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FALL 2011

EXPERT CARE *Right Here*

A Higher Level of Heart and Vascular Care. Right Here at the Heart Hospital of Queens.

DO YOU KNOW YOUR RISK FOR HEART AND VASCULAR DISEASE?

Take control of your risk factors with help from your doctor and the Heart Hospital of Queens

We all know that one person who was struck by a heart attack seemingly out of the blue. With heart disease affecting more than 80 million U.S. residents and being the leading cause of death in the U.S., it's normal to ask yourself, "Could that happen to me?"

But how do you try to make sure it doesn't? Start by knowing your risk factors for heart disease, some of which you can control with lifestyle changes and medical treatment.

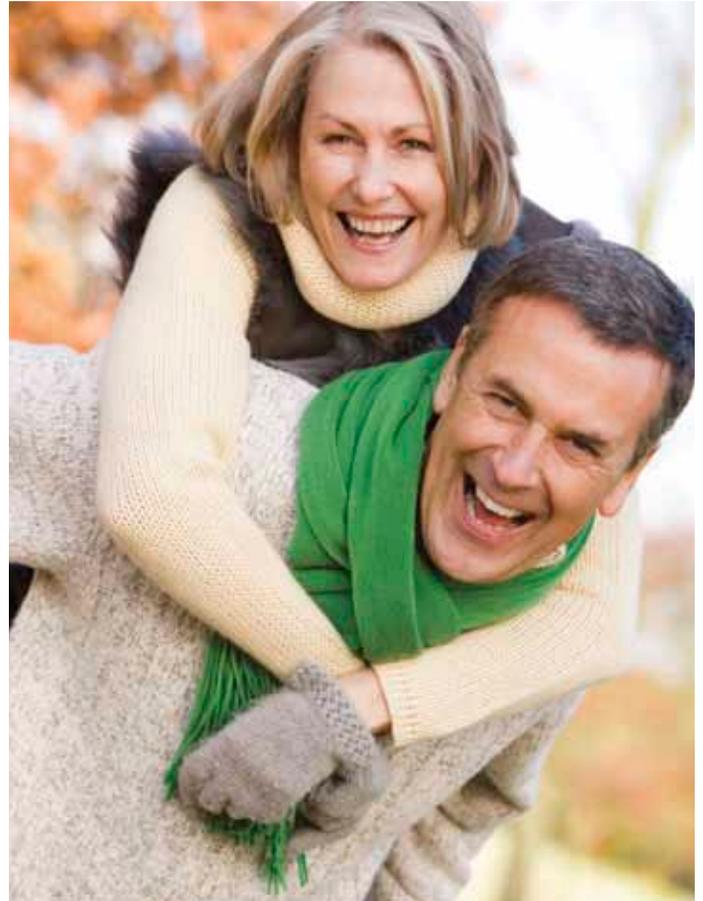
Here's where to begin:

KNOW WHERE YOU STAND

If you are overweight, are a smoker, have diabetes or have high blood pressure or cholesterol, you're at risk for heart disease. Also, you put yourself at increased risk if your diet is high in saturated fats, trans fats, cholesterol, salt and sugar. Finally, getting older is another indicator. Men over 45 and women over 55 have a higher chance of being diagnosed with heart disease.

KNOW YOUR FAMILY HISTORY

Do you have a family history of heart disease? If your father or brother had cardiovascular disease before age 55, or your mother or sister before age 65, your risk increases.



According to the American Heart Association, people of certain ethnic backgrounds also have a higher chance of experiencing heart disease, including those of African, Mexican and Indian descent.

While you can't change your family history, you can prevent or manage cardiovascular disease. Talk to your NYHQ physician about how you can manage your risk factors, including losing weight and maintaining healthy blood pressure and cholesterol levels, to lower your chance of a heart attack or stroke.

TALK TO AN NYHQ DOCTOR TODAY ABOUT LOWERING YOUR RISK Our doctors can help you manage your risk factors and reduce your chance of developing heart disease. To make an appointment with a member of our medical staff in the community or in the hospital, call **800-282-6684** or visit **nyhq.org** and click "Find a Doctor."



HOW HEALTHY IS YOUR HEART?

