diet may be one of the healthiest eating styles in the world, the Mediterraneans are abandoning their famous diet. Seventy years ago, a visionary scientist named Dr. Ancel Keys, while vacationing in Pioppi, Italy, noted that people of this small village south of Naples, seemed to be vigorous, healthy and exceptionally long-lived. Indeed, Dr. Keys, who lived to be 102 himself, decided that the Mediterranean Diet was playing a large role in the exceptional health of these cultures. After decades of research showing benefits of various components of the Mediterranean Diet, the medical world has come to embrace this eating style.

Unfortunately, when the average American thinks of the "Mediterranean Diet," he or she visualizes pasta or pizza. But the most important components of the Mediterranean Diet are lots of vegetables, fruits, nuts and berries, olive oil, legumes, fish and seafood, with little red meat, spices and herbs instead of salt for flavoring and light-to-moderate amounts red wine with the evening meal.

Sadly, this healthy Mediterranean Diet is being abandoned by the people famous for inventing it. Recent reports indicate that Italy is the "fat man" of Europe now with the highest rates of obesity on the continent. The "Industrial Global Diet" is the new term for what we used to call the standard American diet. When a country's standard of living rises, the population tends to abandon its traditional eating patterns and instead adopts a diet of processed foods, fast foods, and high-calorie fare. In Italy, Spain,



Greece, and Crete young people are abandoning the Mediterranean Diet and consequently their rates of obesity are skyrocketing.

In America, the rates of heart attack, diabetes, and cardiovascular death rose steeply during the 20<sup>th</sup> century, except for the periods during the two World Wars when rationing forced people to walk and eat more home-grown produce and locally caught fish.

Unfortunately, fast food, and high-calorie processed foods are inexpensive and widely available. On the other hand, foods that make up the traditional Mediterranean Diet tend to be more expensive. Indeed, today it seems that it is the wealthy who eat like poor Mediterranean peasants of centuries past.

The take away? Now more than ever, it is important to follow a healthy diet. Try to eat at least two different colors (deeply hued vegetables and fruits are ideal) with each meal. Additionally, eat a small portion of lean protein such as fish, chicken breast, and non-fat dairy with each meal. The fewer steps your food takes from nature to your table, the better you will thrive and the longer you will live.

## Look Great, Feel Great!

**W**hat you are gulping down on an hour-to-hour basis is the number one factor in your overall health and appearance. Nothing else, even exercise, can revolutionize your overall health like an ideal diet can. If you want to look and feel your best, it is essential that you start paying close attention to what exactly it is that you are eating and drinking.

If you need nutritional advice to get down to your ideal weight, get your youthful figure back and generally look and feel your best, let Joan O'Keefe, R.D., be your personal nutrition coach. You have three opportunities to tune into Joan's nutritional advice:

1. Seminars at the Women's Cardiac Center, Saint Luke's Hospital. Call 816-932-5784 for details.

2. Webinars where you have the chance to ask your questions and get specific answers to your dietary issues. For details see <http://cardionutrition.wordpress.com>.

3. Personal dietary consultations, where you fill out food diaries and get specific customized advice on what changes you need to make in your diet to achieve your personal health and well-being goals. Call 816-256-5100 to get more details.



Photo by Judy Williams

# Cuppa Joe: Friend or Foe?

By James H. O'Keefe, M.D.

**M**ore than 150 million Americans enjoy a "cuppa joe" every day—it's the way they start their morning, re-charge their energy mid-day, or cap off a terrific meal. Amazingly, 80 to 90 percent of American adults drink coffee or other caffeinated beverages on a daily basis. Yet a burning question remains: is drinking coffee regularly good or bad for your health, specifically for your heart, blood vessels and brain?

A growing body of research shows that coffee drinkers, compared to those who don't drink coffee, may be less likely to develop type 2 diabetes, serious heart rhythm problems, and neurodegenerative diseases including Parkinson's and Alzheimer's. These potential benefits have been attributed in part to the antioxidants present in coffee, moderate weight reduction, improved glucose metabolism and reduced inflammation associated with regular coffee consumption.

Coffee has recently been recommended by a United States review panel to be consumed along with tea in greater quantities, especially as a substitute for high-calorie beverages, such as full-fat milk, non-calorically sweetened soft drinks, fruit juices, alcohol, sports drinks and calorically sweetened, nutrient-poor beverages, like colas.

