

NorthCrest health

Great Care, Right Here

SPRING 2008

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Your Zzzs
for a
Healthy
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A publication of

NorthCrest
MEDICAL ♦ CENTER



CEO LETTER >>

AS YOU REVIEW THIS edition of *NorthCrest Health*, you will become familiar with the comprehensive services we offer and provide focusing on healthy hearts. An integral part of those services is the excellent clinical staff that delivers care with passion and dedication to quality that is second to none—a commitment we make to you, our valued customer.

Our cardiologists—members of the Tennessee Heart and Vascular Institute—provide a variety of interventions in our cardiac catheterization lab ranging from pacemaker installation to therapeutic heart catheterizations. Aided by studies including nuclear medical technology, computed tomography angiography (CTA), sleep diagnostics, and cardiac rehabilitation, we offer a comprehensive, integrated range of services that meet your needs, right here at NorthCrest Medical Center.

Sincerely,

Scott Raynes

President & CEO

Help Your Heart

Let NorthCrest Medical Center’s cardiac rehabilitation services help you get back to what matters—living your life.

IT CAN BE DIFFICULT to return to your normal activities after a cardiac emergency. This is why NorthCrest offers rehabilitation services to help you regain strength and confidence. Cardiac rehabilitation services are available to patients who have experienced any of the following:

- » heart attack
- » angina (chest pain)
- » coronary bypass surgery
- » valve repair or replacement surgery
- » heart transplant
- » balloon angioplasty
- » pacemaker or defibrillator implants

The Phase II rehabilitation program usually lasts 12 weeks. It combines education with exercise to help patients combat the symptoms of heart disease. The first phase—beginning in the hospital—introduces minor activities and education about heart disease. The second phase incorporates exercise and various classes to teach patients to practice healthy lifestyle habits.



Get with the Program

NorthCrest also offers the Prevention and Exercise Program (PEP) to all patients with cardiac risk factors, as well as those who plan to undergo any type of heart procedure. During rehab sessions, PEP patients utilize personalized exercise plans and learn to monitor themselves independently.

“NorthCrest’s cardiac rehabilitation program is equipped to get patients back on their feet,” says Julie Davenport, RN, BSN, cardiopulmonary case manager at NorthCrest. “Our comprehensive program helps patients modify risk factors and make beneficial lifestyle changes to increase their chances of long-term health.” ♦

To learn more about NorthCrest’s cardiac rehabilitation services, visit www.northcrest.com.

Catch Your Zzzs for a Healthy Heart

Numerous studies have shown a connection between heart disease and sleep disorders. Thanks to an advanced cardiac testing department and state-of-the-art sleep lab, NorthCrest Medical Center has the technology and staff to help ensure your heart health and sound sleep.

CLOSE TO 30 PERCENT of the population suffers from a sleep disorder. A good night's sleep is critical for good health; however, sleep disorders can prevent you from getting enough sleep and may lead to other serious health conditions.

"Studies have shown that certain heart problems like hypertension correlate with sleep disorders," says Dan Anderson, RN, supervisor of cardiac testing at NorthCrest. "Many people who have sleep disorders, snoring problems, or who toss and turn at night, may also suffer from heart disease."

Meeting Your Needs

To further explore the connection between heart health and sleep disorders, the team at NorthCrest refers patients with heart disease to the sleep lab and vice versa to provide comprehensive diagnostic care to patients.

"If a sleep disorder is suspected in a patient with

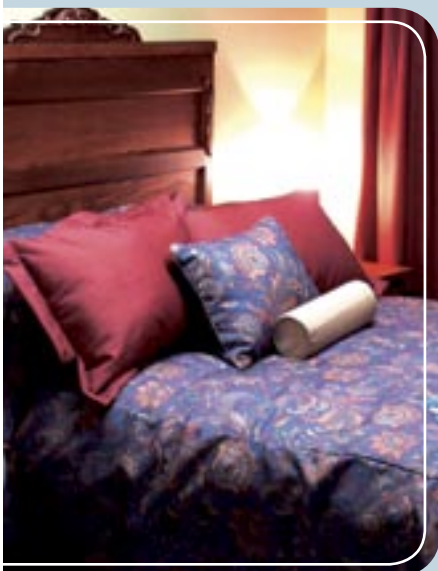


heart disease, a sleep study may be recommended to investigate the possibility of obstructive sleep apnea," says Jessica Milburn, RPSGT, sleep lab coordinator at NorthCrest. "We use the diagnostic sleep test to ensure there are no other disorders contributing to the patient's heart problems."

