

# CARDIAC | monitor

FOR OUR PATIENTS

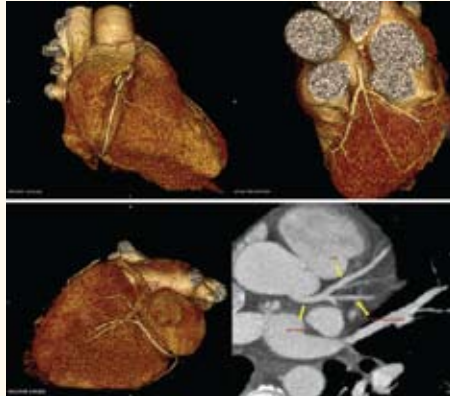
Sacramento, CA

## MERCY GENERAL HOSPITAL: FRONTIERS IN CARDIAC IMAGING

The Mercy Heart & Vascular Institute ranks among the top hospitals in California when it comes to cardiovascular care. The cardiac catheterization lab is one of the busiest in the nation with a roster of interventional cardiologists with the highest qualifications. The cardiac operating room boasts the most skilled surgeons performing increasingly complex cases. Now, Mercy has completed its “triple crown” in cardiovascular care with the acquisition of the most modern technology in cardiac imaging.

According to Howard Dinh, MD, FACC, cardiologist and expert on cardiac computed tomography (CT), magnetic resonance imaging (MRI), and nuclear imaging, “We now have the ability to look at the heart and vasculature in an unprecedented way. We can determine if a patient has blocked arteries, assess their cardiac risk, and visualize their cardiac valves and muscle with precision.” This is all accomplished by a non-invasive scan that takes 10-45 minutes.

Mercy’s 64-slice, state-of-the-art CT scanner performs both calcium scoring and coronary angiography. A calcium scan takes less than 3 seconds and involves a minimal amount of radiation exposure, while providing a calcium score which is an exceptional indicator of a person’s cardiac risk. The scan visualizes the coronary artery to determine if a blockage or plaque is present, and helps physicians



CORONARY COMPUTED TOMOGRAPHY ANGIOGRAM

determine if the patient would benefit from medication or an angiogram and placement of a coronary stent.

MRI uses magnetic energy to generate differential natural contrast between tissue, allowing physicians to see a 3D view of the heart and its valves. It has become the gold standard in cardiac imaging, and is used in all clinical research. Mercy uses a state-of-the-art 1.5 Tesla high-definition GE MRI machine. This machine has proved invaluable in determining which patients may need additional cardiac care. It can also provide extraordinary detail of congenital heart defects and other cardiac conditions.

To learn more about Mercy’s world class cardiac imaging care and the difference it can make in your treatment, contact your cardiologist. ♥



### CARDIAC MONITOR— a resource for you

The information included in this newsletter is provided as an educational service.

*Cardiac Monitor* highlights the latest news in cardiac care and features helpful information about diet and exercise, medication and prescription updates, upcoming educational opportunities and profiles of Mercy services.

Distribution of *Cardiac Monitor* is for patients who are active participants in any of the Mercy Cardiovascular Disease Management programs, or who have had a recent hospitalization for a cardiovascular-related condition.

If you wish to be removed from the mailing list, please call 916.733.6966.

## MERCY HEART & VASCULAR INSTITUTE

### Cardiac Surgeons

John R. Dein, MD  
Michael Ingram, MD  
Richard J. Kaplon, MD  
Robert Kincade, MD  
James Longoria, MD  
Allen S. Morris, MD, Medical Director  
Kapil Sharma, MD  
Frank N. Slachman, MD  
Henry L. Zhu, MD

### Cardiac Electrophysiologists

Arash Aryana, MD  
Peter Jurisich, DO  
Padraig G. O'Neill, MD, Medical Director  
Stephen I. Stark, MD  
Larry J. Wolff, MD

