



# Lakeland HealthCare Heart Center

Excellence in Cardiac and Vascular Care

**Your Physician has scheduled you for a heart exam on:**

Date: \_\_\_\_\_

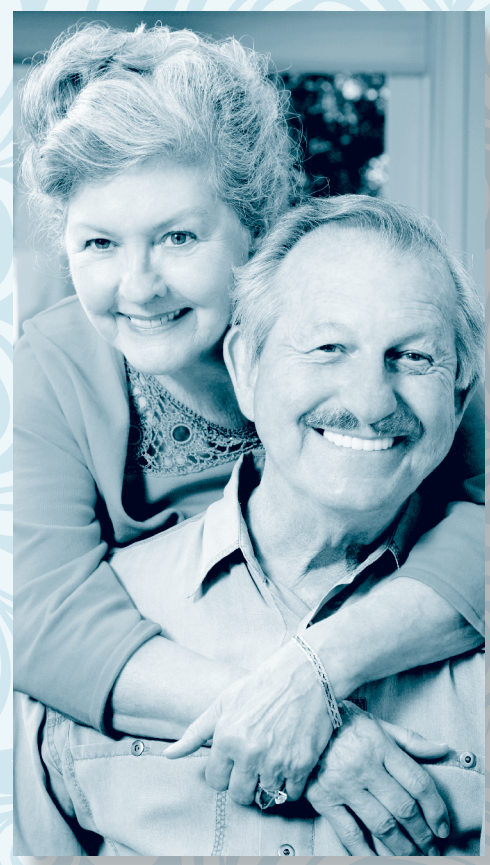
**Arrival Time:** \_\_\_\_\_ AM \_\_\_\_ PM

**Appointment Time:** \_\_\_\_\_ AM \_\_\_\_ PM

**Location:**  
**Lakeland Regional Medical Center**  
1234 Napier Avenue  
St. Joseph, MI 49085

**Lakeland Community Hospital, Niles**  
31 N. St. Joseph Avenue  
Niles, MI 49120

Preparation is required.  
Please read entire pamphlet for instructions.



**Lakeland HealthCare Heart Center**  
1234 Napier Avenue  
St. Joseph, MI 49085  
(269) 983-8864  
[www.lakelandhealth.org](http://www.lakelandhealth.org)





The Lakeland Heart Center is committed to reducing the incidence of cardiac and vascular disease in our community and improving outcomes for those affected through prevention, risk awareness, education, rapid treatment and cardiac rehabilitation. This brochure is intended to educate you and your family about cardiac and vascular disease prevention and the importance of prompt response to the symptoms of heart attack.



The Lakeland HealthCare Heart Center provides diagnostic, interventional and surgical procedures for the heart, as well as all blood vessels of the body. Our commitment to safe, high-quality cardiac and vascular care has been recognized through the following honors:

- Blue Cross Blue Shield of Michigan as a Blue Distinction Center for Cardiac Care
- Select Practice National Quality Leader in the category of Acute Myocardial Infarction Treated with PCI (angioplasty/stent) from CareScience
- Awards in the categories of treating heart attack, heart failure and pneumonia from the Michigan Peer Review Organization (Medicare/Medicaid and U.S. Department of Health and Human Services)

### Time Saved is Heart Muscle Saved

The Lakeland HealthCare Heart Center utilizes evidence based protocols developed by the American College of Cardiology (ACC) Door to Balloon Quality Alliance. These protocols help to save lives by reducing coronary angioplasty/stent treatment times for heart attack patients to 90 minutes or less.

Lakeland's multidisciplinary cardiac and vascular team includes:

- Board certified cardiologists
- Cardiac surgeons
- Emergency medicine physicians
- Critical care staff
- Cardiovascular nurses
- Intensivists and hospitalists
- Cardiovascular technologists
- Cardiac rehabilitation professionals
- Community health educators

### Warning signs of a heart attack

A heart attack is an interruption of the blood supply to any part of the heart caused by a blockage or blood clot. Each year, about 1.1 million Americans suffer a heart attack. About 460,000 of those are fatal. Fifty percent of these deaths occur within one hour of the start of symptoms and before the person reaches the hospital.

It is necessary to learn the signs and symptoms of a heart attack and what steps to take in an emergency. You can save a life, perhaps your own.

A heart attack does not always cause sudden, intense chest pain but may start slowly, as a mild pain or discomfort with symptoms that come and go. Symptoms include:

- Chest discomfort, described as uncomfortable pressure, squeezing, fullness or pain which may be felt in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Cold sweat



- Nausea
- Lightheadedness
- Unusual fatigue and indigestion

The first step to take when a heart attack happens or is suspected is to call 9-1-1 for immediate medical care, as emergency medical personnel can begin treatment prior to arriving at the hospital in coordination with the emergency medicine physicians.

**Remember – don't delay, get help right away!**



## Who is at risk for a heart attack?

Heart attacks strike both men and women. Factors that increase your risk of heart attack include both those you can and cannot control.

**Those you cannot control are:**

- Pre-existing coronary heart disease (previous heart attack, angioplasty, stent, or bypass surgery) or angina

- Age
  - Men – risk increases after age 45
  - Women – risk increases after age 55
- Family history of early heart disease, stroke, mini-stroke or aortic aneurysm (father or brother diagnosed before age 55 or a mother or sister diagnosed before the age of 65)

**Those you can control are:**

- Smoking
- High blood pressure
- High cholesterol
- Overweight or obesity
- Physical inactivity
- Managing diabetes

The above risk factors multiply each other's effects, so it is important to prevent or control the risks that can be modified.

