

# healthyheart

A service of Kadlec Regional Medical Center—Tri-Cities

Health news and information at [www.kadlec.org](http://www.kadlec.org)



## Advanced heart care when he needed it

Merrill James, of Pendleton, had no idea he had heart disease. He felt fine until one Friday evening last July, when he started getting pain in his arm and pressure in his chest.

Merrill went to Good Shepherd Hospital in Hermiston; he was then airlifted to Kadlec Regional Medical Center for advanced cardiac care. Once there, it was discovered that he also had bleeding ulcers, which complicated his cardiac care. His bleeding ulcer needed to be under control before his cardiac surgery could take place.

According to Merrill, between the heart and ulcer issues, he was in very serious condition.

By Wednesday, he was able to undergo open-heart surgery, which included four bypasses

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## STEMI coordinator complements cardiac care

**A**lmost 400,000 people suffer from an ST Segment Elevation Myocardial Infarction (STEMI) heart attack each year. It is a severe heart attack that carries a substantial risk of death or disability. Immediate identification and treatment are critical, ideally in less than 90 minutes.

The gold standard for treating a STEMI is to open up the artery

via balloon angioplasty and insert a stent. The procedure, called PCI (percutaneous coronary intervention, or angioplasty), is performed in the Catheterization Laboratory—commonly called the Cath Lab—and is highly effective if done in time. Kadlec Regional Medical Center is the only hospital in the area that can provide this potentially lifesaving procedure.

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# New emergency care system

**F**or stroke and cardiac emergencies, getting a patient to the right place with the right resources in the right time can make a life-and-death difference.

Washington's hospitals, emergency medical services (EMS), professional organizations and state agencies have been working together to design an emergency cardiac and stroke system. The goal is to have

a participating hospital no more than one hour away from every citizen, and to get a cardiac or stroke patient the most appropriate treatment in less than 120 minutes.

**Kadlec was chosen as a top-tier site for cardiac care.**

center designation. Kadlec vascular neurologist Sarabjit Atwal, MD, who has studied stroke at the Cleveland Clinic, serves as the hospital's Stroke Center medical director.

## **Appropriate care begins with emergency medical services**

The new emergency system starts with the region's EMS teams, who determine where a patient should be taken to receive the most appropriate level of care.

"It is important patients know that in the case of emergency stroke or cardiac care, the EMS personnel will take the patient directly to a hospital with the level of care they determine is needed," said Roger Casey, RN, Kadlec's trauma and stroke coordinator. "This new system coordinates emergency cardiac and stroke treatment so lives can be saved and disability reduced."

## **Kadlec designations**

All Washington hospitals were invited to apply to be a part of the new system and then were evaluated on their emergency cardiac and/or stroke care.

Kadlec was awarded level 1—the highest level—for cardiac care. Kadlec is the only hospital in the region with this designation. Kadlec's cardiothoracic surgeons are Hannan Chaugle, MD, and Juan Cordero Jr., MD.

Kadlec received a level 2 stroke

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**Rand Wortman**  
President and CEO,  
Kadlec Health System

**Lane Savitch**  
President,  
Kadlec Regional  
Medical Center

**Nikki Ostergaard**  
Marketing Specialist,  
Kadlec Health System

**Jim Hall**  
Community Relations  
Director,  
Kadlec Health System

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# Kadlec cardiac surgery care team expands

**T**he cardiothoracic and vascular surgery team of Kadlec Clinic Cardiothoracic Surgery was recently expanded with the addition of a physician assistant.

Randall Kelly, PA, will work directly with patients both before and after surgery. He will see patients while they are hospitalized at Kadlec as well as in the office.

“Adding a physician assistant to the team enhances the care of patients,” said Lisa Mallory, practice

manager of Kadlec Clinic Cardiothoracic Surgery. “Randall will interact frequently with the patients throughout their care. It also allows the surgeons to spend more time in surgery.”

Kelly did both his undergraduate and graduate work at the University of Washington.

“He is such

a nice person, and patients really like him,” said Mallory. “It is a pleasure to have him as a part of the team.”