### Cardiologists

Arvin Arthur, MD  
Richard Axelrod, MD  
Philip M. Bach, MD  
Scott B. Baron, MD  
David A. Bayne, MD  
Raye L. Bellinger, MD  
Larry E. Berte, MD  
Rohit Bhaskar, MD  
Dennis R. Breen, MD  
Alan R. Cabrera, MD  
Jack W. Casas, MD  
Michael L. Chang, MD, Medical Director  
Kenny Charn, MD  
John Chin, MD  
Howard Dinh, MD  
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Georg Emlein, MD  
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Mehrdad Jafarzadeh, MD  
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Walt Marquardt, MD  
Harvey J. Matlof, MD  
Malcolm M. McHenry, MD  
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M. Michele Penkala, MD  
Jagbir S. Powar, MD  
David K. Roberts, MD  
Robert Schott, MD  
Sailesh N. Shah, MD  
Karanjit Singh, MD  
Kevin L. Stokke, MD  
Rajendra S. Sudan, MD  
Patricia A. Takeda, MD  
Dan W. Tsoi, MD  
Daniel D. Vanhamersveld, MD  
William Vetter, MD  
David E. Woodruff, MD  
Zi-Jian Xu, MD

### Mercy Cardiovascular Services

Doris Frazier, RN, MS, Vice President

## MERCY PHYSICIAN'S 2010 QUIT SMOKING ADVICE

If you're a smoker, the decision to quit may be overwhelming – but the impact it could have on your health is dramatic. “The most important decision you can make to improve your health is to quit smoking,” explains Donald Rifas, MD, MGH Medical Director, Pulmonary Rehab Program. “It is the most costly, most fatal and most preventable cause of disease in America.”

Cigarette smoking contributes not only to lung cancer, but also heart disease, stroke, peripheral artery disease and other types of cancer. “Smoking crosses the lines of many diseases,” says Dr. Rifas.

The ideal way to quit is medication-free, since some smoking cessation drugs like Chantix and Zyban can have undesirable

psychological and physical side effects. Though they can be helpful to some, Dr. Rifas considers such medication a last resort. “A good smoking cessation support program is the best way to address the reasons why you smoke and give you the tools to stop,” explains Dr. Rifas. Nicotine patches can also be helpful. “They provide incrementally smaller and smaller doses of nicotine. That way people get weaned off a drug [nicotine] they're already using instead of becoming addicted to another drug.”

For more information about the smoking cessation program at Mercy General Hospital, call 916.453.4268. For the program at Mercy San Juan in Carmichael, call 916.537.5299. ♥

## SECOND-HAND SMOKE A RISK FACTOR FOR HEART ATTACK

By Tanya Hodge, RN, MS, CNS, CCRN

It has been known for several years that exposure to second-hand smoke is a risk



factor for heart attack. New evidence has been published in the September 29 issue of the Journal of the American College of Cardiology. A number of cities, states and regions throughout the world have banned smoking in public places. The recently published article is a review of a number of studies comparing heart attack rates before and after the start of a smoking ban. Researchers have shown that smoking bans decrease heart attack rates significantly by decreasing exposure to second-hand smoke. In several of the studies, they found lower levels of nicotine in non-smokers after the ban compared to before the ban. Researchers also found that the reduction in number of heart attacks was larger in areas where the smoking ban had been in effect for a longer period of time. This highlights the fact that exposure to second-hand smoke is dangerous and can lead to heart attack. For this reason, it is important to avoid exposure to second-hand smoke whenever possible. ♥



## MERCY GENERAL HOSPITAL EARNS CHEST PAIN ACCREDITATION

In July 2009, Mercy General Hospital became the first and only Accredited Chest Pain Center (with PCI) in the Sacramento region. “This important distinction recognizes our rapid and consistent, systematic approach to treating patients that arrive to our Emergency Department with symptoms of chest pain or heart attack”, says Doris Frazier, RN, MS, Vice President of

Cardiovascular Service.

During a heart attack, time to treatment is the key to survival and reducing heart damage. “From EMS, through the Emergency Department assessment and diagnosis, to an emergency angioplasty to open the blocked arteries, experienced physicians and staff are focused on saving those seconds that count,” says Frazier. ♥

**If you or a loved one experience any of the warning signs of a heart attack, call 911 immediately:**

- Chest discomfort (pressure, heavy, full, squeezing, or pain lasting more than a few minutes)
- Chest discomfort that spreads to one or both arms, shoulders, neck, jaw, or back
- Chest discomfort with any of these symptoms: lightheadedness, sweating, cool skin, nausea, shortness of breath, rapid or irregular pulse
- Upper abdominal pressure or discomfort
- Unusual fatigue and/or shortness of breath, especially in women, elderly, and diabetics, with or without chest discomfort.

## NEW PATIENT TOWER ENHANCES CARDIAC CARE AT MERCY SAN JUAN

Mercy San Juan Medical Center’s new patient tower opened in December 2009, providing the community with 110 much needed additional beds for a total of 370 acute care beds.