Your doctor may recommend one or more of these tests to help diagnose and treat cardiovascular disease:

AT YOUR PHYSICAL EXAM

An important step in the fight against heart and vascular disease is scheduling a physical exam. The following routine screening blood tests can tell you and your physician where you stand:

Blood pressure. Readings higher than 140/90 mmHg (millimeters of mercury) put you at increased risk.

Cholesterol. Total cholesterol levels of 240 mg/dL or more and LDL cholesterol levels of 160 mg/dL or more signal a high risk for heart disease, stroke and vascular disease. If you're a man over 45 or a woman over 50, talk to your doctor about frequency of screenings.

TAKING A CLOSER LOOK

If you've experienced heart disease symptoms but don't have traditional risk factors or if you have family members who developed heart disease at a young age, your doctor might recommend the following tests:

C-reactive protein. Levels above 3 mg/dL can point to inflammation that might be linked to cardiovascular disease.

Homocysteine. Having too much of this in your body (more than 10.8 micromoles per liter) can increase risk of stroke and heart disease.

THE NEXT LEVEL

Your physician can employ these tests to look for specific signs of heart disease:

Stress test. In this test, usually performed while you walk on a treadmill, your doctor monitors your body's reaction to exertion.

Ultrasound. **Cardiac echocardiography** uses ultrasound to look for problems or damage to the heart. **Vascular ultrasound** is used to look at the peripheral vascular system to diagnose the cause of certain symptoms such as leg pain.

CT scans and MRI. These diagnostic imaging tests can show plaque buildup and blockages throughout the heart and vascular system. After a heart attack, these tests can reveal the extent of the damage.

Abdominal aortic aneurysm (AAA) screening. Using ultrasound, your doctor can check for an enlarged aorta, which, if undetected, could rupture and lead to serious medical complications and even death.

Catheterization. By threading a catheter to the heart through a blood vessel in the wrist or groin, and then injecting a dye, your doctor can see any blockages and diagnose a heart condition.

Insurance companies will generally cover the cost of screening tests if your age, gender or risk factors justify it.

Heart Help for Newborns

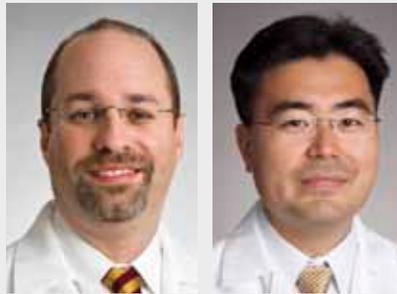
As a full-service Heart Hospital, New York Hospital Queens ensures that even the littlest hearts are in good hands. Eight in 1,000 newborns have congenital heart defects. At NYHQ, we can help heal these infants, often with minimally invasive techniques that are less taxing on their tiny bodies. To read more about the patients we've helped to have great futures, go to nyhq.org/stories_from_the_heart.

HAVE PAIN? DON'T WAIT! If you experience chest pain, **call 911**. The ambulance will take you to the nearest hospital equipped to handle your situation. NYHQ is a Level 1 Trauma Center with specialists on hand to help with any emergency 24/7. We are one of only a few designated STEMI (ST elevation myocardial infarction) centers in the area. We're also a New York State-Designated Regional Stroke Center, so if a stroke is suspected, patients can be sure they're getting the highest quality care and access to the latest technology and treatment.

Why New York Hospital Queens is *the* Place for Heart and Vascular Care

New York Hospital Queens offers a full spectrum of care, including cardiology, interventional cardiology, cardiac and thoracic surgery, interventional radiology, as well as endovascular and vascular surgery.

“Our Heart & Vascular Center is a one-stop shop for community physicians and patients. People don’t have to go to multiple healthcare facilities to get a higher level of treatment, technology or technique,” says Chong Park, M.D., director of cardiology and head of cardiac catheterization at NYHQ.



Gregg Landis, M.D.

Chong Park, M.D.

1 Treatment: As the Heart Hospital of Queens, we combine a range of cardiovascular specialists under one roof, ensuring access to the most comprehensive services in the area.

Another example of our commitment to quality treatment is our cardiac rehabilitation program. Patients can begin rehab after a procedure right here in the hospital and complete it at our convenient Cardiac Health Center in Fresh Meadows. We offer a structured and monitored exercise program coupled with nutrition counseling and education for people recovering from heart attacks or cardiovascular procedures.

