

Definitions Campaign

Educational Information from Your Heart & Vascular Specialty Hospital

Angina

(an-ji' n ə)

Brief attacks of chest pain which occur when the heart muscle receives too little oxygen. Unlike a heart attack, angina usually lasts only a short time, normally causes no permanent heart muscle damage and is relieved through rest and/or medication. Angina is a sign that you probably have some degree of coronary artery disease and could be a candidate for a heart attack.



Lutheran Heart Hospital
Banner Health System
Caring for the Heart, Hope, and Soul.
670 East Broadway Avenue • Mesa, AZ 85206 • (480) 854-5000
One Block North of Broadway on Pioneer Road
www.LutheranHeartHospital.com

Educational Information from the CardiacCenter Network

Cardiac Arrest

(kär'dē ak ə'rest')

Sudden cessation of heart function. While the human heart can experience arrest for many different reasons, such as heart attack or arrhythmia, it requires outside intervention (resuscitation, manual CPR or electrical stimulation) to return to normal function.



Benedictine Hospital
Caring for the community



St. Peter's Cardiac Center
A Member of St. Peter's Health Care Services


105 Mary's Ave. • Kingston, NY 12401 • (845) 338-2500
315 South Manning Blvd. • Albany, NY 12208 • (518) 525-1550
www.stpetershealthcare.org

Educational Information from the CardiacCenter Network


Arrhythmia

(ə rith'mē ə)

An interruption of the electrical impulses produced by the body which stimulate the heart muscle. The arrhythmia can cause the heart to beat faster or slower than normal. If, for example, an individual usually has a heart rate of 80 beats per minute and suddenly has a heart rate of 160 beats per minute, an arrhythmia has probably occurred.



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Endarterectomy

(en dār tərək tēmē)

Excision of the thickened intima (inner lining of an artery). The artery is opened through a small incision and the occluding fat like substance, including the intima, is removed.



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Myocardial Infarction

(mī ə kār'dē əl in-fark'shən)

Death of a portion of the heart muscle. The specifically affected muscle area can never be regenerated but the area directly surrounding the dead muscle - the area of ischemia - is a threatened area and requires concentrated and immediate medical attention by a physician to help it survive.



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Streptokinase

(strep-to-kī'nās)

One of several different drugs used to dissolve a clot. A thrombus is composed of freshly clotted blood and may cause a heart attack by blocking the blood flow in the heart artery.



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Thrombolysis

(thram bā'lə səs)

The use of a drug injected into the bloodstream to dissolve a clot. A clot is composed of blood products clumped together into a gelatinous mass which will eventually harden. When an individual exhibits heart attack symptoms, a clot is usually forming, and a thrombolytic agent will then be administered to dissolve it.



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Educational Information from Mount Sinai Heart

t-PA

(Tissue Plasminogen Activator)

A highly effective thrombolytic agent that can reopen severely blocked arteries by enzymatically breaking down the occluding thrombus or clot. t-PA is successful in up to 80% of cases used and when given in the early hours of a myocardial infarction (heart attack), heart muscle damage can be prevented.



Mount Sinai HEART

PHYSICIAN PRACTICE LOGO

1-800-MDSINAI • www.mountsinai.org

Educational Campaign

Educational Information From St. Peter's Cardiac & Vascular Center

AAA (Abdominal Aortic Aneurysm)

Time Bomb Waiting to Happen
Millions of Americans suffer from a condition known as Abdominal Aortic Aneurysm (AAA).

New Technology
The traditional graft represents cutting edge technology. Now, for many patients, the procedure to repair an aneurysm can be simple and minimally invasive. Two small incisions in the groin allow catheters to carry the graft to the area of the aneurysm. The graft is anchored to the normal artery above and below the aneurysm. The new device allows the blood to flow through the aneurysm helping to prevent rupture.

For more information on AAA or to find a doctor affiliated with a Top 100 Cardiovascular Hospital, call 1-800-HEART-76.

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The more you know about the causes and treatments of heart and vascular disease, the better prepared you'll be to prevent it.

