Clinch Valley Medical Center’s Emergency Room, heart and vascular center, pharmacy, internal medicine and other departments throughout the hospital. By becoming an Accredited Chest Pain Center, Clinch Valley Medical Center has enhanced the quality of care for the cardiac patient and has demonstrated its commitment to higher standards.

**An Elite Mark of Excellence**

“We are extremely proud of achieving accreditation as a chest pain center,” says Peter Mulkey, President and CEO of Clinch Valley Medical Center. “It has been a rigorous process and our team has been working hard to meet this elite mark of excellence. This is yet another example of how we continue to raise the bar for the health and well-being of our community.”

Heart attacks are the leading cause of death in the United States, with 600,000 people dying annually of heart disease. More than five million Americans visit hospitals each year with chest pain. SCPC’s goal is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment, and improve the accuracy and effectiveness of treatment.

**Rigorous Evaluation Leads to Accreditation**

To become an Accredited Chest Pain Center, Clinch Valley Medical Center engaged in rigorous evaluation by SCPC for its ability to assess, diagnose, and treat patients who may be experiencing a heart attack. To the community served by Clinch Valley Medical Center, this means that processes are in place that meet strict criteria aimed at:

- Reducing the time from onset of symptoms to diagnosis and treatment
- Treating patients more quickly during the critical window of time when the integrity of the heart muscle can be preserved
- Monitoring patients when it is not certain they are having a heart attack to ensure they are not sent home too quickly and to make sure they are receiving treatment for their condition in the most appropriate time frame.

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**Quick Response is Key**

“People tend to wait when they think they might be having a heart attack, and that’s a mistake,” states Amanda Keene, Director Emergency Services at CVMC. “The average patient arrives in the emergency department more than two hours after the onset of symptoms, but what they don’t realize is that the sooner a heart attack is treated, the less damage to the heart and the better the outcome for the patient.”

**Quality Care Assured**

The Society of Chest Pain Centers (SCPC) is an international not-for-profit organization whose mission is to transform cardiovascular care by assisting facilities in their effort to create communities of excellence that bring together quality, cost and patient satisfaction. As the only cross-specialty society, SCPC provides the support needed for hospital systems to effectively bridge existing gaps in treatment by providing the tools, education and support necessary to successfully navigate the changing face of healthcare. For more information on SCPC, accreditation and certification opportunities, visit www.scpc.org, or call toll-free (877) 271-4176.

Only 12% of Hospitals Nationwide Are Awarded the SCPC Accreditation

Only 12 percent of hospitals nationwide have full chest pain accreditation. For more information about Clinch Valley Medical Center’s new chest pain accreditation or Clinch Valley Heart and Vascular Institute visit www.cvheart.com.

**Vascular Disease**

**Everyone Is at Risk**

Everyone is at risk of vascular disease and nearly 1 out of 2 people will suffer from it in his or her lifetime. With the increase in obesity and Type II diabetes in Americans and as the population ages, it is estimated that by 2024 vascular disease will take the lives of over two million Americans each year.

Clinch Valley Medical Center is pleased to have its own board certified Vascular Surgeon to help treat vascular disease in Southwest Virginia. Dr. David Cassada performs catheter-based, minimally invasive surgery and traditional open surgeries including:

- Vein Clotting Disorders/Venous Insufficiency
- Thoracic Outlet Syndrome
- Brachiocephalic Arterial Disease
- Aneurysmal and Occlusive Disease
- Carotid Disease
- Aortic Reconstruction
- Arterial Aneurysms
- Mesenteric Arterial Disease
- Extremity Arterial Occlusive Disease

Dr. David Cassada received his medical degree from the University of Virginia, Charlottesville, Virginia. He completed his internship at the University of Tennessee, and fellowship in vascular surgery at the University of Virginia Health System. “I was very excited to join this community and care for new patients and together we will discuss their options for a minimally-invasive treatment. Most of my patients will be treated on an outpatient basis with reduced recovery time,” says Dr. Cassada. For more information or to schedule an appointment please call Clinch Valley Vascular Surgical Associates, PLLC at 276-963-6333. Dr. Cassada’s office is located in the Medical Office Plaza adjacent to Clinch Valley Medical Center in Suite 2600.