Several micronutrients found in coffee, including magnesium, potassium, niacin, caffeine and vitamin E, could contribute to the observed health effects that have been linked to coffee consumption. But beware, it is a beverage that you may become somewhat hooked on if you drink it daily. Predictable withdrawal symptoms from missing your morning "fix" of coffee include headache,

irritability, anxiety, mild depression, sleepiness, inability to concentrate or focus, or even flu-like symptoms. These can occur even after missing as little as one cup of coffee a day! It is the caffeine that is habit forming, and pregnant women are advised to limit caffeine intake to not more than 200 mg per day.

The lesson here? Coffee can be habit-forming, but based on scientific research, with few exceptions, it appears to be a habit that's healthy for your heart and your mind. (P.S. Hold the cream and sugar, please).



## In the heart of a great city... is a great hospital.



### The New Saint Luke's

## Mark your calendar for the Grand Opening Celebration!

### Sunday, Oct. 9, 2011, 1 to 5 p.m.

Featuring tours, entertainment and healthy family fun showcasing the new state-of-the-art facility for Saint Luke's Mid America Heart Institute.

4401 Wornall Road, Kansas City, MO 64111

*Learn more at [www.thesaintlukes.org](http://www.thesaintlukes.org)*

# TV Shortens Your Life

## (Go Out and Play with Your Friends Instead!)

By James H. O'Keefe, M.D.

**D**on't expect to hear this from Dr. Oz, but watching TV isn't "good" for you. In fact according to a brand new, authoritative and scientifically sound study, a daily habit of watching too much TV can have a profound adverse impact on your health and longevity.

After tracking data from 11,000 Australian participants over the age of 25, University of Queensland researchers concluded that every hour of television watched after age 25 diminishes the average human lifespan by 22 minutes. That means if you watch six hours of TV a day, you'll lose about five years of your life! And that's not even taking into consideration that when you passively watch TV, you are burning up precious time during which you could be living your own "real" life.

Admittedly, the summer of 2011 wasn't a walk in the park, what with brutal heat waves that scorched most of July and August, along with devastating tornadoes, floods and droughts. In 1866, long before the advent of air conditioning, a summer like the one we just endured was probably what prompted Union General Philip Sheridan to say, "If I owned Texas and Hell, I would rent out Texas and live in Hell." Thankfully, the crisp refreshing Fall weather is here. For my mother Leatrice, Fall is her favorite season because of those spectacular autumn days that, as she says, "Make a person happy to just be alive." So get outside and enjoy a walk among the fall foliage.

## Three Healthy Options in Lieu of the Tube:

- 1** Go outside and play with your friends, or play with your dog, or spouse, or kids, or nurture plants around your yard.
- 2** Read. My father told me as I was getting ready to leave home for college, "Except for the people you meet and the books you read, you won't be much smarter four years from now than you are today."
- 3** Connect with a family member or friend, via phone or Facebook, or in person. The quality of our lives is determined by the quality of our interpersonal relationships.



My friend, Frank Forencich, a brilliant author/activist, is passionate about the revitalizing, rejuvenating, and restorative power of play and outdoor exercise. Frank says that the usual caution:

***"Before starting a vigorous exercise program, first consult with your physician."***

Should be accompanied by this caution:

***"Before beginning a program of sedentary living and isolation from the natural world, see your physician, and while you're at it, see your insurance agent, and your therapist too. You are about to embark on a perilous lifestyle that is dangerous not only to yourself, but to those around you."***

A brand new study published in the prestigious journal *Lancet* followed 400,000 people for about a decade and found that exercising even just 15 minutes a day (compared to being physically inactive) adds about another three years to your life. Other studies show that taking a 10 or 15-minute break from work or studying to go for a stroll in a natural outdoor setting can do wonders for reducing stress and improving mood. I personally make a point of getting outside for a walk or some stretching at least once during my workday, regardless of the weather, just to get some fresh air and clear my mind.