Educational Information From St. Peter's Cardiac & Vascular Center

Ablation (a-'bli-shun)

Irregular Heart Beat
The heart is made of muscle cells conducting electrical impulses in a certain, rhythmic heartbeat we often take for granted. Sometimes certain groups of heart cells give off extra electrical impulses, which can lead to a rapid, irregular heartbeat. This condition is known as an arrhythmia and can ultimately lead to congestive heart failure.

Radiofrequency Solution
St. Peter's Cardiac & Vascular Center provides a state-of-the-art non-surgical procedure, known as radiofrequency ablation, to correct certain arrhythmias. The physician guides a catheter with an electrode tip to the exact location of the affected cells, guided by highly advanced x-ray technology. Then a mild, painless radiofrequency energy is emitted from the electrode tip. This eliminates the cells that conduct extra impulses and corrects the arrhythmia.

For a FREE cardiac risk assessment call: 1-800-HEART-76.

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Educational Information From St. Peter's Cardiac Center

Angioplasty (an-'jē-'o-'plās-'tē)

What You Know Can Save Your Life
One of the major causes of heart disease is a narrowing of the coronary blood vessels by fatty deposits called plaque. These vessels supply oxygen and blood to the heart muscle. Plaque restricts the flow of blood to the heart, actually starving the heart muscle, causing pain, and eventually, serious damage.

The Alternative To Surgery
Angioplasty is a non-surgical solution to this problem in which a deflated balloon is inserted into the vessel, through a flexible catheter, about the size of a guitar string. The cardiologist threads the balloon to the narrowed area, guided by highly advanced x-ray imaging equipment. Over time, the balloon is inflated until the artery is reopened, allowing the blood to flow freely again.

The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

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Educational Information from St. Peter's Cardiac Center

Angioplasty-Stent (an-'jē-'o-'plās-'tē-'stēnt)

Restoring Plaque
Plaque restricts the flow of blood to the heart, actually starving the heart muscle, causing pain and eventually, serious damage.

Stent Used During Angioplasty
Angioplasty is a non-surgical procedure in which a deflated balloon is inserted into the vessel, through a flexible catheter, about the size of a guitar string. A catheter with the tip and a stent is inserted into the vessel. The stent is a small, metal meshwork and wire structure that is inserted into the vessel. It is inflated just over the artery after the balloon angioplasty and is positioned at the site of the lesion.

The Choice For Better Health
Many patients at St. Peter's Cardiac Center have chosen, such as stents, that can help them live longer, healthier lives. The more you know about heart disease, the better prepared you'll be to prevent it.

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Educational Information From St. Peter's Cardiac Center

Aortic Valve Replacement

From One Chamber To Another
The heart has four chambers that are separated from one another by four valves. The valves control and regulate the amount of blood that flows from one chamber to another. This important function is accomplished by leaflets or cusps in each valve that open in concert with the pumping action of the heart's chambers. The valves open wide permitting blood to flow forward and then close tightly to prevent the backward flow of blood.

A Damaged Heart Valve Can Cause Heart Failure
If a heart valve becomes damaged or inflamed, blood cannot flow smoothly through the heart, which may lead to congestive heart failure.

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Atrial Fibrillation (ā-'trī-'al fī-'brī-'ā-'shūn)

What is Atrial Fibrillation (AF)?
During AF, the atria don't normally pump blood at all. Instead, the atria "quiver" rapidly and irregularly, causing the ventricles to beat rapidly and irregularly too, often about twice the normal rate. The lack of "priming" and the rapid and irregular beating makes the heart pump less effectively.

Lower Your Risk
Treating AF is directed at reducing or eliminating the risk of stroke, symptoms, and cardiomyopathy from persistent rapid heart rate. Determining the underlying cause is essential. Treatments for AF range from medications to minimally invasive procedures.

Call 1-800-HEART-76 to receive a FREE, self-working, cardiac risk assessment. Answer the questions in the privacy of your own home.

