

WHEN YOU NEED Heart Help
A GUIDE TO THE BEST POSSIBLE CARE


HEART *and*
VASCULAR INSTITUTE

LEE MEMORIAL HEALTH SYSTEM

heart care you can depend on

service For almost 90 years, Lee Memorial Health System (LMHS) has served our community with care, compassion and expertise using the newest diagnostic, surgical and non-surgical treatments. The Heart and Vascular Institute, part of LMHS, has all the services you need to keep your heart healthy --- diagnostics, interventional cardiology, cardiovascular surgery, specialized hospital care, rehabilitation services, home care and community education programs. Almost seventy percent of area residents who need cardiac services receive them from the Heart and Vascular Institute.

quality LMHS, your community-owned health system, is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), the nation's largest standards-setting and accrediting body in health care. In its 2003 Quality Report, JCAHO cited LMHS' heart attack care as "above the performance of most accredited organizations."

recognition The Solucient 100 Top Hospitals program named Lee Memorial Health System a 100 Top Cardiovascular Hospital in the United States in 1999, 2001, 2002 and 2004. We consistently rank as the top Consumer Choice for care in our area and receive awards for patient satisfaction.





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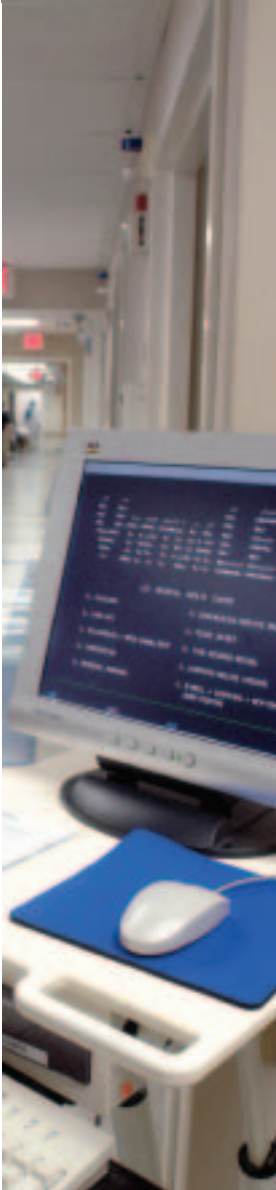
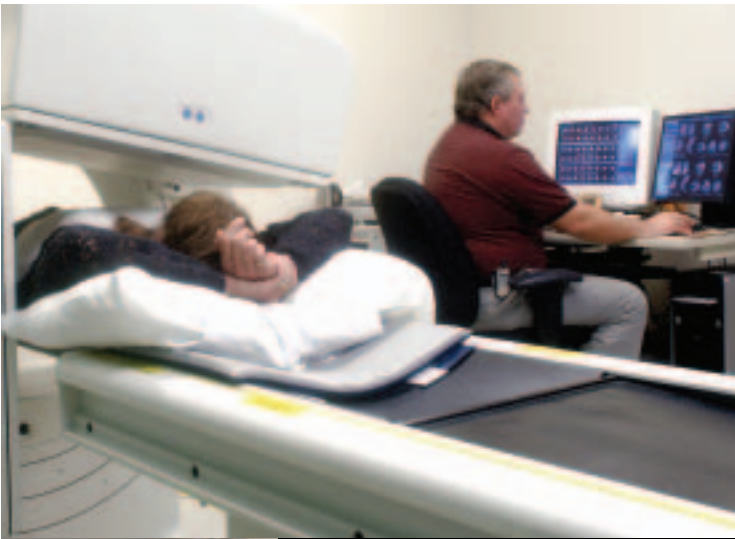
IN OUR AREA
AND RECEIVE
AWARDS
FOR PATIENT
SATISFACTION.

Cardiologists and Surgeons

Our specialized heart medical team is led by the area's finest and most experienced cardiologists and cardiovascular surgeons.

Most of the cardiologists on our medical staff are board certified and have earned the professional designation, Fellow, American College of Cardiology (FACC).