Time spent in nature is one of the only authentic, predictably effective, safe and inexpensive cures to the emotional burnout that often goes along with the stressful, sedentary, indoor lifestyles that our modern world imposes upon many of us. A growing body of evidence suggests that getting outdoors in Earth's native environment can be a healing therapy that can improve both physical and mental health and well-being. In fact, a new field of medicine, dubbed ecotherapy or nature therapy, focuses on how Mother Nature may turn out to be among the most powerful sources of healing and renewal. Being physically active outdoors helps to lift depression, alleviate anxiety, reduce stress, and lower blood pressure. Indeed, mounting evidence suggests that if you want to improve your overall health and well being, it is hard to beat getting out in nature, even if only for short periods of time (as little as five to 15-minute segments) intermittently during the day.

# “The Woodstock of Evolutionary Medicine”

By James H. O’Keefe, M.D.

**O**n Aug. 5 and 6, 2011 on the UCLA campus, the first Ancestral Health Symposium (AHS) was held. This two-day extraordinary international conference was focused on ancient human dietary and physical activity patterns and how we modern humans are still genetically designed for life in the wild. Our progressive divergence from our primal diet and lifestyle is the underlying cause of most of the common health woes faced by Americans and increasingly, most citizens of the modern global industrial world. By channeling our ancient ancestors and embracing their diet, exercise and lifestyle patterns, we can revitalize, rejuvenate, and revolutionize our health and longevity, and thrive with physical and mental vigor.

I had the honor of delivering a presentation entitled, “Organic Exercise: How to Train Like a Hunter-Gatherer.” You can view this and other lectures from the AHS by entering Ancestral Health Symposium into Google and clicking on the top link which is [ancestryfoundation.org](http://ancestryfoundation.org).

I was energized and enlightened by experts from around the world who presented their scientific work at AHS. Nothing makes an organism thrive like allowing it to get back into its native environment, eating its natural diet. Any doubts about the practicality and effectiveness of the Paleo Diet + Organic Fitness were erased as I interacted with



many of the 1,000 attendees—who were, in essence, devotees of this type of program. This was a group of very healthy and fit looking people with lean and muscular bodies, trim waists, sharp and curious minds, with relaxed and happy attitudes.

## A Few Important Take-Home Messages from AHS:

**1** Nothing is more destabilizing to the brain (leading to depression, Alzheimer’s, etc.) than a diet high in sugar and starch; and nothing is more nourishing and stabilizing to the brain than natural, healthy fats like omega-3 (fish oil), nuts (almonds, walnuts, pecans, Brazil nuts, hazel nuts), olive oil, and avocados.

**2** Exercise should be play, not be work; it should feel like fun, not drudgery. Find physical activities that you enjoy. The majority of your exercise should feel like fun, or at least something you can look forward to as a positive part of your day. You will also need to do some other exercise to make sure you don’t get injured while you’re having fun. For instance, I enjoy snowboarding, surfing, skydiving, mountain climbing and outdoor adventures in general. I have learned that if I don’t routinely do strength training, flexibility and cardio conditioning, I tend to get injured a lot. For exercise just play

physically, and also do what you need to do to allow you to enjoy everything and anything you want without getting seriously injured.

**3** Eighty percent of your body composition (how much fat versus muscle, your figure, your waist size, weight, etc.) is determined by your diet. If you follow an ideal Paleo diet, you won’t be a slave to daily hour-long slogs on the treadmill. Instead you can relax and just do the physical activities you enjoy.

**4** A vegetarian diet can be markedly improved by adding a modest amount of healthy animal protein like fish, egg whites, lean fresh red meat and non-fat or low-fat dairy. And most vegetarians eat entirely too much sugar, starch and other processed carbs, and not nearly enough vegetables, fruits (berries) and nuts.

**5** Most people who develop Alzheimer’s disease have had a lifelong intense “sweet-tooth” addiction to sugar and processed carbs—a habit that can destroy your mind.

**6** Next to coronary heart disease, the most common cause of chronic disability is depression. The Paleo Diet and a daily Organic Exercise routine, along with vitamin D and omega-3 will prevent and/or improve symptoms of depression without having to resort to drugs.

Following the Paleo Diet/Organic Fitness lifestyle will naturally reset your hormones back into their ideal ranges, which is key to slowing the aging process, preventing diseases, and staying youthful. Finally, an occasional “one-day fast” does great things for your system.