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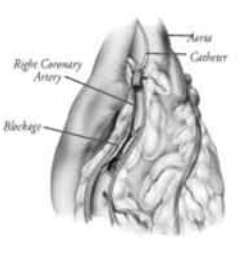
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Educational Information From St. Peter's Cardiac & Vascular Center

Catheterization

(ka - thə - ɪ - zə - tən - zə - shən)
 at Benedictine Hospital




Cardiac Care at Benedictine Hospital
 Physicians at Benedictine Hospital provide thorough cardiac evaluations. If they determine that further tests are necessary, you will be referred to our associates at St. Peter's Cardiac & Vascular Center.

Pinpoint Obstructions
 Benedictine Hospital provides a highly sophisticated cardiac diagnosis procedure known as

Cardiac catheterization and/or coronary angiography
 This procedure enables the cardiologist to pinpoint obstructions in coronary arteries, detect in the heart tubes and problems with the heart muscle that could obstruct the cardiovascular system.

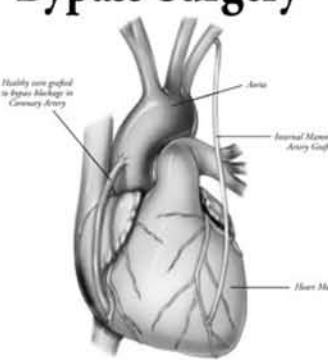
Follow-up Care
 Once the tests and treatments are complete at St. Peter's, patients return home for follow-up care at Benedictine Hospital.



For a FREE cardiac risk assessment or to schedule an appointment, call 1-800-HEART-76.


Educational Information From St. Peter's Cardiac Center

Coronary Artery Bypass Surgery



A Bridge Over Troubled Water
 Your body depends on your heart to pump oxygen-rich blood through your blood vessels to nourish vital organs. These organs include the heart itself, which receives nourishment through a network of coronary arteries. If an artery becomes blocked by deposits of fat or cholesterol, your heart must receive the oxygen-rich blood itself, and the work may be done by the heart muscle to move blood around. When this happens, cardiac surgeons at St. Peter's Cardiac Center bypass the blockage by grafting a healthy vein or artery onto the heart. This surgical procedure can create one or more new pathways for blood to reach the heart, ensuring normal circulation.

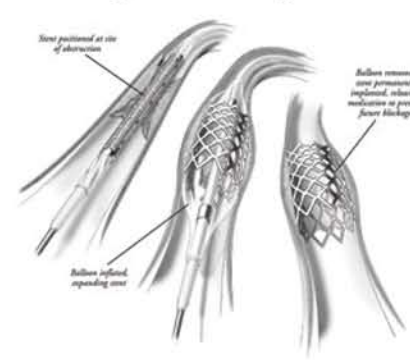
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For a free cardiac risk assessment call: 1-800-HEART-76


Educational Information From St. Peter's Cardiac Center

Drug-Eluting Stent



Keeping Arteries Clear
 The use of angioplasty and stents are effective methods for clearing blocked coronary arteries. Sometimes, there isn't one enough. In some patients, arteries can become unblocked despite the treatment. Cardiology at St. Peter's Cardiac Center use state-of-the-art drug-eluting stents to remove plaque like a typical stent, but give you drug therapy. Drug-eluting stents release medication that prevents future blockages.

The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

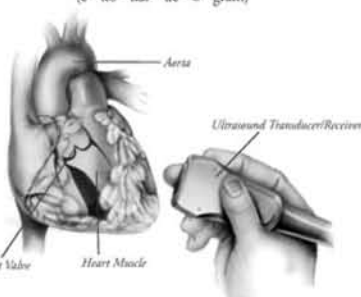


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Educational Information From St. Peter's Cardiac & Vascular Center

Echocardiogram

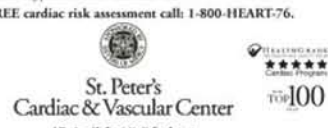
(e - kō - kā - r - dē - ō - gram)



Skilled Cardiologists
 In the hands of the skilled cardiologists at St. Peter's Cardiac & Vascular Center, echocardiography is a reliable way to evaluate heart anatomy and function as well as to help diagnose various causes of chest pain, breathing difficulties and dysrhythmias.

