

HEART ATTACK SURVIVAL GUIDE

ARE YOU
PREPARED?



HEART ATTACK IN 2014

More people die every year from coronary heart disease than trauma and stroke combined.

Did you know you can improve your outcome by receiving treatment at a specialized center of excellence for heart attack care? It is important to know the risk factors, signs and symptoms of a heart attack. It is equally important to understand the different levels of heart attack care available and have an action plan prepared to save time in the event of a heart emergency.

Acute myocardial infarction (heart attack) occurs when one of the arteries to the heart suddenly becomes blocked. In the absence of blood flow, the heart muscle begins to die within 20 minutes. In order to salvage heart muscle and improve survival, blood flow must be restored quickly, by a clot dissolving medication (thrombolysis) or a balloon angioplasty procedure called percutaneous transluminal coronary angioplasty (PTCA).



The status of heart attack care

More than 60 percent of U.S. hospitals lack the facilities required to perform PTCA. The benefits of this treatment are dependent upon how quickly it can be performed relative to the onset of heart attack (longer time delays equal less benefit). Additionally, the benefit of PTCA over medication may be lost in hospitals that perform fewer PTCA procedures. **The best outcomes are achieved by doctors and hospitals that perform higher numbers of PTCA procedures.** As the exact time of heart attack onset may be difficult to determine and patients may not immediately recognize or seek treatment for their symptoms, the total ischemic time (the time from chest pain onset to treatment to open the blocked artery) may be difficult to accurately determine. Thus, the more easily and accurately determined time from hospital arrival to PTCA (door-to-balloon or DTB) has been used as a measure of treatment efficiency and quality performance. Current guidelines specify the DTB times of less than 90 minutes for patients seeking care at a PTCA-capable facility and less than 120 minutes for those patients who are transferred from a hospital unequipped to perform PTCA. Importantly, the 90 minute DTB time is not the optimal goal but rather the maximum acceptable time delay.

Treatment begins before you arrive at The Christ Hospital!

Shortening the time delays to treatment requires earlier diagnosis, and a faster diagnosis can be accomplished if emergency medical system (EMS) providers are part of the process. The best-performing hospitals in the U.S. have partnered with EMS teams, coordinating equipment that can transmit a patient's ECG results from the emergency site or ambulance, to a physician in the ER. The ER physician can diagnose the heart attack and prepare the cardiac catheterization lab before the patient arrives at the hospital. Studies show that a significantly greater portion of heart attack victims receive angioplasty within 90 minutes when an ECG is performed and the results are transmitted from the field.

When a heart attack occurs, a quick reaction time is critical to a positive, life-saving outcome.



Specially trained and equipped EMS teams begin the time saving process



Patient's ECG is transmitted en-route before hospital arrival



The ER physician diagnoses the heart attack and prepares the cardiac catheterization lab before the patient arrives



Appropriate care can be immediately undertaken, saving valuable minutes



BETTER PATIENT OUTCOMES!
BEST CHANCE OF SURVIVAL!

QUESTIONS?

Call a Christ Hospital Heart Attack Coordinator at **513-263-1421** or visit TheChristHospital.com/HeartAttack



DON'T LIMIT YOUR TREATMENT OPTIONS

Advanced treatment options provide better outcomes for heart attack patients.

ONLY The Christ Hospital provides access to revolutionary care unique to our region. Here are just a few ways we're delivering tomorrow's heart care, today:

- **Dissolvable stents.** A first-of-its-kind cardiac interventional device that dissolves after opening blocked arteries. The stent provides support to the blocked heart vessel until normal function is restored and it then dissolves naturally over time. Your blood vessels can return to a more natural state, which may reduce your risk for future heart complications.
- **Regenerative stem cell therapy.** Using the body's own stem-cell repair mechanisms to heal damaged organs or tissues. Our researchers are currently evaluating the use of stem cell therapy to repair and/or replace heart tissue damaged or lost during a heart attack. Regenerative therapies may more effectively improve heart function if received early after heart attack.

WHAT YOU NEED TO KNOW

Closer in proximity doesn't always mean closer to treatment.

EMS integration and pre-hospital ECG significantly reduce the time to treatment. In most cases, these tools afford heart attack victims time to travel to the best hospital for cardiac care -- The Christ Hospital.

