

# AT THE HEART OF HEALTH

CATHOLIC HEALTH SERVICES – WORLD-CLASS CARDIAC CARE



Sponsored by



**Catholic Health Services**  
of Long Island

**MISSION:** We, at Catholic Health Services, humbly join together to bring Christ's healing mission and the mission of mercy of the Catholic Church expressed in Catholic health care to our communities.

**VISION:** To be the preferred health care system on Long Island for patients, doctors and staff.

This February, Catholic Health Services of Long Island (CHS) celebrates American Heart Month with actionable information to better understand, treat and prevent heart disease. Cardiac care available throughout CHS's six regional hospitals — **St. Francis Hospital, St. Charles Hospital, St. Joseph Hospital, St. Catherine of Siena Medical Center, Good Samaritan Hospital Medical Center and Mercy Medical Center** — paired with lifestyle suggestions, offer preventive health and education to impact heart health.

## UNDERSTANDING HEART DISEASE

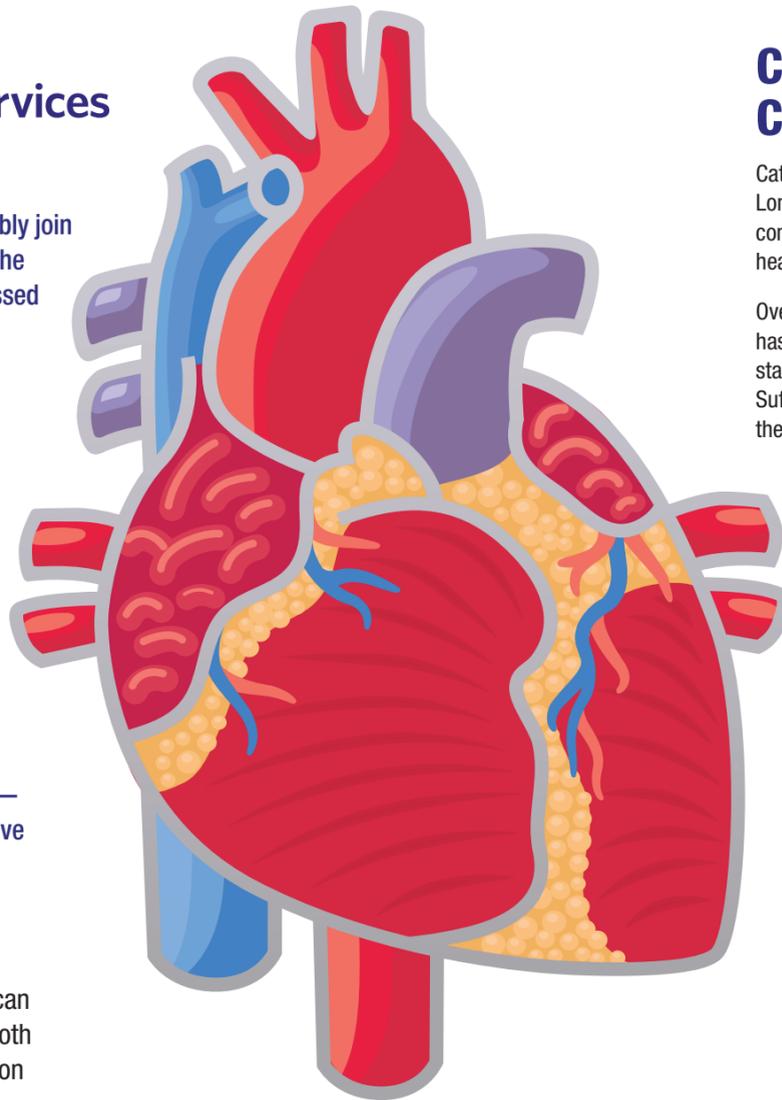
Heart disease is a spectrum of diseases that can develop *in utero* or develop later in life from both medical and lifestyle causes. The most common form of heart disease is coronary artery disease, which occurs when the major blood vessels that supply the heart with blood, oxygen and nutrients become damaged or constricted. Cholesterol-containing deposits called plaque, and inflammation, are usually to blame for coronary artery disease.

## EARLY SIGNS AND SYMPTOMS OF HEART DISEASE

The classic symptoms of heart disease are tightness or pressure in the chest, shortness of breath, difficulty breathing, radiating pain in the arm or jaw, nausea and/or dizziness. The exception are diabetic patients who may not exhibit any of these classic symptoms.

## DETERMINING AND TESTING FOR HEART DISEASE

- SEE YOUR PRIMARY CARE DOCTOR ANNUALLY
- NON-INVASIVE TESTING
- CORONARY CALCIUM SCORING
- ANGIO CT SCAN
- CARDIAC CATHETERIZATION



## CHS: A LEADER IN CARDIAC CARE AND TREATMENT

Catholic Health Services offers excellence in cardiac care on Long Island, led by **St. Francis Hospital, The Heart Center®** — consistently recognized as a national leader for cardiology and heart surgery by *U.S. News & World Report*.

Over the past 10 years, **Good Samaritan Hospital Medical Center** has developed an open heart surgery program to bring the same standard of care found at Nassau-based **St. Francis Hospital** to Suffolk County. It is recognized as one of the top 100 hospitals in the U.S. for stent and coronary artery disease.

