

**Cardiac Monitor —
a resource for you**

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 ongoing profiles of different Mercy services.

Distribution of *Cardiac Monitor* is intended 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. The information included in this newsletter is provided as an educational service. If you wish to be removed from the mailing list, please call (916) 733-6966.

Mercy Heart & Vascular Institute earns distinctions

Mercy Heart & Vascular Institute's goal is to discover the problem with your heart and solve it as quickly as possible. Excellent diagnostic and interventional care in our cardiac catheterization and electrophysiology labs often prevent the need for open heart surgery. However, should surgery be required, Mercy provides one of the country's largest and most respected cardiac surgery programs, with the highest volumes in central and northern California and some of the most successful outcomes in the nation.

"Patients are becoming more knowledgeable about healthcare and the choices available to them," says Doris Frazier, Vice President of Cardiovascular Services for the Mercy hospitals in Sacramento. "It's important for them to know there is no better place to receive heart care than at Mercy, which is demonstrated by our patients' satisfaction with their care, as well as a number of state and national distinctions for quality."

Comparing hospitals

One of the best places for consumers to find accurate data about the care provided at a particular hospital is on the Internet at hospitalcompare.hhs.gov. With this tool, you can find information on how well hospitals care for patients with certain medical conditions or surgical procedures. This information helps you compare the quality of care hospitals provide.

The most recent data reported on hospitalcompare.hhs.gov shows that Mercy General Hospital and Mercy San Juan Medical Center outperform the state and national averages in all quality indicators (called core measures), including treatment for heart attack and heart failure.

Mercy General and Mercy San Juan also both exceed national targets for treating heart attack patients who come to the Emergency Department (ED). The national average time it takes to perform an angioplasty in heart attack patients from their arrival in the ED (called "door-to-balloon time") is 90 minutes. Effective collaboration among emergency and cardiac

teams at Mercy allows patients to be diagnosed and treated more quickly, enhancing the opportunity for positive outcomes.

"Mercy San Juan consistently beats the national standards for recognizing and treating heart attack patients who come to the Emergency Department," says Kim Muehlberg, RN, Critical Care Director at the medical center. "Our average door-to-balloon time ranges around 64 minutes, well below the nationally mandated standard."

Awards and distinctions for Mercy Heart & Vascular Institute

Blue Distinction Center for Cardiac Care — Blue Cross/Blue Shield

Mercy General and Mercy San Juan — recognized for meeting high-quality standards in cardiac care

100 Top Hospitals — Thomson Healthcare

Mercy General, Overall Care, 2007; Cardiac Care, 2006

Mercy San Juan, Overall Care, 2007 and 2008

Gold Seal of Approval™— The Joint Commission

Mercy General CHAMP® and Heart Smart programs

Mercy General and Mercy San Juan
Primary Stroke Centers

Cardiac Rehabilitation Certification

Mercy General Cardiac Rehabilitation program — certified by American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)

Coronary Artery Bypass Graft (CABG) Surgery — CCORP

Mercy General, "Better than Expected" for mortality

Mercy San Juan, "As Expected" for mortality

Five-Star Cardiac Care

Mercy General cardiovascular programs — rated five stars by national public rating company

Research

Mercy General — participation in multiple national cardiac research trials, including drugs, cardiac devices and new technologies

Cardiac Surgeons
John R. Dein, MD
Michael Ingram, MD
Robert Kincaid, MD
Richard J. Kaplon, 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
Phillip 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
Mark H. Eaton, MD
Georg Emlein, MD
Daniel C. Fisher, MD
Melvin D. Flamm, Jr., MD
James M. Foerster, MD
Michael Fugit, MD
Kathryn Glatter, MD
Jonathan A. Hemphill, MD
Stanley C. Henjum, II, MD
Elizabeth Hereford, MD
Mehrdad Jafarzadeh, MD
Kristi Jones, MD
Ajay Joshi, MD
Roy F. Kaku, MD
Brian Kim, MD
Joseph A. Kozina, MD
Edmond Lee, MD
Timothy Y. Lee, MD
Lee-Tzu Lin, MD
Reginald I. Low, MD
David J. Magorien, MD
Nick Majetich, MD
Walt Marquardt, MD
Harvey J. Matlof, MD
Malcolm M. McHenry, MD
Stephen L. Morrison, MD
M. Michele Penkala, MD
Phuong-Anh Pham, MD
Jagbir S. Powar, MD
David K. Roberts, MD
Raymond Rozema, 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



Got the munchies? Choose healthy snacks

By Marilyn Gee, Registered Dietitian

Are you among the 75% of Americans who have at least one snack a day? If so, then perhaps you are also among those who are opting to select healthier snacks.