Kelly joins cardiothoracic surgeons Hannan Chaugle, MD, and Juan Cordero Jr., MD. Their office is located at 780 Swift Blvd., Suite 140, in Richland.

They can be reached by calling **509-942-DOCS (509-942-3627)**.



Randall Kelly, PA



Juan Cordero Jr., MD



Hannan Chaugle, MD



## When herbs and heart medicines don't mix

Herbal supplements may be billed as a natural way to help you improve your health, but natural doesn't always mean safe—especially if you're taking heart medications.

A number of herbal health supplements—such as St. John's wort, ginkgo biloba and garlic—can alter the way heart drugs affect your body, which can cause your medicine to not work properly.

Some herbs reduce the effectiveness of heart medicines or

increase their potency. The mixture can also lead to a greater risk of bleeding or irregular heartbeat.

Studies have found that:

- St. John's wort—which is often taken for depression, anxiety and sleep disorders—reduces the effectiveness of medications, contributing to irregular heartbeat, high blood pressure and other heart problems.
- Ginkgo biloba, which some believe improves circulation and sharpens the mind, can increase the risk for bleeding if taken with warfarin or aspirin.
- Garlic, which some people take to help improve the immune system and lower cholesterol and blood

Some herbs reduce the effectiveness of heart medicines.

pressure, can also increase the risk of bleeding if taken with warfarin.

Mixing herbs with heart medications is especially dangerous for older people with heart problems who take multiple drugs.

If you are taking any type of heart medication, be sure to talk with your health care provider before using any herbal product or supplement.

Source: *Journal of the American College of Cardiology*, Vol. 55, No. 6



# STEMI coordinator complements cardiac care

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Recently, Kadlec added Cass Bilodeau, RN, BSN, as its STEMI coordinator to help even more people who may suffer from this deadly health risk. Bilodeau is responsible for standardizing the processes and decreasing the time it takes to get a person into the Cath Lab for treatment.

“The most efficient way we can get the appropriate treatment, the better the outcome for the patient,” she said. “I look at STEMI patients from the moment the 911 call is made through cardiac rehab, and every process in between. We want to make sure that all patients coming in with a STEMI are

receiving expedited treatment with continuity of care. We want to be continually looking to see if there is a way we can improve a patient’s experience and outcome.”

Bilodeau works with the region’s emergency medical services units and the hospital’s Emergency Department, Transfer Center, Cath Lab, nursing units and Cardiac Rehab to create a continuum of care that is seamless and moves swiftly.

“I create a snapshot of every case and give it back to the whole team,” she said. “We study those snapshots looking for ways to improve, which in turn improves patient outcomes.”

## When he needed it

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performed by Kadlec cardiothoracic surgeon Juan Cordero Jr., MD.

“I am doing really well and have had no problems since my surgery,” Merrill said. “I was really surprised and scared when I found out I was having a heart attack, but I received super care at Kadlec. It was fantastic.”



## Pumpkin-spice muffins

### INGREDIENTS

- Canola oil spray
- 1½ cups whole-wheat pastry flour
- ½ cup all-purpose flour
- ¾ cup packed brown sugar
- ¼ cup chopped walnuts
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 cup canned pumpkin
- ⅓ cup unsweetened applesauce
- ⅓ cup light canola oil or olive oil
- ⅓ cup nonfat buttermilk
- 2 large eggs
- 1 teaspoon vanilla

### INSTRUCTIONS

- Preheat oven to 400 degrees. Spray 12-cup muffin pan with canola oil.
- In large bowl, combine dry ingredients through spices. Stir well to combine.
- In medium bowl, combine pumpkin, applesauce, oil, buttermilk, eggs and vanilla; mix well.
- Pour liquid mixture into dry ingredients and stir. Divide among 12 muffin cups.
- Bake about 20 minutes or until muffins bounce back when pressed lightly.

### NUTRITION INFORMATION

Makes 12 muffins.

**Per serving** (1 muffin): 174 **calories**, 7g **fat**, 1g **saturated fat**, 26g **carbohydrates**, 4g **protein**, 3g **dietary fiber**, 158mg **sodium**

Source: American Institute for Cancer Research