Bethany A. Austin, M.D.  
Dmitri V. Baklanov, M.D.  
Charles W. Barth, M.D.  
Timothy M. Bateman, M.D.  
Kevin A. Bybee, M.D.  
Paul S. Chan, M.D.  
Adnan Chhatriwalla, M.D.  
David J. Cohen, M.D.  
William C. Daniel, M.D.  
Matthew G. Deedy, M.D.  
Michelle L. Dew, M.D.  
Mark P. Everley, M.D.  
Michael J. Giocondo, M.D.  
Joseph A. Goeke, M.D.  
Thomas H. Good, M.D.  
J. Aaron Grantham, M.D.  
Sanjaya Gupta, M.D.  
Allen L. Gutovitz, M.D.  
Kenneth C. Huber, M.D.  
Andrew C. Kao, M.D.  
Taiyeb M. Khumri, M.D.  
Mikhail Kosiborod, M.D.  
Steven B. Laster, M.D.  
Stephanie L. Lawhorn, M.D.  
Jason B. Lindsey, M.D.  
Anthony Magalski, M.D.  
Michael L. Main, M.D.  
Steven P. Marso, M.D.  
A. Iain McGhie, M.D.  
Richard M. Moe, M.D., Ph.D.  
James H. O'Keefe, M.D.  
Riaz R. Rabbani, M.D.  
Valerie Rader, M.D.  
Brian M. Ramza, M.D., Ph.D.  
Carlos Rivas-Gotz, M.D.  
Barry D. Rutherford, M.D.  
Ibrahim M. Saeed, M.D.  
David M. Safley, M.D.  
Laura Schmidt, M.D.  
David G. Skolnick, M.D.  
Tracy L. Stevens, M.D.  
Randall C. Thompson, M.D.  
Alan P. Wimmer, M.D.  
Martin H. "Tony" Zink, III, M.D.  
*Professors Emeritus: Robert D. Conn, M.D., James E. Crockett, M.D., Geoffrey O. Hartzler, M.D., Ben McCallister, M.D., and David McConahay, M.D.*

Funds generously donated to Saint Luke's Foundation by grateful patients enable us to publish *Heart* and send it to more than 120,000 homes and offices. All materials are created by our physicians solely for the education of our patients and referring physicians.

**James H. O'Keefe, Jr., M.D., Editor-in-Chief**

www.cc-pc.com © 2011, Saint Luke's Cardiovascular Consultants. All rights reserved.

## Saint Luke's Cardiovascular Consultants

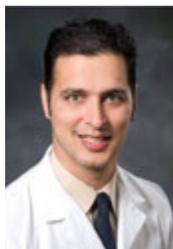
4330 Wornall, Suite 2000  
Kansas City, MO 64111

PRE-SORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
SPANGLER GRAPHICS

Find more healthy advice From the Heart at <http://cardionutrition.wordpress.com>

## Three New Cardiologists Join Practice

Dr. Sanjaya Gupta sees patients at the Saint Luke's Lee's Summit office. He specializes in the diagnosis and management of cardiac arrhythmias, including pacemaker and defibrillator implantation.



He attended medical school at St. Louis University and completed his residency in internal medicine at Case Medical Center, Cleveland, and his fellowship in cardiology at the University of Michigan, where he specialized in electrophysiology.

Dr. Valerie Rader sees patients at the Saint Luke's Lee's Summit and Warrensburg offices. She specializes in clinical cardiology.



Dr. Rader worked for Cardiovascular Consultants as a clinical technician before attending medical school at the University of Missouri Kansas City. She completed her internal medicine training at the Mayo Clinic, then finished her fellowship in cardiovascular diseases at Saint Luke's Mid America Heart & Vascular Institute.

Dr. Laura Schmidt sees patients at the Saint Luke's North office. She focuses on clinical cardiology and is expanding the adult congenital heart disease practice.



She attended medical school at Wayne State University in Michigan and completed her residency at Indiana University in internal medicine-pediatrics and her general cardiology fellowship at Krannert Institute of Cardiology. She has advanced training in heart failure and pediatric cardiology.

### PLAZA

4330 Wornall,  
Suite 2000  
Kansas City, MO 64111  
816-931-1883

### SOUTH

12300 Wornall,  
Suite 280  
Overland Park, KS 66213  
816-931-1883

### NORTH

5844 NW Barry Road,  
Suite 230  
Kansas City, MO 64154  
816-931-1883

### LEE'S SUMMIT

20 NE Saint Luke's Blvd.,  
Suite 240  
Lee's Summit, MO 64086  
816-931-1883