All of our cardiothoracic surgeons are board certified and most of them are Fellows of the American College of Surgeons (FACS).



technology

Lee Memorial Health System has a system-wide commitment to modern technology in all aspects: patient care, diagnostic and surgical capabilities, information systems. In fact, in 2003 we received an award for being one of the most technologically advanced hospitals in the country.



SOME OF THE LATEST TECHNOLOGY ENHANCEMENTS THAT BENEFIT HEART AND VASCULAR INSTITUTE PATIENTS ARE:

HeartLab, Cardiac Imaging System

connects all our cardiac catheterization and cardiovascular ultrasound systems, creating a central storage of digital, filmless images from all LMHS hospitals and our HealthPark Commons Outpatient Center.

An Electronic Medical Record (Net Access)

is a secure format that allows physicians to review the results of their patients' inpatient and outpatient test, performed at all three LMHS acute care hospitals and our outpatient facilities, **from anywhere they have Internet access.**

Wireless Telemetry is a new cardiac monitoring system that allows us to review and analyze a patient's heart rhythms from a central location regardless of where the patient might be in the hospital. LMHS is the first health system in Southwest Florida to install this advanced system.



when seconds count

Emergency Services At the first sign of a heart attack, prompt diagnosis and treatment can make a life-or-death difference. The Heart and Vascular Institute is here for you every day, 24 hours a day and year-round at Lee Memorial Hospital, HealthPark Medical Center and Cape Coral Hospital.

In our Emergency Departments at all three hospitals, board certified physicians and nurses certified in Advanced Cardiac Life Support and emergency and trauma care nursing stand ready to receive patients.

During transport, EMS is able to transmit electrocardiograms, a non-invasive test to measure the electrical output of your heart, to our Emergency Departments, allowing prompt diagnosis and treatment.

Emergency Intervention Center

HealthPark Medical Center is one of two interventional emergency centers in the area. This means that if you are experiencing a cardiac emergency, EMS will transport you to HPMC to receive emergency cardiac care.

The Heart and Vascular Institute medical team goes into action to quickly and accurately diagnose your cardiac condition using the latest technology and treatment procedures. By immediately getting appropriate medical attention, you are likely to avoid or limit heart muscle damage.

Should you have a blocked artery, the medical team will use the most direct method to open it. Immediately, they will perform a coronary angiogram and angioplasty, or PTCA (percutaneous transluminal coronary angioplasty). PTCA can only be performed at a hospital, such as HealthPark Medical Center, that has cardiac catheterization labs and a team available 24 hours a day. At HPMC, the Heart and Vascular Institute team performs this procedure nearly 1,000 times each year.

Community

We are committed to community education and outreach on heart issues. In 2003, we launched our Women's HeartAdvantage program, aimed at educating women about their number one health risk. We offer community education programs and staff is available to speak to groups in the community and serve as a resource for heart-related questions. For more information, please contact us at 239-432-4786.





heart attack warning signs

If you have any of these symptoms, call 9-1-1 immediately:

- an uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back
- discomfort in other areas of the upper body, which may be felt in one or both arms, the back, neck, jaw, or stomach
- shortness of breath, which often occurs with or before chest discomfort
- other symptoms such as breaking out in a cold sweat, nausea, or light-headedness.

tests and procedures for heart disease

diagnostics If your doctor suspects you may have heart problems, he or she likely will order one or more tests. Our cardiac care team performs a variety of tests to identify heart problems and determine the best course of treatment. We offer a full range of cardiac diagnostic tests for patients of all ages, from newborns to seniors.

For outpatients, we offer basic diagnostics as well as the latest technologies in stress testing, echocardiography and vascular studies.

convenient test locations The Heart and Vascular Institute provides a wide range of cardiac services at HealthPark Medical Center, Lee Memorial Hospital and Cape Coral Hospital.

Our new Outpatient Center, at 16201 Bass Road, Suite 100 in HealthPark Commons, also offers cardiovascular diagnostic services. You now have quick and easy access to diagnostic services that were previously only offered within the hospital. The Center has leading edge echocardiography and vascular ultrasound equipment, a brand new stress lab adjoining the radiology nuclear medicine suite, EKGs and 24-hour holter monitors. See the map of locations on the back.

interventional cardiac procedures

Interventional procedures are those in which catheters or other devices are inserted through blood vessels to diagnose and treat heart disease. As many of these procedures are non-invasive, you may be able to avoid surgery and recover faster.