Traditionally, snacking has had a bad reputation, mainly because “snacks of choice” have not contributed to our diets in a healthful way. Whether your reason for snacking is convenience, emotional or out of habit, healthy snacks can fill nutritional gaps in your diet.

When planning snacks, start by selecting foods from the five major food groups of the Food Guide Pyramid. Plan snacks ahead of time and have them handy, whether at home or work. Be adventurous and have foods you normally do not eat or have not tried before.

Here are a few ideas to get you started:

Fruit — make a “berry bowl” with blueberries, boysenberries and raspberries

Vegetables — steam some edamame (soy beans) and have fun popping the seeds

Grains — a mini whole wheat bagel will count as a whole grain serving

Dairy — bump up your calcium intake with low/non-fat yogurt

Meat and beans — keep these choices lean and go for the beans with hummus dip

Even the healthiest of snacks are “mini meals” and can bear some consequences in the form of unnecessary calories. Eating 100 calories a day more than what our bodies need for weight maintenance can add 10 pounds a year.

Having healthy snacks can help round out your daily diet when you make sure that every bite counts!



Environment and exercise: cold weather exposure

By Ken Rogaski, Exercise Physiologist

Cold exposure during exercise does have significant effects on the body. Although winter weather in California is mild in comparison to other parts of the country, there are a few guidelines to keep in mind when exercising in cold weather.

Exposure to cold temperatures increases heat loss from the body and wind can make it significantly worse. The first sign of dangerous cold exposure is shivering, which is a mechanism of the body to generate its own heat. The two main concerns when exercising in the cold are 1) hypothermia, which is a decrease in body temperature, and 2) frostbite, the freezing of body tissue.

Cold exposure becomes even more of a concern if you suffer from pulmonary disorders like asthma and chronic obstructive pulmonary disease. The cold air may act as a trigger that causes bronchospasm, or narrowing of the airways, making it difficult for you to breathe. It is recommended that you have a prescribed bronchodilator, or inhaler, with you at

all times while exercising in the cold in case of cold-induced bronchoconstriction.

If you have known coronary artery disease, you also need to take caution when exercising in cold climates. The constriction that takes place in the vessels of the body to try to maintain body warmth can lead to an increase in blood pressure and impair the function of the heart. This can lead to an increase in angina as well as arrhythmias.

To improve safety and comfort while exercising in the cold use the following guidelines:

- Layer clothing
- Wear a hat
- Cover your mouth
- Stay dry
- Stay hydrated

Be safe, take the proper precautions when exercising outdoors during cold weather and remember you always have a warm, dry place to exercise during the winter months at your local mall walk program.

Drug knowledge can power *you* to better health

By Kimberly Hawk, Pharmacy Intern, University of the Pacific

Remember the saying “knowledge is power”? When it comes to your health, drug knowledge is a powerful tool. The importance of drug knowledge is not just in knowing what medications you are taking. The key factors of drug knowledge include:

- Knowing why you are taking certain medications
- Knowing the health condition the drug is treating and how the drugs are working in your body
- Making sure you are taking the medications correctly, being aware of possible side effects they cause and knowing what actions to take when they occur

Knowing the medications you are taking is the first step to expanding your drug knowledge. Once you know your medications, speak with your doctor or healthcare professional to determine what health conditions they are treating. When you pick up your new prescription or refill, ask your pharmacist how the drugs work in your body to help treat your condition. The next step is to make sure you are taking the medication correctly.

For some, the difficulty occurs in remembering to take the medication. In this case it may be helpful to purchase a medication box. A medication box can help organize the day and time medications should be taken. Placing the medication in a spot that you will see, such as the nightstand for medications you take at bedtime, may also help. Taking your medications as written by your doctor is very important to your health.

A healthcare professional can also remind you of possible side effects and interactions with other drugs you may be taking. Based on these side effects it may lead you to taking the medication at a certain time of the day. For instance, some medications can make you sleepy or dizzy. If a medication makes you sleepy or dizzy, this may lead you to take the medication before you go to bed. This may also lead you not to take the medication if you plan on driving.

Just remember, knowledge is power. The more drug knowledge you gain, the more it will assist you in taking an active role in managing your health.

The beat goes on... ICD Support Group

ICD Support Group meetings allow participants to meet other individuals who have an implantable cardiac defibrillator (ICD), as well as their family and friends. The sessions are a combination of education, group sharing and emotional support. **Laura Uro, RN** (at right) is the facilitator for the group.