Seeing Your Heart With Sound
 It's a quick, safe and highly effective way to produce images of a beating heart - using the same technology that obstetricians use when they view a new baby as it develops in the womb. People feel no discomfort at all during echocardiography - in fact, many find it fascinating to watch the video monitors showing pictures of their own heart at work.

For a FREE cardiac risk assessment call: 1-800-HEART-76.




The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

Educational Information From Mercy Hospital of Buffalo

Endoluminal-Graft

(en - do - lū - mən - ul - Graf)
 at Mercy Hospital




Time Bomb Waiting to Happen
 Millions of Americans suffer from a condition called Abdominal Aortic Aneurysm (AAA). Until recently, to repair an AAA meant a lengthy incision during surgery, resulting in weeks of extensive hospitalization. Many patients choose not to have the procedure and reduce the uncertainty of not knowing when their aneurysm will burst.

Recovery Time is Minimal
 The endoluminal graft represents cutting edge technology. Now the procedure to repair an aneurysm is simple and minimally invasive. Two small incisions in the groin allow catheters to carry the graft to the

area of the aneurysm. The graft is anchored to the normal aortic above and below the aneurysm. The new device allows the blood to flow through the aneurysm without the threat of rupturing. The aneurysm shrinks over time without complicated surgery.

Technology that makes it easier
 Surgeons at the Heart Center at Mercy Hospital have been performing this procedure successfully since it was first introduced. If you or a loved one suffers from an aneurysm, schedule an appointment with us for a consultation. Together we will determine if an endoluminal graft is right for you.

Call for a FREE cardiac risk assessment. 1-877-943-2788

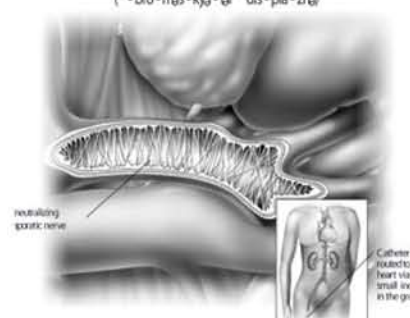


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Educational Information from the CardiacCenter Network

FMD

(f - brō - mūs - kyō - lē - dis - plā - zhō)

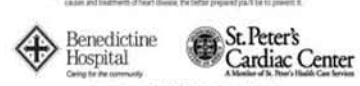


Removing the blockage
 St. Peter's Cardiac Center has added a highly sophisticated cardiac diagnosis procedure. Known as cardiac catheterization and coronary angiography, this procedure enables the cardiologist to pinpoint obstructions in coronary arteries, detect in the heart tubes and problems with the heart muscle that could obstruct the cardiovascular system.

A Road Map To Good Health
 Imagine the results of the test as they are provided directly to the heart muscle. Doing a cardiac catheterization, special dye is

injected into the coronary arteries into a catheter allowing the cardiologist
 Through this newly used advanced imaging equipment, he sends a "road map" which you can see on a monitor and interpret during the next location of blockage or other abnormalities affecting your cardiovascular health. From the results of catheterization, your doctor can suggest heart disease and discuss the program ways towards better health and a vibrant, productive life.

St. Peter's Cardiac Center is here to help you learn more about the cause and treatment of heart disease, the better prepared you'll be to prevent it.

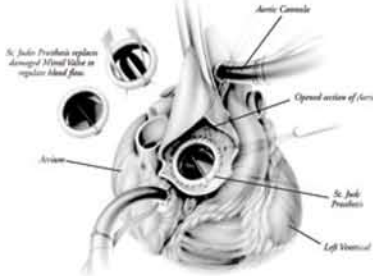


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Educational Campaign

Educational Information From St. Peter's Cardiac Center


Mitral Valve Replacement





From One Chamber To Another
 The heart has four chambers that are separated from one another by four valves. The valves control and regulate the amount of blood that flows from one chamber to another. This important function is accomplished by leaflets or cusps in each valve that operate in concert with the pumping action of the heart's chambers. The valves open wide permitting blood to flow forward and then close tightly to prevent the backward flow of blood.

