

# News from the Summit

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## Get to Know:

### Ben Beam, P.T.A.

Ben has been in the field of Physical Therapy for over 10 years. He has worked in various settings including home health, sports medicine, and acute care. This has allowed him the opportunity to get to know and help people of various backgrounds and ages.

Ben earned his Associate of Applied Science degree in the field of Physical Therapy Assistant in 1998 from North Central Technical College. His bedside manner and sense of humor make therapy fun and enjoyable for his patients and himself.

Ben is from the Lucas area and grew up enjoying farm life and outdoor activities. He still enjoys activities such as riding horses, hunting, fishing and tolerates the work around the family's farm.

He currently lives in the Ontario area with his beautiful wife of over 10 years Laurie and six year old son Collin, who looks and acts just like dad. He is a devoted family man and loves to spend as much time with them as possible.

## Love Your Heart

### What is Heart Disease?

Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects).

The term "heart disease" is often used interchangeably with "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm, also are considered forms of heart disease.

Heart disease, the number one killer of both men and women in the United States, is also on the rise in developing countries. The most common form of heart disease is coronary heart disease, also known as coronary artery disease (CAD). CAD afflicts an estimated seven million Americans. Each year, approximately 500,000 Americans die from CAD-related heart attacks. Other types of heart disease include cardiomyopathy, cardiac arrhythmias, congestive heart failure, and stroke.

### Risk Factors

#### Controllable Risk Factors:

- High cholesterol
- High blood pressure
- Diabetes and pre-diabetes
- Overweight and obesity
- Smoking
- Lack of physical activity
- Unhealthy diet
- Stress

#### Uncontrollable Risk Factors:

- Gender
- Age
- Ethnicity
- Family history
- Post-menopause

February is the  
American Heart Association  
National Heart Month



2170 Stumbo Road  
Mansfield, Ohio 44906

P (419) 756-2525

F (419) 756-7640

[www.SummitTherapy.net](http://www.SummitTherapy.net)