The Heart and Vascular Institute provides a wide range of interventional cardiology services at both HealthPark Medical Center and Cape Coral Hospital. Highly trained interventional cardiologists and electrophysiologists perform tests and procedures in specially designed labs outfitted with advanced technology equipment.

- ◆ HealthPark Medical Center offers a complete series of diagnostic and interventional treatments. HPMC has three new state-of-the-art interventional catheterization labs, one electrophysiology lab and one pacemaker/defibrillator implant room.
- ◆ Cape Coral Hospital provides diagnostic catheterizations and pacemaker implants in one diagnostic catheterization lab.

experience that serves you well


Our catheterization labs perform about 2,000 diagnostic catheterizations each year, 1000 interventional procedures and 1000 electrophysiology studies and implants. The staff of the catheterization labs are registered nurses and registered cardiovascular interventional specialists certified in Advanced Cardiac Life Support. Many staff members have over 15 years of catheterization lab experience.

open heart surgery The Heart and Vascular Institute provides adult heart surgery in high-tech open heart surgical suites. Our specialized heart surgical team, led by the area's premier and most experienced cardiovascular surgeons, is on call 24 hours a day. Surgical procedures include coronary artery bypass surgery, valve repair and replacements, transmyocardial laser revascularization and endoscopic vein harvesting.



nursing your heart back to health

open heart intensive care unit (OHICU) After open heart surgery, patients move to the OHICU, which has state of the art monitoring equipment and the latest in advanced technologies. Patients receive post-operative care from specially trained nurses skilled in caring for open-heart surgical patients.



Surgical Intensive Care Unit (SICU) After undergoing extensive surgeries such as abdominal aortic aneurysm repairs or carotid endarterectomies, patients may move from the Operating Room or PACU (recovery room) to the care of the SICU nursing staff, specially trained in caring for patients with complicated surgical procedures.

Surgical Progressive Care Unit (SPCU) Patients transfer from the OHICU to the SPCU when they no longer need intensive care monitoring. The highly trained SPCU nurses provide expert care focused on helping patients recover and prepare to go home.

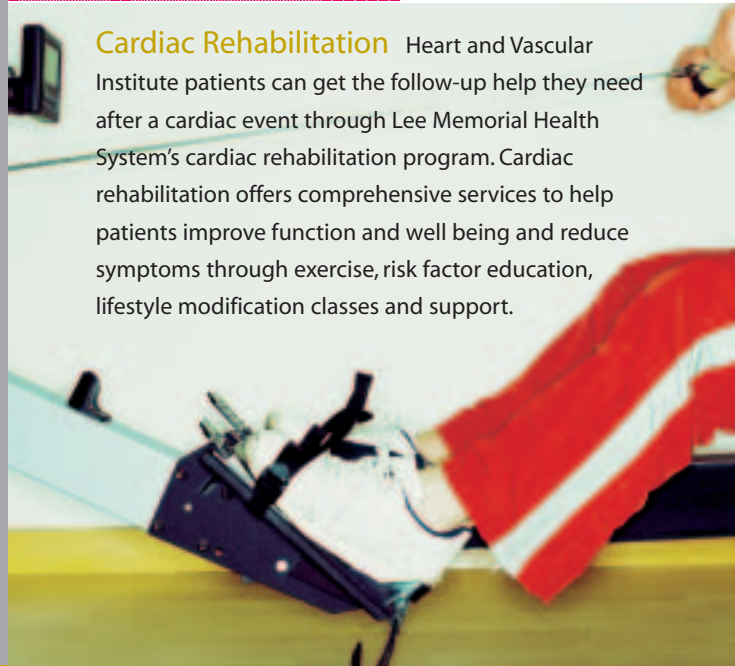
Medical Intensive Care Unit (MICU) In the MICU, the staff cares for, and closely monitors, patients diagnosed with an acute myocardial infarction (heart attack), congestive heart failure or other medical conditions. Once stabilized, patients may be treated medically or undergo cardiac surgery.