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Dr. David Cassada, Vascular Surgeon

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**Making Noise About "The Silent Killer"**

IT’S A SILENT and deadly disease, yet it’s easy to treat. I’m talking about hypertension, commonly known as high blood pressure. Hypertension is often called The Silent Killer because there are usually no signs or symptoms, even when a person’s blood pressure is dangerously high.

About one in three American adults have high blood pressure. Unfortunately, the numbers are increasing, putting more people at greater risk for heart disease and stroke, the first and fourth leading causes of death in the U.S. So don’t let The Silent Killer sneak up on you or your loved ones. Make sure you have your blood pressure checked on a regular basis by your doctor. And if you do find that you have high blood pressure, don’t worry. Most cases can be managed by making a few lifestyle changes or with medications that are relatively inexpensive.
The Cardiac Catheterization Lab

Interventional Cardiology relies heavily upon catheter-based techniques that are less invasive than surgical procedures, and typically allow for faster recovery and relief of symptoms. According to Dr. Karnati the following procedures are based techniques that are less invasive than surgical procedures and can accurately measure blood pressure and flow through a specific part of the coronary artery. It can be useful in assessing whether or not to perform angioplasty or stenting on intermediate blockages.

Fractional Flow Reserve can accurately measure blood pressure and flow through a specific part of the coronary artery. It can be useful in assessing whether or not to perform angioplasty or stenting on intermediate blockages.

Intravascular Ultrasound employs a catheter in the coronary artery to emit sound waves that produce an image of a blockage, providing information necessary to determine next steps in treatment.

Pacemaker Insertion is for patients with abnormally slow heart rhythms, congestive heart failure and/or a high risk for sudden cardiac arrest. Pacemakers help the heart pump more effectively by coordinating the pumping action through electrical signals.

Peripheral Arterial Disease Intervention involves the evaluation of diseases of the blood vessels outside the heart. Balloon angioplasty and stenting may be used similarly to treat PAD. In addition to Dr. Karnati, Dr. David Cassada and Dr. Vijay Ramakrishnan can perform this procedure as well.

The Cath Lab is located on the first floor of Clinch Valley Medical Center. For more information please call 276-596-6012.

Heart Disease by the Numbers

A cholesterol test measures both and combines them to give a number for your total cholesterol. It also measures your triglycerides, the fat in your blood used by the body to provide energy. Here are the numbers you should shoot for:

Total cholesterol: 200 or lower
HDL (good) cholesterol: 50 or higher for women, 40 or higher for men
LDL (bad) cholesterol: 100 or lower, especially if you have diabetes

Triglycerides: Less than 150

Improving your cholesterol numbers just a little bit makes a big difference. If you raise your HDL by just five points, for example, you decrease your risk of heart disease by 10 percent.

Waist size is a much better indicator than weight of a person’s overall health and their risk for heart disease. Women with a waist more than 35 inches and men with a waist of more than 40 inches increase their risk for heart attack and stroke.
How to Fight Heart Disease

ALL THE WAYS WE CARE

1. **Assessment: Determining your risk**
   - Seeing your primary care physician is perhaps the most important step you can take in fighting heart disease. There are many factors to discuss and questions to answer when you talk to your doctor about your risk. Do you smoke? Is there a family history of heart disease? Do you exercise regularly? In addition to discussing these personal details, your doctor will check all the factors that put you at risk for heart disease, including your blood pressure, heart rate, cholesterol level and weight.
   - Armed with this information, your doctor will have a better understanding of your risk factors and be able to make some personal recommendations to help you live more heart smart. It's never too early to think about assessing your risk for heart disease. After all, 25 percent of the deaths from heart disease are preventable. And about half of these preventable deaths happen in people who are under age 65.