A Damaged Heart Valve Can Cause Heart Failure
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The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

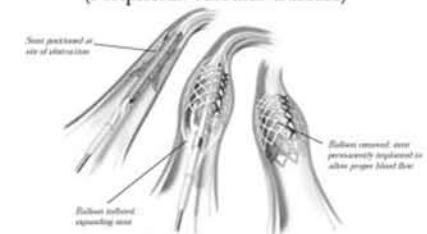

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PVD (Peripheral Vascular Disease)






Leg Pain
 If you suffer from leg pain, even if the pain subsides with rest, your body could be trying to tell you something. Leg pain can be the primary warning sign of peripheral vascular disease. Other symptoms you may experience depend on what artery is affected and how severely the blood flow is reduced.

Reduced Blood Flow
 Peripheral vascular disease is a build-up of plaque in the arteries outside your heart that reduces the flow of blood. Some of the most commonly affected peripheral areas are the arteries in the leg, arm, kidneys and neck.

Treatment Options
 The methods commonly used to treat peripheral vascular disease include: medication, surgery, and minimally invasive interventional procedures such as angioplasty and percutaneous transluminal angioplasty. The experts at St. Peter's Cardiac & Vascular Center use the latest technology to diagnose and treat heart and blood vessel diseases, including peripheral vascular disease.

Call 1-800-HEART-76 to receive a FREE, self scoring, cardiac risk assessment. Answer the questions in the privacy of your own home.


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The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

Live Better Campaign

Educational Information from St. Peter's Cardiac Center

Resolution #1
Stop Smoking



Live Better

Everyone knows smoking is bad for your health. Smoking causes your blood vessels to narrow, which raises blood pressure and puts extra strain on your heart. This can lead to heart disease or even a heart attack.

When you quit smoking, you can expect:

- Better stamina
- Better sense of taste and smell
- Improved complexion
- Fewer coughs and sore throats
- Reduced risk of disease
- A longer life

Ask your physician for help on quitting successfully. It could save your life.

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Resolution #2
Exercise Regularly



Live Better

A strong heart is a healthy heart. Regular exercise yields many heart healthy benefits including:

- Stronger heart muscle
- Reduced stress
- Reduced weight
- Lower cholesterol
- Lower blood pressure
- Improved quality of life

Talk to your physician about the types of exercise programs that would fit you best. It could save your life.

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Resolution #3
Eat Healthy



Live Better

Adopting a healthy, well-balanced diet can greatly reduce your risk for developing heart disease by providing the following heart healthy benefits:

- Increased energy
- Reduced stress
- Reduced weight
- Lower cholesterol
- Lower blood pressure
- Better sleep at night

Eat healthy. It's easy, it's tasty and it could save your life.

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Resolution #4
Know Your Ideal Weight



Live Better

At your ideal body weight, your heart can pump blood throughout your body most efficiently. Many people are not at their ideal body weight, which is one reason heart disease is New York's #1 killer.

Knowing your ideal weight is a great starting point for preventing heart disease. Ask your doctor. It could save your life.

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Resolution #5
See Your Doctor



Live Better

Knowing your risk for heart disease is your first defense against a heart attack or stroke. Your physician can help you determine your risk, plus give you tips on prevention and treatment for heart disease.

Team up with your doctor. It could save your life.

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Educational Information from St. Peter's Cardiac Center

Resolution #6
Know Your Blood Pressure



Live Better

Abnormal blood pressure is a key indicator of potential heart disease. Taking your blood pressure on a regular basis means that you will reduce your risk. Often, there are no symptoms of high blood pressure.

Taking your blood pressure is simple, painless and it could save your life.

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Live Better Campaign

Educational Information from St. Peter's Cardiac Center

Resolution #7
Relax



Live Better

High levels of stress can ultimately lead to heart disease and even heart attack. Taking time to spend with your family may help to relieve tension, as does walking, reading and meditation.

How ever you choose to relax, be sure to take at least a half hour per day to do so. It could save your life.