- Many cardiovascular experts believe that the heart attack victim is better served by going directly (first) to a more comprehensive heart center which provides the full spectrum of cardiovascular services (PTCA and bypass surgery).
- To be eligible for new and potentially lifesaving / life changing technologies, patients must be evaluated either at the time of heart attack or shortly thereafter. Therefore, the choice for heart attack care should be determined proactively – in advance – and not left until a time of crisis.

GET A RIDE

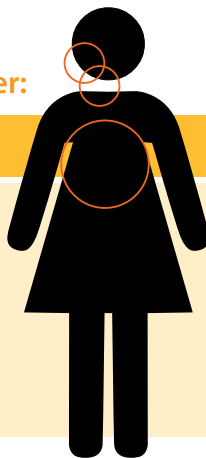
You're better off taking an ambulance than driving to the hospital, because emergency workers can start treatment and transmit your ECG en-route to The Christ Hospital. If a heart attack is diagnosed, **you may bypass the emergency room** and be taken directly to the cardiac catheterization laboratory, where our physicians are ready to provide heart attack treatment.



Symptoms of a heart attack by gender:

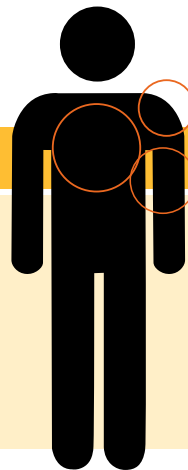
Women:

- Pain in chest, upper back, jaw or neck
- Shortness of breath, weak, fatigue
- Nausea, vomiting, clammy
- Anxiety

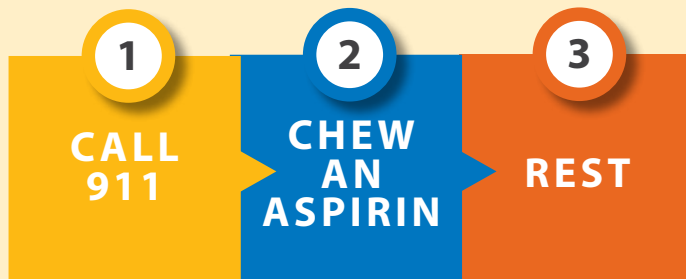


Men:

- Chest pain or pressure
- Pain down left arm or shoulder
- Weak, clammy



If you have any of the above symptoms:



HAVE A PLAN

Cut out and keep this card with you.

THE CHRIST HOSPITAL HEALTH NETWORK

HEART ATTACK ACTION PLAN

If you experience any of the following:

- Chest Pain/Discomfort
- Back Pain
- Jaw Pain
- Cold Sweat
- Nausea
- Lightheadedness
- Shortness of Breath

CALL 911

CHEW AN ASPIRIN

REST

THE CHRIST HOSPITAL GREATER CINCINNATI'S HEART HOSPITALSM

You have the right to choose your care provider,
even in the case of an emergency.

Heart Attack CENTER OF EXCELLENCE



The Christ Hospital

Named one of America's best hospitals by <i>U.S. News & World Report</i>	✓
World-renowned cardiologists	✓
Only American Heart Association Mission Lifeline® Quality and Performance Achievement Award recipient in region	✓
Top 50 Cardiovascular Hospital by <i>Truven Health Analytics</i>	✓
Advanced EMS Communication system for rapid heart attack diagnosis	✓
Dedicated EMS & Nursing heart attack program coordinators	✓
Door-to-balloon time consistently better than national guidelines	✓
The most advanced heart attack treatment options	✓
Access to the most leading-edge cardiac research in Ohio	✓
Full service PTCA, Coronary Bypass Surgery & Mechanical Assist Device program	✓
Physician One-Call system for heart attack care access	✓
Greater Cincinnati's Heart HospitalSM	✓

Cut out and keep this card with you.

Keep this card with you!
The information below could save your life.

My name: _____ Primary care physician: _____
 _____ Phone: _____
 My preferred hospital:
The Christ Hospital Cardiologist: _____
 My current medications: Phone: _____
 1. _____
 2. _____ Emergency contact:
 3. _____ Phone: _____
 4. _____

TheChristHospital.com/HeartAttack

 **The Christ HospitalTM**
Heart & Vascular Center