2. **Diagnosis: Pinpointing the problem**
   - In most cases, your doctor may give you a clean bill of health when it comes to your heart. But if your physician determines that you have a high risk of heart disease, additional testing may be required.
   - For example, one of the most commonly used diagnostic tools used to detect heart disease is a stress test. To begin the test, about 10 small, sticky patches called electrodes are placed on your chest. The electrodes are attached to an EKG, which measures your heart’s electrical activity. You’ll then be asked to walk on a treadmill or pedal a stationary bike. You’ll begin slowly at first, gradually increasing your speed. Usually, the exercise part of the stress test lasts between 7 and 12 minutes.
   - Here are some of the other diagnostic tools your doctor may consider:
     - **Electrocardiogram (EKG):** This quick and inexpensive test is like a stress test but without the exercise. It measures your heart’s electrical activity as you’re sitting.
     - **Echocardiogram:** This test uses an ultrasound to evaluate the muscle and valves of the heart.
     - **Cardiac CT Scan:** Multiple X-rays are taken to create a cross-sectional view of the heart. This allows doctors to take a closer look at the circulation, vessels and anatomy of the heart. Sometimes a contrast dye is used to enhance the images.
     - **Cardiac MRI:** Instead of using X-rays, a cardiac MRI uses a magnetic field and radio waves to create a detailed image of the heart.
     - **Holter Monitor Test:** If your EKG doesn’t give your doctors enough information, you may be asked to wear this lightweight, portable device for 1-3 days. A Holter monitor test checks to see if you have a heart rhythm problem.
   - More advanced diagnostic tests are performed at a Cardiac Cath Lab.

3. **Treatment: Restoring health**
   - If heart disease is diagnosed and corrective surgery is needed, a Cath Lab offers a number of treatment capabilities.
   - **Interventional Catheterization:** This procedure is often used to close an opening in the wall between the upper chambers of the heart or to open up a blocked valve or vessel.
   - **Angioplasty:** When coronary arteries become narrow or blocked, an angioplasty can often restore the blood flow. With this procedure, a small balloon is inserted into the artery with a catheter. Once in place, the balloon is inflated. The pressure from the balloon forces the plaque to the side of the artery. In many cases, a small wire mesh tube, called a stent, is placed in the artery to help keep it open.

4. **Recovery: Setting the stage for success**
   - Recovering from a heart attack or stroke is usually a long process. Ongoing support from an experienced medical staff plays a critical role. For patients who have suffered a stroke, ongoing rehabilitation services are essential to the recovery process. These may include physical activities that strengthen motor skills, improve mobility and increase range of motion.
   - Speech therapy can help improve speaking and communication skills. All of these therapies have the ultimate goal of helping stroke victims gain back their independence and quality of life.

OR ALMOST every American, the effects of heart disease strike close to home all too often. About every 20 seconds, someone in America has a heart attack or stroke. That’s 1.5 million heart attacks and strokes each year. At Clinch Valley Medical Center, we are committed to giving our community the services and expertise needed to prevent heart disease, America’s #1 killer. Just as the heart has four chambers, a team of physicians uses a full range of medical technology and other resources to provide comprehensive care in four key stages.

**Fighting Heart Disease in Four Key Stages**

**Assessment: Determining your risk**

**Diagnosis: Pinpointing the problem**

**Treatment: Restoring health**

**Recovery: Setting the stage for success**

People who participate in a cardiac rehab program have a 50 percent greater survival rate after three years compared to people who don’t.

**Clinch Valley Medical Center | Live Well! | winter 2015**
Learn how to eat a heart-healthy diet and receive a Free cookbook!

HEART DISEASE is the leading cause of death in the United States. Healthy eating is a significant factor in reducing heart disease. But we know learning how to create a “heart-healthy diet” can be confusing.

Join us on February 19th in the Basement Bistro at Clinch Valley Medical Center.

Blood sugar and blood pressures will be taken at 5:30 pm and the program will begin at 6:00 pm. Our cardiologists will be on hand to assist and answer any questions you may have and our dietitians will offer some cooking tips for preparing heart-healthy food at home.

For more information please call: 276-596-6619.