Medical Progressive Care Unit (MPCU)

When patients no longer require intensive medical care monitoring, they transfer to the MPCU. Cardiac patients from the Emergency Departments and catheterization labs are also admitted to MPCU, as are patients who may be awaiting cardiac surgery.

Cardiac Home Health In some cases, cardiac patients may require ongoing professional health care after discharge from the hospital. Through Lee Memorial Home Health, the Heart and Vascular Institute provides a wide range of nursing and support services to homebound heart patients.



Cardiac Rehabilitation Heart and Vascular Institute patients can get the follow-up help they need after a cardiac event through Lee Memorial Health System's cardiac rehabilitation program. Cardiac rehabilitation offers comprehensive services to help patients improve function and well being and reduce symptoms through exercise, risk factor education, lifestyle modification classes and support.

support groups

If you are living with heart disease or coping with a family member or close friend who has been diagnosed with heart problems, you may need the help and understanding of other people in your situation.

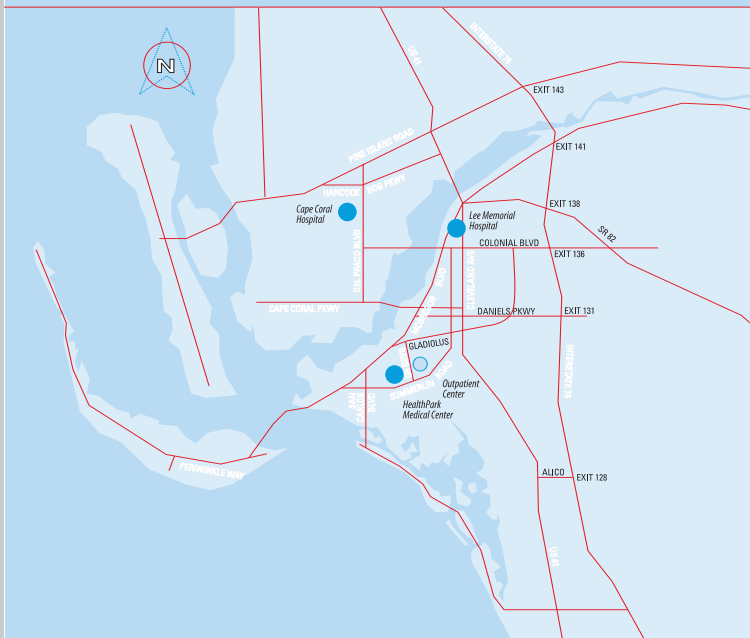
THE HEART AND VASCULAR INSTITUTE
SPONSORS TWO CARDIAC SUPPORT GROUPS
AT HEALTHPARK MEDICAL CENTER:

MENDED HEARTS is a volunteer organization of people who have heart disease, their spouses, family members, medical professionals and other interested individuals. The group offers support to those with similar experiences and visits patients in the hospital before and after cardiac surgery.

The **ICD SUPPORT GROUP** is a community-wide support group for patients with Implantable Cardiac Defibrillators (ICDs), their families and friends. An ICD continuously monitors the patient's heart rhythm, diagnoses rhythm changes and treats life threatening ventricular dysrhythmias.



WHEN YOU NEED HEART HELP



WHEN YOU NEED HEART HELP IS A SERIES OF GUIDES TO
HEART SERVICES AVAILABLE FROM
THE HEART AND VASCULAR INSTITUTE AND
LEE MEMORIAL HEALTH SYSTEM.

LOOK FOR OTHER BROCHURES IN THIS SERIES,
OR VISIT THE HEART AND VASCULAR INSTITUTE ON THE WEB AT
WWW.LEEMEMORIAL.ORG/CARDIACCARE

IF YOU HAVE HEART-RELATED QUESTIONS, E-MAIL US AT
HEARTS@LEEMEMORIAL.ORG, OR CALL 239-432-4786.


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