

Lakeland HealthCare – Excellence in Cardiac and Vascular Care

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 Distinction Center for Cardiac Care, Blue Cross Blue Shield of Michigan
- Select Practice National Quality Leader in the category of Acute Myocardial Infarction Treated with PCI (angioplasty/stent), 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.

If you would like to obtain additional information about Lakeland's Chest Pain Centers, please contact us at:

Lakeland HealthCare Chest Pain Centers

1234 Napier Avenue, St. Joseph

(269) 983-8821

and

31 N. St. Joseph Avenue, Niles

(269) 687-1842



Chest Pain Centers

Don't delay - call 9-1-1

Heart attack symptoms are often subtle.
Seek treatment immediately.

Chest
Pain  Lakeland
HealthCare
Center

www.lakelandhealth.org

 **Lakeland HealthCare**
Medical Excellence. Compassionate Care.

Lakeland HealthCare Chest Pain Centers - Specialized Care for Southwest Michigan

Chest pain is the second-most common complaint presented to Lakeland HealthCare's Emergency Departments, and it can indicate a number of conditions – including a heart attack. This makes it especially important to provide patients experiencing chest pain with an accurate diagnosis and prompt treatment.

Lakeland now offers Chest Pain Centers in Niles and St. Joseph, under the supervision of the Emergency Department. Through the Chest Pain Centers, Lakeland can make sure we provide chest pain patients with the specialized care they need.

Lakeland's multidisciplinary Chest Pain Center team includes:

- Emergency medicine physicians, board-certified cardiologists, cardiac surgeons, critical care intensivists and hospitalists
- Nurses, including registered nurses specially trained in caring for acute coronary syndrome (ACS)
- Researchers
- Community health educators

Our team works together through an evidence-based set of diagnostic and treatment protocols. This results in less damage to the heart and better short- and long-term outcomes.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. According to the American Heart Association, the following signs can mean a heart attack is happening:

- **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,** with or without chest discomfort.
- **Other signs may include:** breaking out in a cold sweat, nausea, lightheadedness, unusual fatigue, or indigestion.

Women, Know the Signs

Did you know that women are less likely than men to seek immediate treatment for heart attacks? Women are more likely than men to experience these symptoms:

- Shortness of breath
- Unexplained fatigue
- Nausea/vomiting
- Lower chest discomfort that may feel like indigestion
- Back or jaw pain

Minutes Matter

Learn the warning signs, but remember this: Even if you're not sure your pain is a heart attack, have it checked out by a doctor. Fast action can save lives – maybe your own. **Don't wait more than five minutes to call 9-1-1.**

Who Is at Risk?

Some heart disease risk factors cannot be changed, including age and heredity, but there are ways you can help reduce your risk, including:

- Quitting smoking, if you smoke
- Following a healthy, low-salt, low-fat diet
- Staying physically active
- Maintaining a healthy weight
- Regularly visiting your doctor for check-ups
- Following your doctor's treatment recommendations if you have high blood pressure, diabetes, or high cholesterol

Ask your health care provider to assess your risk for developing heart disease and to recommend ways to improve your heart's health. Also, visit www.lakelandhealth.org/heartsafe to take a free online heart disease risk assessment test. Knowing how to prevent heart disease and reduce your risk factors are the first steps to a healthier future.