## Peripheral Vascular Disease

Peripheral vascular disease (PVD) is a narrowing or blockage in the blood vessels other than the heart. Blockages are seen mainly in the arteries that supply blood to the legs, but are also seen in the arteries to the arms, the kidneys, and the carotid arteries, which supply blood to the brain. Peripheral vascular disease affects about 10 million Americans and is caused by the same risk factors as listed above for a heart attack.

Symptoms of peripheral vascular disease include:

- Leg pain that occurs when walking or exercising and disappears when the activity stops
- Numbness or tingling in the legs or arms

- Coldness in the lower legs and feet
- Sores or ulcers on the legs that won't heal

Treatment options for peripheral vascular disease include medications, surgery, or angioplasty/stent procedures to improve the blood flow.

## Heart Rhythm and Conduction Defects

The average heart beats about 70 times per minute. When your heart beats too slowly, too fast, or irregularly, you have an arrhythmia. When your heart beats too slowly or too fast, symptoms may include:

- Dizziness
- Lightheadedness
- Syncope (passing out)

If the lower chambers of the heart beat too fast and irregularly, it can lead to a life-threatening condition called ventricular fibrillation that requires immediate medical attention.

Causes of rhythm and conduction defects include:

- Coronary artery disease – decreased blood flow to a portion of the heart which has a conduction pathway.
- Valve disease – the four cardiac valves are close to the heart's electrical pathways. Valve disease can sometimes affect these pathways.
- Endocarditis/myocarditis – these conditions cause inflammation of the heart tissue and can leave scar tissue which may affect the electrical pathway.
- Congenital conditions – sometimes the heart does not develop correctly.

Treatment options for heart rhythm and conduction defects include medications, surgery, pacemaker implantation or implantable cardiac defibrillator (ICD) procedures.



## HeartSafe Programs / Community Education

Lakeland HealthCare's HeartSafe program provides many affordable classes and events designed to help show community members how they can cut their risk of heart disease, including:

### Heart Lessons

This free program teaches participants about heart disease, its risk factors, and how to decrease chances of heart attack or stroke. Held throughout the year at Lakeland facilities in Niles and St. Joseph.

### Eating Right for a Healthy Heart

At this free class, a registered dietitian discusses how better food habits can help reduce the risk of heart disease and stroke, and gives participants tips on following the American Heart Association's eating plan. Held throughout the year at Lakeland facilities in Niles and St. Joseph.

### Preventive Health and Wellness Screenings – No Appointment Needed!

Lakeland offers convenient, affordable screenings for blood pressure, cholesterol, osteoporosis, body composition analysis, and blood pressure at the Lakeland Center for Outpatient Services in St. Joseph on Wednesdays from 7:30 a.m. to 1:00 p.m. Screenings are also offered at the Niles-Buchanan YMCA from 7:00 to 11:00 a.m. on the first Friday of each month.

### HeartSafe Online Risk Assessment

Area residents who are unable to attend any of these events are encouraged to discover their risk of heart disease and learn how to lower this risk from the privacy of home. Visit [www.lakelandhealth.org/heartsafe](http://www.lakelandhealth.org/heartsafe) and click on the HeartSafe Risk Assessment banner to fill out a free online questionnaire to determine your risk of heart disease. You will receive an immediate score and information to help evaluate your present condition. At your request, a member of the HeartSafe team can contact you to discuss your results.

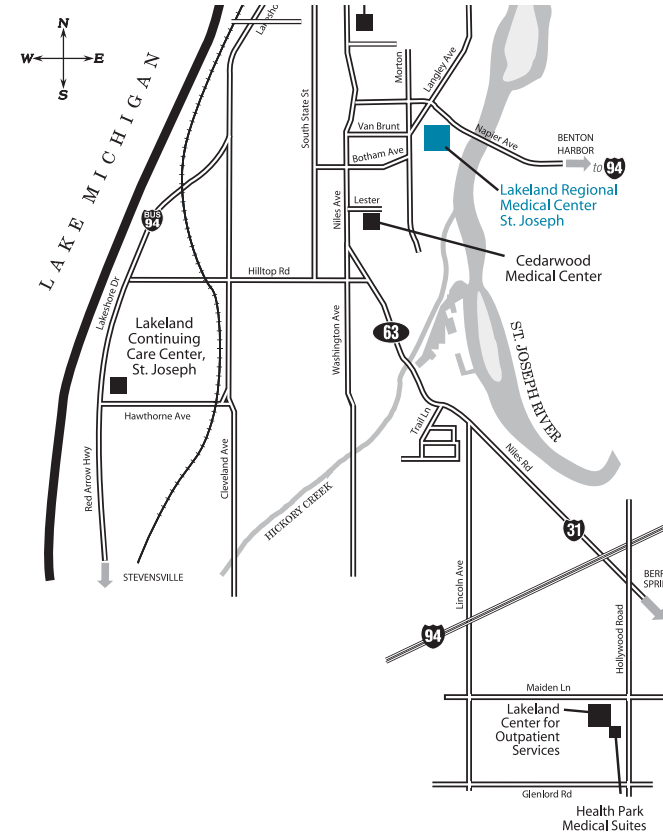
For more information or to register for Lakeland's HeartSafe programs, call **(269) 556-2808** or **(866) 260-7544**.

### Save a Life – Your Own

People who have heart and vascular disease often show no symptoms, or don't recognize the symptoms when they occur. That is why heart and vascular disease is often called "the silent killer."

However, if discovered early, heart and vascular disease can often be successfully treated. It is important to regularly visit your family doctor, even if you feel fine.

If you do not have a doctor, call **(800) 303-8399** or visit [www.lakelandhealth.org/physicians](http://www.lakelandhealth.org/physicians) to search for a doctor by name, location, and specialty.



Maps to:  
Lakeland Regional  
Medical Center, St. Joseph

Lakeland Community  
Hospital, Niles