All of the rooms in the new six-story tower are private, with 30 beds dedicated to cardiac telemetry on the fourth



floor. The unit incorporates the latest innovations to make delivering quality care easier:

- A central monitoring system
- New wireless IV pumps with built-in drug libraries to enhance patient safety
- A pneumatic tube system to increase the speed of receiving medications from the pharmacy
- Two negative air flow rooms to prevent cross-contamination
- A dedicated room for physicians to complete computer charting

The carefully designed interior incorporates soothing colors, textures and ample natural light to promote a tranquil healing environment. ♥



## Vascular & Cardiac Screenings

Take advantage of these noninvasive and painless screenings designed to help you learn about and control your risk factors. Each screening includes a nurse consultation of your risk factors and a physician review of screening and lab results.

### Vascular HealthScreen

**\$95**

This 40-minute screening checks for blockages in the arteries:

- Stroke/carotid artery ultrasound to detect potential stroke-causing plaque
- Ankle-brachial index to detect peripheral arterial disease
- Abdominal aortic ultrasound to detect an aneurysm

### Cardiac HealthScreen

**\$95**

This 60-minute screening uses the Heart Study Risk Factor Assessment to identify your 10-year risk for cardiac disease.

- Comprehensive risk factor analysis including blood pressure, body mass index, and waist circumference
- Specialized cholesterol and blood glucose lab tests
- 12-Lead ECG to measure electrical functions in the heart

**Receive both Vascular and Cardiac HealthScreen for only \$149.**

Call 916.733.6245 to make an appointment.



A member of CHW

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## MERCY HEART & VASCULAR INSTITUTE

1.877.9HEART9

[mercyheartsacramento.org](http://mercyheartsacramento.org)

MERCY GENERAL HOSPITAL  
MERCY HOSPITAL OF FOLSOM  
MERCY SAN JUAN MEDICAL CENTER  
METHODIST HOSPITAL OF SACRAMENTO  
SIERRA NEVADA MEMORIAL HOSPITAL  
WOODLAND HEALTHCARE

drawing for a free vascular health screen and calcium score or a vascular health screen and cardiac screen. The winner is Dory Berke, RN, QM Nurse in the Quality Management Department at CHW Medical Foundation. Congratulations Dory!

Thank you for all the submissions offering suggestions for a new name for our "Heart Smart" program. We found them to be both creative and inventive; but after thoughtful consideration, we have decided to keep the "Heart Smart" name. In spite of this, we still entered all submissions into a

## HEART SMART NAME CHANGE CONTEST

**Exclusive National Heart Month Events**

Join us for screenings, pampering activities, educational seminars and more:

- Feb. 18 Arden Hills Country Club, Sacramento
- Feb. 18 Woodland Community Center, Woodland
- Feb. 22 Maidu Community Center, Roseville
- Mar. 6 Serrano Country Club, El Dorado Hills

Space is limited. Register today at [www.mercyheartsacramento.org](http://www.mercyheartsacramento.org).

**CHOLESTEROL SCREENINGS**

First Thursday of every month. Fees are \$25 for lipid panel; \$30 for lipid plus glucose. Twelve-hour fasting is required. For an appointment or information, call: 916.453.4521

Mercy General Hospital  
916.537.5296

Mercy San Juan Medical Center  
916.537.5296

**CORONARY CALCIUM SCORING**

A non-invasive radiologic examination of the coronary arteries to determine heart attack risk.

Cost: Calcium Scoring – \$325

Locations: Mercy General Hospital and Sierra Nevada Memorial Hospital  
Call to make an appointment: MGH 916.733.6961; SNMH 530.274.6262

**HEALTHY HEART SERIES – FREE**

Mercy General Hospital  
All classes are held on Thursdays from 1:30 - 3 p.m. Call 916.453.4521 for dates and location.

Topics include: Diabetes nutrition and low-fat cardiac diet

Mercy San Juan Medical Center  
All classes are held on Tuesdays from 11:15 a.m. - 12:15 p.m. Call 916.537.5296 for dates and location.

Topics include: Emotions and heart disease, diabetes management, diabetes nutrition, low-fat cardiac diet, managing your response to stress, your heart and cardiac procedures, your medicine cabinet, exercise guidelines, cardiovascular risk factors

# Classes & Screenings