The group meets every other month from 6 to 8 p.m. in the Main Auditorium at Mercy General Hospital.

New in-home monitoring devices

Until now, monitoring implanted cardiac devices required patients to visit their doctors' offices. New in-home ICD monitoring devices allow you to send data from your cardiac device from home — or anywhere with a standard phone line — for your doctor to review.

Two of the devices available include St Jude Medical's Merlin.net™ Patient Care Network and Medtronic CareLink Monitor.

The devices automatically record and store information about the function and performance of your heart

and the ICD. Information is sent through the phone line to a secure, password-protected Web site where it can be reviewed by your doctor.

The remote devices offer follow-up care from the convenience of your home and enable your doctor to have quick access to the most current information from your ICD to ensure that it continues to provide the best treatment for your heart condition.

For more information or to RSVP for upcoming meetings, including planned sessions on the in-home monitoring devices, call (916) 733-6966.

Upcoming meetings

Feb. 23, 2009 *“Being Heart Smart: Steps You Can Take To Optimize Your Health”*
Laura Uro, RN, BSN

April 27, 2009 *“The Impact of Living with an ICD for Patients and Their Loved Ones”*
Nancy Amado, LCSW

June 22, 2009 *“With All the Medical Devices in the World, Where do I fit in?”*
Presented by Stephanie McDonald,
Medtronic representative

Aug. 24, 2009 *“Remote Patient Care”*
Presented by Cole Chamness,
St. Jude Medical representative

February is Heart Month

Watch for more information about these upcoming community events sponsored by Mercy in conjunction with national Heart Month.

Mercy San Juan Medical Center presents:

“Heart to Heart”
Wednesday, Feb. 25
7–9 p.m.
Sun City Roseville

A panel of experts will answer audience questions about heart care and healthy heart living.

Panelists include a cardiac surgeon, cardiologist, Emergency Department physician, pharmacist and dietitian.

To RSVP, call (916) 537-5245 or visit mercysanjuan.org.

Mercy Hospital of Folsom presents:

“Heart Matters Retreat for Women”
Saturday, Feb. 28
10 a.m.–2 p.m.
Serrano Country Club,
El Dorado Hills

Learn stress-reducing strategies, nutrition tips and exercises to reduce your risk factors for cardiovascular disease. Participate in health screenings and results counseling. Enjoy a heart healthy lunch.

To RSVP, call (888) 637-2956 or visit mercyfolsom.org.

Woodland Healthcare presents:

“Women at Heart”
Thursday, Feb. 19
5:30 p.m.
Woodland Community Center

Choose from among four educational seminars that will help you learn to stay healthy and take better care of yourself.

For more information, visit woodlandhealthcare.com.

MARK YOUR CALENDAR

Mercy Heart & Vascular Institute

Cardiovascular Disease Management Programs

Heart Smart and CHAMP®:
(916) 564-2880

Cardiac Conditioning:
Mercy General Hospital
(916) 453-4521

Mercy San Juan Medical Center
(916) 537-5296

Smoking Cessation:
(916) 453-4927

Mercy Mall Walk Program:
(916) 564-2880

Mercy Heart & Vascular Institute

1-877-9HEART9

www.CHWhealth.org/

MercyHeart

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.

Diabetes Management and Nutrition for Today! — free

All classes are held from 10 a.m.–2 p.m. For schedule and location, call (916) 564-2880.

Topics include: Monitoring blood sugar, medications, exercise, preventing complications and healthy food choices.

Mercy Mall Walk Program — free

Sunrise Mall

Monday-Saturday, 8–10 a.m.

For more information, call (916) 564-2880.

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:

Mercy General Hospital (916) 453-4521
Mercy San Juan Medical Center (916) 537-5296

Vascular HealthScreen

A community screening program for peripheral artery disease.

Screening includes: Stroke/carotid artery ultrasound, ankle-brachial index and abdominal aortic ultrasound. Cholesterol testing also available.

Cost: \$95 for all three or \$45 each

Locations: Mercy General Hospital, Mercy San Juan Medical Center and Woodland Healthcare

Call to make an appointment: (916) 733-6245

Coronary Calcium Scoring & CT Angiography

A non-invasive radiologic examination of the coronary arteries.

Locations: Mercy General Hospital and Sierra Nevada Memorial Hospital

Call to make an appointment:

Mercy General Hospital (916) 733-6961
Sierra Nevada Memorial Hospital (530) 274-6262



Mercy

A member of CHW

Mercy Heart & Vascular Institute

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