



Licking Memorial Health Systems

1320 West Main Street
Newark, OH 43055

Please take a few minutes to read this month's report on **Heart Care**.

You'll soon discover why Licking Memorial Hospital is measurably different... for your health!

Visit us at www.LMHealth.org

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Community Report Card

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A Community Report on Heart Care

Health tips – Heart Attack

Dial 9-1-1 fast – Heart attacks are life-and-death emergencies – every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

Know the warning signs of a heart attack

- **Most heart attacks start slowly, with mild pain or discomfort.** Often people who are affected are not sure what is wrong and wait too long before getting help.
- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** It may occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

Do not wait

If you or someone you are with has chest discomfort, especially with one or more of the other signs, do not wait longer than a few minutes (no more than five minutes) before calling for help. Call 9-1-1 and get to a hospital right away. If you do not have access to emergency medical services (EMS), have someone drive you to the hospital right away. If you are the one having symptoms, do not drive yourself unless you have absolutely no other option.

Heart Care – How do we compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

1 ACE inhibitors reduce the risk for mortality in patients with LVSD after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE inhibitor is administered.

	LMH 2004	LMH 2005	LMH 2006	National ⁽¹⁾
ACE/ARB at discharge for LVSD	93%	100%	100%	94%

2 The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram, or EKG, measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2004	LMH 2005	LMH 2006	Goal ⁽²⁾
Median time to EKG	9 minutes	7 minutes	9 minutes	less than 10 minutes

3 Thrombolytic, or “clot-busting,” medications can stop a heart attack in progress, which helps prevent heart damage and save lives. Therefore, the sooner a patient arrives at the hospital and receives the drug, the more effective the treatment will be.

	LMH 2004	LMH 2005	LMH 2006	National ⁽¹⁾	Goal ⁽²⁾
Median time to drug	26 minutes	30 minutes	45 minutes	44 minutes	less than 30 minutes

4 LMH’s cardiac catheterization lab performs low-risk diagnostic testing on patients suspected of having blockage in their arteries. A measure of quality during the procedure is the rate of unexpected events.

Unexpected Event	LMH 2004	LMH 2005	LMH 2006	State ⁽⁴⁾
Mortality	0%	0.97% ⁽³⁾	0%	0.10%
Heart attack	0%	0%	0%	0.03%
Cardiac arrest	0%	0%	0%	0.10%
Stroke	0%	0%	0%	0.01%
Vascular complications	0%	0%	0%	0.23%

5 Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH’s program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants’ progress in improving certain indicators of heart health.

Health Indicator	LMH 2004	LMH 2005	LMH 2006	Goal
% stopped smoking	77%	71%	70%	greater than 75%
% improved weight	74%	60%	62%	greater than 75%
% increased exercise time	100%	98%	100%	100%

6 During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster, which puts more strain on it. Beta blockers reduce the heart’s tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

	LMH 2004	LMH 2005	LMH 2006	National ⁽¹⁾
Aspirin within 24 hours of patient arrival	95%	91%	89%	98%
Aspirin at hospital discharge	95%	97%	91%	98%
Beta blocker within 24 hours of patient arrival	93%	92%	88%	96%
Beta blocker at hospital discharge	98%	100%	100%	98%

7 Licking Memorial Health Professionals (LMHP) physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of coronary artery disease (CAD). Elevated LDL cholesterol level is a risk factor for myocardial infarction (MI), but is reversible through medication, diet and exercise. LMHP physicians also monitor the usage of antiplatelet drugs such as aspirin or Plavix in patients with CAD. The usage of these medications lowers the risk of MI or death in patients with CAD.

LMHP coronary artery disease patients with LDL less than or equal to 130 mg/dl	LMHP 2006 80%	Goal greater than 63%
LMHP coronary artery disease patients with aspirin and/or Plavix prescribed	93%	greater than 80%

Data Footnotes:

- (1) Comparative data from second quarter 2007 from the Midas Comparative Database.
- (2) ACC/AHA Guidelines for the Management of Patients with Acute Myocardial Infarction, 1999.
- (3) Percent reflects one patient of 103 tests.
- (4) Ohio Department of Health, Adult Cardiac Catheterization Reports using 2002 Ohio data for low risk laboratories.

Interventional Cardiology



Imtiaz Ahmed, M.D., F.A.C.C.

Treatment for patients with cardiovascular disease has changed dramatically in the past 10 years. Although some patients still need to be treated with open heart surgery, in many cases, the preferred treatment is a much safer, less invasive method called percutaneous intervention (PCI). When the John & Mary Alford Pavilion at Licking Memorial Hospital (LMH) opened in July 2007, it included state-of-the-art equipment that makes interventional cardiology procedures available locally. LMH has contracted with OhioHealth’s Riverside Methodist Hospital in Columbus to provide program development and staff training.

PCI uses long flexible tubes, called catheters, to get inside blood vessels to diagnose and repair damaged vessels and heart tissue. The catheters are inserted through an artery in the arm or leg under a local anesthetic. The catheter can be used to perform procedures such as angioplasty (inflating a balloon inside the artery to stretch the arterial walls and increase blood flow) or to insert a stent, which is a small mesh cylinder made of metal or another material and is inserted to hold the arterial walls open. A recent technological development allows the interventional cardiologist to use a stent infused with a medication that prevents scarring inside the artery, one of the major causes of restenosis (repeat blockage).