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Educational Information from St. Peter's Cardiac Center

Resolution #8
Moderate Consumption





Live Better

Heart disease prevention does not involve drastic lifestyle changes, but instead involves making simple changes to your everyday routine. Many worry that they have to completely give up all the little indulgences that add spice to life. This is not the case.

The key is to enjoy in moderation. You still can have the treat you enjoy, just a little less often.

Call 1-800-HEART-76 for a FREE cardiac risk assessment.

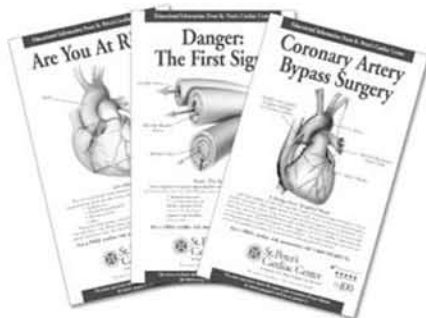
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Educational Information from St. Peter's Cardiac Center


Resolution #9
Educate Yourself




Live Better

Knowing a little bit better. Educate yourself about the prevention and treatment of heart disease. Being "heart-smart" could save your life or the life of someone you love.

Call 1-800-HEART-76 for a FREE cardiac risk assessment.

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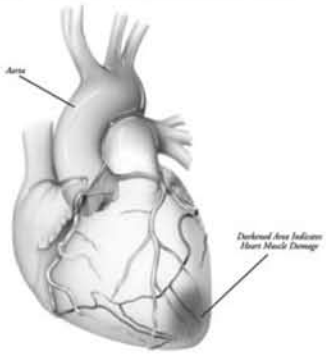
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The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

Prevention Campaign

Educational Information From St. Peter's Cardiac Center

Are You At Risk?




Live Healthy

There are several factors, which increase your chance of getting heart disease, any one of which can double the risk of heart attack.

- Family history
- Elevated blood cholesterol
- Stress
- Diabetes
- Obesity
- High blood pressure
- Cigarette smoking
- Physical inactivity

Elimination of risk factors is the first step in heart attack prevention. Knowing that some risk factors - age, family history and gender - cannot be changed, provide even greater incentive to reduce the risks which can be controlled.

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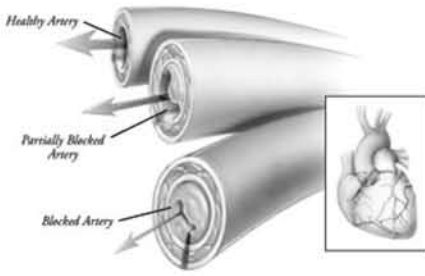

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Educational Information From St. Peter's Cardiac Center

Danger: The First Signs




Know The Signals

Many symptoms can signal an impending heart attack, and it is important for you to recognize and immediately report any of the following warning signs to your physician:

- Recurrent chest pain, fullness, aching in the center of the chest (may spread to your shoulders, neck or arms)
- Dizziness
- Severe indigestion
- Sweating
- Nausea
- Shortness of breath

The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

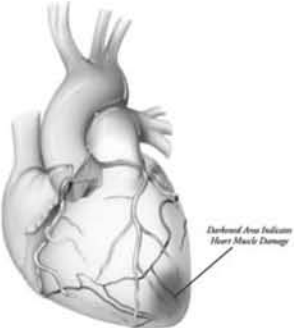

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Educational Information From St. Peter's Cardiac Center

Heart Attack




Are You At Risk

There are several factors which increase your chance of getting heart disease, any one of which can double the risk of heart attack.

- Family history
- Elevated blood cholesterol
- Stress
- Diabetes
- Obesity
- High blood pressure
- Cigarette smoking
- Physical inactivity

Elimination of risk factors is the first step in heart attack prevention. Knowing that some risk factors - age, family history and gender - cannot be changed provides even greater incentive to reduce the controllable risks.