Throughout the CHS system, highly skilled cardiologists oversee nationally-recognized cardiac programs, including valve replacement, heart failure, open heart surgery, arrhythmia, precision angioplasty and pediatric cardiology. CHS is also a leader in cardiac research, with active participation in clinical trials and research projects in all disciplines of cardiology.

## REVOLUTIONIZING CORONARY DISEASE

**St. Francis Hospital** has incorporated an adjunct to angiograms exclusive to the CHS health care system: Optical Coherence Tomography (OCT). This revolutionary technique, currently used by only 3% of the global medical community, uses intravascular ultrasounds to examine coronary arteries. OCT provides exact information about a vessel and/or blockage allowing for precision angioplasty and stent placement. Advanced intracoronary imaging with OCT and intravascular ultrasound are routinely performed during primary coronary intervention at **Good Samaritan** to optimize both procedural and clinical outcomes.

## VALVE REPLACEMENT WITHOUT SURGERY

**St. Francis Hospital** is one of the top five facilities in the country, replacing aortic valves without open heart surgery. Minimally invasive aortic valve replacement is now done through the groin using a transcatheter aortic valve replacement (aka TAVR) procedure. A physician-guided catheter anchors and expands a replacement valve inside the heart to restore normal blood flow and improve survival rates, specifically in patients who are at risk for surgery.

## INVESTED IN THE FUTURE

**St. Francis Hospital** is also a forerunner in trials using breakthrough treatments. It was one of the first hospitals in the U.S. to perform new procedures for calcified arteries including intravascular lithotripsy, and angio shockwave therapy. **St. Francis Hospital** also evaluates treatment strategies as part of the Eclipse clinical trial and OCT as part of the Illumein trial. And, **St. Francis** is still one of the few hospitals to specialize in delicate aortic aneurysm arch replacement.

## IN ADDITION TO INTERVENTION AND SURGERY

Another component to exemplary cardiac care at CHS is medical management and medication. This area includes managing medication post-surgery, rehab options and lifestyle adjustments. Participating in a cardiac rehab program after therapy or post-surgery can benefit a number of conditions, keep patients invested in their health and offer greater success when on their own post-rehab.

Sources: Richard A. Shlofmitz, MD, FACC, Chairman of Cardiology at St. Francis Hospital, Newell Robinson, Chairman of the Department of Cardiothoracic and Vascular Surgery at St. Francis Hospital, Christopher La Mendola, MD, Chairman of the Department of Cardiothoracic Surgery and Director of the St. Francis Hospital Open Heart Surgery Program and the St. Francis Heart Valve Center, both at Good Samaritan Hospital Medical Center, Ezra Deutsch, MD, Director Cardiac Catheterization Lab at Good Samaritan Hospital Medical Center.

## RISK FACTORS FOR HEART DISEASE

There are many lifestyle factors that can affect heart disease risk, including:



**SMOKING:** Damages the lining of the arteries, leading to a build-up of fatty material that narrows the arteries; carbon monoxide in tobacco smoke reduces the amount of oxygen in your blood.



**DIABETES:** High blood glucose can damage blood vessels and the nerves that control the heart over time.



**HIGH BLOOD PRESSURE AND CHOLESTEROL:** Can cause the coronary arteries to become narrowed from a buildup of fat, cholesterol and plaque. Too much LDL cholesterol builds up in artery walls and blood flow to the heart is slowed or blocked.



**OBESITY:** Increased body fat can cause enlargement of the upper chambers of the heart (atria) and atherosclerosis or hardening of the arteries.



**SEDENTARY LIFESTYLE:** The NY State Department of Health estimates that approximately 35% of coronary heart disease mortality is due to physical inactivity.



**GENETICS:** People with premature coronary disease (calcium buildup) and/or second-generation patients should consider proactive screening.

## WHAT YOU CAN DO

There are several steps you can take, and lifestyle changes you can make, to positively impact heart health. Be sure to discuss any changes with your doctor before embarking on a heart healthy plan.

**GET MOVING:** Increase your physical activity to help burn calories and improve circulation.

**MAKE HEALTHY CHOICES:** Plan your meals with healthy fats, lean proteins and fiber.

**TEST FOR DIABETES:** Uncontrolled diabetes raises your risk of heart disease, so talk to your doctor to see if a test is right for you.

**LIMIT ALCOHOL CONSUMPTION:** Guidelines call for no more than one serving of wine or spirits per day for women and two for men.

**QUIT SMOKING:** Including cigarettes, marijuana and vaping. Investigate ways to curtail or quit.

**CHECK YOUR BLOOD PRESSURE:** High blood pressure has no symptoms and is called a "silent killer" so have your blood pressure checked regularly.

**CHECK YOUR CHOLESTEROL:** Talk to your doctor about your blood cholesterol and triglycerides levels.

**MANAGE STRESS:** Consider spiritual practice, mindful meditation and stretching or talking with a professional to gain perspective and maintain calm.



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For more information on heart health and cardiology services at a Catholic Health Services facility, please call 888-Heart-NY or visit [www.chs-hearthealth.org](http://www.chs-hearthealth.org).