NorthCrest features a wide range of advanced diagnostic capabilities for heart and sleep conditions. The sleep lab is a four-bed facility with the latest in sleep technology. The cardiac testing department offers stress testing, echocardiograms, tilt table testing, cardiac computed tomography (CT) scans, and other leading-edge technologies. ◆

If you think you or a loved one suffers from a sleep disorder, call the sleep lab at (615) 382-0372. For more information about cardiac tests, call (615) 384-1569.

»» The Connection: Sleep Apnea and Heart Disease



Obstructive sleep apnea is a disorder characterized by gasping for air or breathing cessations during sleep. Sleep apnea can make you tired and groggy the next day, but it can also have more serious consequences, like an increased risk of heart disease.

"It's been medically documented that sleep apnea contributes to hypertension and heart disease," says Jessica Milburn, RPSGT, sleep lab coordinator at NorthCrest. "When sleep apnea occurs, the blood oxygen level drops. Depending on the severity and duration, this can cause the patient to experience abnormal heart rhythms, which can continue throughout the night and put undue stress on the heart."

Researchers suggest that when your brain recognizes low oxygen levels, it releases adrenaline-like substances that increase blood pressure and possibly damage blood vessels. Experts suspect the swings in blood pressure during the night may contribute to an increased risk of heart failure, heart rhythm problems, coronary artery disease, and stroke. If you suffer from heart disease or sleep apnea, many physicians are now recommending testing for both health conditions. ◆

Visit www.northcrest.com for more information on the sleep lab or cardiovascular lab at NorthCrest Medical Center.

Your Heart Is in Good Hands

The cardiovascular catheterization lab at NorthCrest Medical Center is able to perform lifesaving procedures 24 hours a day. Trust the experienced staff and state-of-the-art technology to provide you with the best in heart care.

THE TEAM AT THE CARDIOVASCULAR lab at NorthCrest provides emergency care for patients experiencing heart attack symptoms as well as diagnostic services to guide treatment for heart and vascular health. The X-rays taken at the catheterization lab can show blockages in the arteries of the heart caused by the accumulation of cholesterol or a blood clot. Experienced nurses, cardiac technicians, and radiology technicians assist interventional cardiologists as they guide catheters through the body's network of blood vessels from a small incision in the groin to the blockage in the heart.

Catheters deliver small balloons to push the blockage aside during a procedure known as angioplasty. Small metal mesh tubes called stents can also be delivered by a catheter and inserted at the point of blockage to keep arteries in the heart open to preserve blood flow.

"Community members have access to a state-of-the-art cardiovascular catheterization lab at NorthCrest 24 hours a day, seven days a week," says Angie Beard, RN, BSN, CCRN, director of cardiovascular services at NorthCrest Medical Center. "Our

ability to provide quick treatment and our lower complication rates mean there is no reason to drive to Nashville-area hospitals for quality cardiac care."

Comprehensive Cardiac Care

The catheterization lab is used in conjunction with other tests as your physician determines the presence and extent of heart disease. Other tests include cardiac computed tomography (CT), angiography, nuclear cardiology, and echocardiography. The results of these tests can demonstrate the need for follow-up care.

"Our program provides expert cardiac care from diagnosis and treatment to follow-up and prevention," says Nicholas J. Lippolis, MD, board-certified cardiologist with the Tennessee Heart and Vascular Institute, who is on the medical staff at NorthCrest Medical Center. "Our goal is to keep patients out of the cardiovascular catheterization lab with prevention, early diagnosis, and treatment of heart disease. Patients can manage their heart health with annual exams and regular screenings for heart disease." ♦



Preventing Heart Disease

Heart disease is the leading cause of death for both men and women in Tennessee. The American Heart Association recommends the following ABCs of preventing heart attack, stroke, and heart disease.

- A**void tobacco, which causes an increased risk for high blood pressure and high blood cholesterol.
- B**e more active to help lower cholesterol, maintain a healthy weight, and manage diabetes.
- C**hoose good nutrition, limiting alcohol and focusing on foods low in sodium and saturated fat, and high in fiber.

For more information about cardiac catheterization at NorthCrest Medical Center, visit www.northcrest.com and choose "Cath Lab" under Hospital Services.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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