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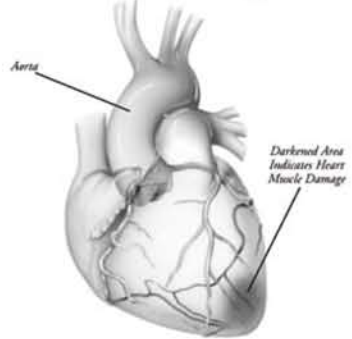

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Prevention is the Key




Know Your Risk For Heart Disease

Your well-being is our first priority. If you have any questions about heart disease or need practical suggestions to best reduce your risk of heart attack, we can help.

We're here to help you learn more about cardiovascular health. Call us for your free cardiac risk assessment.

The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

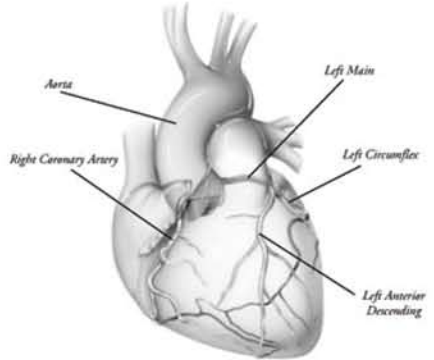

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The Heart




Your Heart And You

Your heart beats approximately 100,000 times each day, pumping 2,100 gallons of blood throughout your body. If you're like most people, however, you give that remarkable process little thought...until something goes wrong!

Coronary arteries, which carry oxygen-rich blood to the heart muscle, can become blocked by fatty deposits called plaque. If a blood clot forms in an obstructed artery, cutting off all blood flow, a heart attack can result. You can help prevent such an attack by minimizing or eliminating risk factors.

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Women's Campaign

WOMEN'S SYMPTOM

Dizziness




"I never thought heart disease could be in my future, but my physician told me that dizziness can accompany other cardiac symptoms like shortness of breath, upper abdominal pain or back pain. I'm glad I contacted the physicians at St. Peter's Cardiac Center."

Dizziness is the sensation of moving around in space or of having objects moving around you. It creates a sense of imbalance.


Dizziness can be a symptom of many conditions, one of which could be related to circulation to the brain.

Ask the Authority: St. Peter's Cardiac Center's staff will diagnose and prescribe an appropriate treatment program for you.

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TOP 100

Dial 911 for cardiac emergencies.

WOMEN'S SYMPTOM

Fatigue



"Between family and work, who doesn't feel rundown all the time? I didn't know that fatigue and nausea could be early signs of heart disease. I'm glad I asked the physicians at St. Peter's Cardiac Center."

Fatigue is a feeling of tiredness or weariness resulting from continued activity. Fatigue is usually classified as a general feeling of malaise (weakness).

In a study of women who suffered a heart attack, unexplained fatigue was experienced as much as a month before the heart attack actually occurred. Because fatigue is not known to be a "classic" sign of a heart attack, many physicians do not consider it as a symptom in women. Do not ignore this simple sign.

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WOMEN'S SYMPTOM

Indigestion



"At first I thought it was something I ate, but after awhile I went to see my physician. He told me that prolonged indigestion accompanied with nausea or shortness of breath could be a sign of heart disease."

Indigestion is an incomplete or imperfect digestion of food.

Sometimes pressure in the upper abdominal area can feel like indigestion or an upset stomach. In fact, your body may be sending you a signal that this is a symptom of heart disease common to many women.

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WOMEN'S SYMPTOM

Palpitations




"At times I feel like my heart was racing while I was lying in bed. I thought it may have been the coffee or dessert. I never knew that heart disease could be in my future. I'm glad I spoke with my physician."


Palpitations, a skipped heartbeat or an abnormally fast racing flutter of the heart. Sometimes these "extra heart beats" are associated with a condition known as mitral valve prolapse.

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WOMEN'S SYMPTOM

Shortness of Breath




"I'm always on the go, so when I first experienced difficulty breathing I didn't ask much about it. However, the morning I was unable to vacuum the house without breathing hard I turned to my physician for help."

Shortness of Breath is difficulty breathing in and out without an effort.


Women have different symptoms from men when it comes to heart disease. When a woman has arterial obstruction in her heart arteries, she may sometimes feel shortness of breath, indigestion, backache, or a general feeling of malaise.

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Educational Books

