

PHILIPS

NorthCrest health

Great Care, Right Here

SPRING 2009

Meeting Your
**Cardiovascular
Needs**

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NorthCrest
MEDICAL ♦ CENTER



CEO LETTER >>

NORTHCREST MEDICAL CENTER is committed to providing the highest quality and safest care possible. This is evident in the makeup of our medical staff and our facilities. Another

example of this commitment is the enhancement of our cardiac catheterization laboratory. Through the philanthropic efforts of the NorthCrest Foundation and the Robertson County Trust, we are upgrading our technology to enhance our ability to provide heart care to the community.

Drs. Tracy Callister and Donald Russo have provided cardiac care at NorthCrest for more than 20 years. They, along with other members of Tennessee Heart and Vascular Institute (Drs. Jung Lee, Nicholas Lippolis, and Kendrick Mills) lead our efforts of combating heart disease. With their guidance, our continued investment in technology, and the growing awareness of ways to prevent and/or manage heart disease, we continue to enhance the quality of life and good health within the community.

In addition to enhancing our cardiac care capabilities, our new technology will allow us the opportunity to enhance our vascular and spinal care. From cardiac and vascular stenting and pacemaker installation to kyphoplasty procedures, we continue to invest in technology that ensures the quality care you need is available to you close to home.

Sincerely,

Scott Raynes
President & CEO

Sharper Imaging for Your Cardiovascular Needs

NorthCrest Medical Center is committed to investing in the latest technologies and procedures for the community. As part of that commitment, equipment in the cardiac catheterization lab at NorthCrest is being upgraded to provide faster diagnosis and a better overall experience for patients.

Follow the ABCs to Prevent Heart Disease



Avoiding heart disease can be as simple as making small lifestyle changes. The American Heart Association (AHA) recommends reducing your risk of heart disease, heart attack, and stroke by adhering to the ABCs.

Avoid tobacco. If you smoke, quit. If you don't smoke, don't start. Nicotine raises your risk of heart disease by decreasing oxygen to the heart; increasing blood pressure, heart rate, and the risk of blood clotting; and damaging the cells that line coronary arteries and other blood vessels. Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW (784-8669) for personalized assistance with smoking cessation, including counseling and a free Tobacco Quit Kit.

Be more active. The AHA recommends getting 30 minutes of moderately intense cardiovascular activity—hard enough to raise your

heart rate and break a sweat but still carry on a conversation—on at least five days of the week or vigorous activity on three days. Physical activity doesn't have to come in the form of structured exercise or all at one time—taking a walk around the block at lunch, using the stairs instead of the elevator, or parking farther from the store and walking to the entrance all count.

Choose good nutrition. Aim for a diet with plenty of fresh fruits and vegetables, whole grains, fat-free or low-fat dairy, fatty fish, and lean proteins, such as turkey or tofu. Avoid foods high in calories, fat, cholesterol, and sodium, and limit your intake of alcohol.

To find a NorthCrest Medical Center physician to help with your heart health needs, visit www.northcrest.com and select "Find a Doctor."



Know the Signs

The American Heart Association estimates that approximately 500,000 deaths in the United States each year are related to heart disease. In Tennessee alone, heart attacks and strokes account for more than 20,000 deaths. Fortunately, learning the warning signs of a heart attack can save your life or the life of someone you love.

Heart attacks often are portrayed on television as sudden chest pain. While chest pain can be a symptom of a heart attack, there are other signs as well, especially among women. These can include:

- chest pressure
- cold sweat
- indigestion-type discomfort
- lightheadedness
- nausea
- pain in the neck, arms, shoulders, jaw, or abdomen
- shortness of breath

“Women often don’t consider themselves candidates for heart disease, and as a result, they may ignore symptoms that could signal a heart attack,” says Tracy Callister, MD, board-certified cardiologist on staff at NorthCrest Medical Center. “Because treatment is most effective when administered within the first hour after a heart attack begins, both men and women should pay attention to the messages their bodies may be sending. If you don’t feel quite right, seek medical attention.”

If you or a loved one experiences symptoms of a heart attack, call 911 immediately.

CARDIAC CATHETERIZATION is performed to determine how well blood flows within the coronary arteries. The test measures levels of blood flow and blood pressure within the heart to detect any defects in the heart’s arteries or walls.

“During the procedure, a small tube is placed through the patient’s groin into the femoral artery and fed up to the aorta,” says Angie Beard, RN, BSN, CCRN, director of cardiovascular services at NorthCrest. “We inject dye into the coronary arteries and take a series of images to detect any blockages. The images are then used by a physician to help determine a treatment plan for each patient.”

Cardiac catheterization relies heavily on the quality of the images of the heart and its arteries. With this new technology, NorthCrest physicians will be able to produce sharper images.

“The new equipment will allow us to better visualize the arteries and make preliminary diagnoses,” says Tracy Callister, MD, board-certified cardiologist on staff at NorthCrest. “In addition, when we place balloons or stents in the arteries as part of an angioplasty procedure, we will be able to see the area more clearly to ensure proper placement.” ◆

For more information about cardiac catheterization at NorthCrest, visit www.northcrest.com and select “Hospital Services” and then “Cath Lab.”

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.

Advanced Procedure to Help You Stand Tall

Each year, 700,000 people in the United States suffer spinal fractures due to osteoporosis or certain types of cancer. Searing pain is not the only constant reminder of the condition. Spinal fractures also may lead to deformity, loss of height, and other health problems. Fortunately, kyphoplasty—a leading-edge approach to repairing vertebral compression fractures and restoring the vertebrae to the correct position—is available at NorthCrest Medical Center.

“BEFORE THE EMERGENCE OF kyphoplasty, treatment options for patients with back pain caused by vertebral compression fractures were limited,” says Cody Crase, MD, radiologist on staff at NorthCrest. “Kyphoplasty has revolutionized treatment for these patients, dramatically improving their quality of life.”

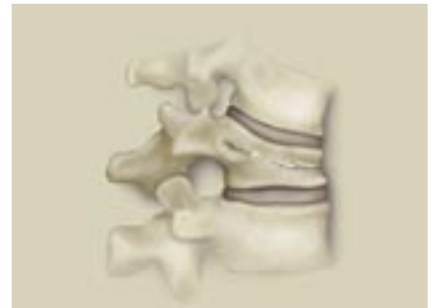
Back on Your Feet in No Time

During the procedure, the physician precisely inserts a catheter (small, flexible tube) into the site of the fracture using X-ray guidance. A balloon is threaded through the catheter and inflated, returning the spine to its original position. The balloon is retracted, and special orthopaedic cement is injected to help the spine retain its correct position and alleviate pain.

“Kyphoplasty is performed in the cardiovascular lab at NorthCrest,” says Angie Beard, RN, BSN, CCRN, director of cardiovascular services at NorthCrest. “The procedure usually takes about an hour, and it does not require general anesthesia. Since it also is an outpatient surgery, patients are usually in and out of the hospital within four to six hours.”

The biggest benefit to patients who undergo this procedure is pain relief. According to Dr. Crase, 90 to 95 percent of patients experience relief within one to two days of the procedure.

“This is truly an amazing advancement for patients with vertebral compression fractures,” says Dr. Crase. “Kyphoplasty is a safe and effective method of restoring patients to the quality of life they once had.”



For more information about the cardiovascular lab at NorthCrest, visit www.northcrest.com and click on “Hospital Services.”