“It’s fantastic that our new cardiac catheterization equipment has brought interventional cardiology to our patients at LMH,” explained Cardiologist Bryce Morrice, M.D. “Many of our patients were more anxious about having to drive out of town than they were about having a cardiac procedure. Now more patients are accompanied by family members who couldn’t afford to take an entire day off work to travel to Columbus. We also feel that we can provide better care by following through with the patient’s evaluation, procedure and rehabilitation – all at one facility.”

Physicians from MidOhio Cardiology are providing interventional support and are available 24 hours a day, seven days a week. “We are pleased to have the opportunity to be part of this program,” said Imtiaz Ahmed, M.D., F.A.C.C., a Cardiologist at Licking Memorial Heart Center. “We are achieving our goal to bring these specialized services to LMH and the Licking County community.”

LMH’s Cardiology Department has received state and national recognition. LMH was the 11th hospital in Ohio, and 83rd in the U.S. to receive accreditation as a chest pain center by the Society of Chest Pain. LMH is one of only 22 out of 1,400 VHA member hospitals to receive a 2005 VHA Leadership Award for Clinical Excellence for treatment of congestive heart failure patients. Additionally, LMH is one of only 56 out of the 1,400 members to earn the prestigious award for its treatment of acute myocardial infarction (AMI), or heart attack, patients.

A Second Chance for Change

Working in her office at State Farm Insurance in Newark, 55-year-old Kellie Tanner is in her element. “What I enjoy most in life besides my family is my work,” she said. Kellie is the mother of two grown sons – Brandon lives in Columbus, and Chad lives in Washington, D.C., with his wife, Leslie. As a liability claims team manager, Kellie’s days are fast-paced, but last fall, she was forced to slow things down for a couple of weeks after suffering a setback – her second heart attack.

“I have a strong family history of heart problems,” Kellie said. “My genetics play a big role.” However, none of Kellie’s three younger brothers has had any heart problems.

Kellie began working at State Farm when she was 17 years old. In July 1996, at the age of 43, she showed up to work one day feeling a little run down. She first returned home, then went to the hospital. The results of a catheterization completed at Licking Memorial confirmed a blocked artery and I was rushed to Riverside Hospital where they performed angioplasty.” Kellie remembered. “I may have also had a silent heart attack earlier in the week. The doctors told me to expect more heart attacks in the future.”

Kellie made some lifestyle changes to improve her health. She reduced the amount of cholesterol in her meals and began a walking regimen. “I was a faithful walker for about three years. At the highest point, I was walking five miles each day,” she recalled. Unfortunately, many distractions interfered with Kellie’s resolve. “I believed I was too busy to keep up my exercise,” she confessed. “I would miss walking for a day or two, and then first thing you know, two years went by. I just kept telling myself that these other things I had to do were more important.”

Licking Memorial Hospital (LMH) Director of Cardiology Services Patty Merrick, C.N.P., said many patients fall into the same trap of letting their exercise programs fall by the wayside. “If the patients come to our Cardiac Rehab, we can help to keep them motivated. We find the patients are much more successful with their exercise program when they come to the rehab center than if they try to go it alone at home.”

On September 30, 2007, Kellie awoke at 3:00 a.m. with a familiar pain. “I knew I was having a heart attack because I remembered what it felt like,” she said. A friend went with Kellie to the LMH Emergency Department. Kellie said, “They took me right back to the room, and there were four or five people working on me and running tests



Kellie Tanner (seated) consults with coworker Jennifer Erben at State Farm Insurance. Kellie recently had a cardiac stent implanted.

right away. I had the most wonderful care I could hope for. I never had less than three people in my room the whole time I was there.”

After it was determined that Kellie had an arterial blockage, she was transported by MedFlight to Riverside Hospital in Columbus where she received a medicated heart stent. “I had my heart attack just one month before LMH began offering the procedure. I think it’s great that MidOhio Cardiology is working with LMH now to be able

to do it here in Newark. It took just about 15 minutes to have the stent implanted. They numbed the area of my thigh where it was to be inserted, and I was having a conversation with the staff the whole time. I tell my friends that it is easier to have a stent put in than to have a root canal,” she said.

Kellie’s physicians were pleased to report that her heart suffered no apparent scarring from her second heart attack. “I believe it was because I recognized the symptoms and sought help quickly. And then I received instant attention once I arrived at Licking Memorial,” Kellie said. “I feel good. I don’t feel any different than I did before my heart attack in September, and I’m grateful to be getting a second chance to make a change. I cannot stress enough how important it is to have a professional look at you immediately if you think you may be having a heart attack.”

Kellie is once again exercising. After she graduates from the 12-week cardiac rehabilitation program, she plans to begin the Stage 2 Maintenance program at the LMH Wellness Center. “Maintaining the change is the goal,” Patty stated. “Unfortunately, there is no magic answer; it varies from person to person how long it will take to achieve a permanent change in exercise and diet. It takes time. I ask our patients, ‘Where do you want to be 10 years from now?’ We also try to help them understand that if their first attempts at change fail, they should forgive themselves and just try again.”

In late 2007, LMH expanded heart care services to include primary and elective balloon angioplasty and stent insertions. By partnering with OhioHealth’s Riverside Methodist Hospital and MidOhio Cardiology and Vascular Consultants, a professional team of highly skilled and experienced cardiologists, cardiac nurses, registered radiology technologists and allied health professionals is able to offer interventional cardiac services locally rather than requiring patients to travel to Columbus.