2 Technique: NYHQ offers the latest medical techniques and cutting-edge procedures, including radial catheterization. This state-of-the-art approach to catheterization is performed through a small incision in the wrist, which can be easier on select patients than entering through a groin incision.

3 Technology: Patients at NYHQ have access to the latest technology, such as an MRI-safe pacemaker that allows people who have one to undergo this valuable test.

Plus, we’re outfitted with a hybrid operating room. This allows surgeons flexibility during a surgery, giving them the opportunity to evolve a procedure as needed without moving the patient to a different operating room, says Gregg Landis, M.D., director of vascular and endovascular surgery and associate chairman of surgery at NYHQ.

ALL SERVICES UNDER ONE ROOF

The Heart & Vascular Center at New York Hospital Queens offers a full range of services. “Our highly sophisticated procedures can bring superb outcomes in treating many conditions, including a variety of heart and lung diseases,” says Samuel Lang, M.D., chairman of cardiothoracic surgery at NYHQ. Our services include:

- Cardiac surgery, only one of two such programs in the borough
- Peripheral artery angioplasty and stent replacement
- Vascular and endovascular surgery
- Cardiac rehabilitation
- Pacemaker and defibrillator implantation
- Cardiac catheterization and stenting
- Pediatric cardiology
- Sophisticated cardiac imaging, including MRI and CT scans
- Diagnosis, monitoring and treatment of arrhythmias (electrophysiology)



SCHEDULE A TEST TODAY

Do you need heart or vascular testing? Schedule an appointment today with a physician in the community or in the hospital to find out. Call **800-282-6684** or visit **nyhq.org** and click “Find a Doctor.”



A higher level of heart care.
Right here in Queens.

HEART & VASCULAR CENTER

member
NewYork-Presbyterian
Healthcare System

affiliate: Weill Cornell Medical College



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Flushing, NY 11355

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DON'T MISS THE SIGNS OF PAD

Peripheral artery disease (PAD) is a condition in which cholesterol and fat builds up in the arteries that supply blood to your limbs, blocking blood flow and increasing your risk of heart attack and stroke. While it's most common in the legs, it can also show up in the arteries serving your arms, head, kidneys or stomach.

You are at higher risk for PAD if you are:

- Over age 50
- Diabetic
- A current or former smoker

You're also at higher risk if you've had a diagnosis of high cholesterol or high blood pressure, or both, or have experienced previous vascular disease, heart disease or stroke.

SYMPTOMS OF PAD

Trouble walking is a red flag for PAD. "Most people report pain or cramping in their calves or feet while walking," says

Gregg Landis, M.D., director of vascular and endovascular surgery and associate chairman of surgery at NYHQ.

Other symptoms include:

- Non- or slow-healing wounds
- Pain or coldness in your feet while at rest
- A lower temperature in one leg than the other
- Slow hair and nail growth on one leg

If you experience any PAD symptoms, contact your doctor or NYHQ as it could mean the disease is in advanced stages.

"We offer the full range of care for PAD, including medical, minimally invasive and traditional surgical treatments," Dr. Landis says.

Surgery or Stenting?

Depending on your heart or vascular condition and your specific situation, your doctor will recommend either surgery (operating to clear a blockage from your blood vessel) or stenting (inserting a device that helps keep the blood vessel open). "Each option has its benefits and risks," explains Chong Park, M.D., director of cardiology and head of cardiac catheterization at NYHQ.

Open-heart surgery may be the best strategy if your blockages are multiple or are considered too risky for stenting, or if you have other issues that can be fixed at the same time, such as valve problems or an enlarged aorta. "It has better long-term outcomes in patients with triple or multi-vessel disease," adds Charles Mack, M.D., director of arrhythmia surgery at NYHQ. Recovery can be challenging, so discuss options

with your physician if you are over- or underweight, are elderly or have chronic illnesses.

Stents are inserted with minimally invasive techniques, which can make recovery faster and easier. Keep in mind, you'll likely need to repeat the stent procedure over time, and you'll have to take medication to help control your condition even after stenting.



JOIN AN NYHQ SUPPORT GROUP

If you've been given a diagnosis of heart disease or have had a heart attack, get the information and encouragement you need at our support group, Heart to Heart. To find out more, call the Cardiac Health Center at **718-670-1695**.