

HEARTS & HEALTH

Fall 2010

A publication from
the Samaritan Heart
& Vascular Institute



Usual trip takes emergency detour

*“We felt very well-cared for...
great people made for a great experience.”*

Newt Maples

SHVI: Then and now

*Thomas Marker, MD
Samaritan Heart & Vascular Institute*



Thinking back to the care Samaritan Health Services has been providing to the community over the past several decades, I was quite astounded as

I realized all that has changed and been added since I have been in the community. Admittedly, it has been a while; I began working in Corvallis in 1988. But the extent of growth in services provided, to the betterment of care of the people of this region, is nothing short of amazing.

(...continues on page 6)

The trip started out like any other for Newt and Mary Maples. The couple left their home in Reno, Nev., and made the drive to their vacation home in Otter Rock on the Oregon Coast. It's a drive they've made multiple times a year for more than 30 years.

But upon arrival this time – after doing their usual grocery shopping, settling in and heading to bed – Newt couldn't get comfortable.

“I just kept tossing and turning,” says Newt, age 75. “I thought I'd pulled a muscle, so I got up and went to watch TV in the other room. But the pressure kept building and pretty soon it felt like there was an elephant sitting on my chest.”

Newt woke Mary and the two quickly headed to the Emergency Department at Samaritan Pacific Communities Hospital (SPCH) in Newport.

(...continues on page 2)

INSIDE

Clinical trials strengthen patient care • 3

Heart health classes & support • 4

and more...

The Mario Pastega House is a comfortable "home away from home" for out-of-area patients and families traveling to Corvallis for specialized medical care. For more information, call (541) 768-4650.



Newt and Mary Maples celebrating their 50th wedding anniversary.



"Hearts & Health" is produced two times yearly by the Marketing/Public Relations Department at Samaritan Health Services. Please address questions or correspondence to: 3600 NW Samaritan Drive, Corvallis, OR 97330.

Larry Mullins, DHA, President/CEO
Editorial team: Judith Bruce, Heather Burton,
Marti Cersovski, Josh Cox

Designed by Samaritan Health Services
In-house graphics department



www.samhealth.org/shvi



Doctors Celis and Greschner treated Newt upon his arrival at Good Samaritan Regional Medical Center.



"I'm planning on going back to the hospital just to visit all the great people I met."

Newt Maples

Emergency detour continued from front cover...

"I did feel a bit concerned about the fact that we were so far from home and in a small community with a small hospital," says Newt. "But, any anxiety was relieved once the doctors and nurses took over. They were competent and caring."

When Newt arrived at the hospital, his blood pressure was elevated significantly and tests showed he'd experienced a heart attack. After reducing his blood pressure and stabilizing him, doctors sent Newt and Mary via ambulance to the Samaritan Heart & Vascular Institute in Corvallis where physicians and specially trained cardiac staff were awaiting his arrival.

And while having a medical emergency was something Newt never expected or hoped for, he says the experience couldn't have gone any smoother.

"We felt very well-cared for," says Newt. "Great people made for a great experience."

After years of work developing the process of transferring heart patients from Samaritan's community hospitals to Good

Samaritan Regional Medical Center for specialized services, Kim Montagne, director of the Samaritan Heart & Vascular Institute, says hearing about Newt's positive experience is music to her ears.

"As a regional destination for heart care, we put a lot of effort into streamlining the transfer process from our more rural areas to Good Sam," says Montagne. "We want to ensure that patients get the best care possible at each point of service. Our integration has become very advanced – medical records are instantaneously available throughout our system so by the time a patient arrives at our door, specialists can immediately take the best course of treatment for each case."

In addition to the emergency department staff at the hospital, Newt was treated by cardiologists Francis Celis, DO, and Dimitri Greschner, MD, whom he describes as "outstanding." He says even being under the stress of heart troubles, he remembers the names and faces of so many nurses and staff who helped during his experience.

Fun Heart Facts

Your system of blood vessels – arteries, veins and capillaries – is over 60,000 miles long. That's long enough to go around the world more than twice!

The adult heart pumps about 5 quarts of blood each minute – approximately 2,000 gallons of blood each day – throughout the body.

Blood takes about 20 seconds to circulate throughout the entire vascular system.

“There were wonderful nurses and caregivers,” says Newt. “I’m planning on going back to the hospital just to visit all the great people I met.”


During the four days that Newt spent in the hospital, he underwent extensive testing and ultimately had an angioplasty to insert a stent. Meanwhile, Mary stayed at the Mario Pastega Guest House on the campus of Good Sam to be close to Newt.

Upon his discharge, the couple headed back to the coast where Newt participated in cardiac rehabilitation at SPCH.

“Cardiac rehabilitation was very helpful for me,” explains Newt. “It gave me a great foundation for improving my health. Now I’m working out on my own and eating better.”

Today Newt and Mary are back in Reno but planning many more trips to their beloved vacation home at the Oregon Coast.

“We have a lot of friends at the coast and we’ve made a point of telling them all what a wonderful experience we had at the Newport hospital and in Corvallis,” says Newt.

The Maples hope that their vacations in the future are free of emergency room visits, but they say they’ll rest easy knowing that great care can be found far from home. 

Clinical trials help promote better patient outcomes

Clinical trials play a significant role in the advances that continue to save and prolong lives within the health care setting. At the Samaritan Heart & Vascular Institute, we understand clinical trials are vital to improving medical care for heart patients. Our physicians are spearheading the important research below.

Study: CORAL

Long-range outcome study of patients with renal artery stenosis

Lead investigator: Edward Toggart, MD

Patient details: This study is currently not accepting new patients.

Study: VIRGO

Variation in recovery: Role of gender on outcomes in acute myocardial infarction (AMI) patients

Lead investigator: Matthew Lindberg, MD

Patient details: VIRGO seeks patients ages 18 to 55 (especially women) who have had an acute myocardial infarction. Patient enrollment occurs only during a hospitalization. Enrollment for this study is predicted to continue until May 31, 2011. Call (541) 768-6349 for information.

Study: Fish oil

A study to investigate whether fish oil prevents atrial fibrillation after cardiothoracic surgery

Lead investigator: Thomas Marker, MD

Patient details: This study is enrolling people without a preexisting history of atrial fibrillation who undergo CABG and/or valve replacement surgery at Good Sam. Patient enrollment occurs only during a hospitalization. Call (541) 768-5286 for more information.

Feedback?

Visit www.samhealth.org and click “Contact Us” at bottom of page.



For more information about the cardiac and rehabilitation programs at Samaritan Health Services, contact us at one of the following locations:

Good Samaritan Regional Medical Center

(541) 765-6201 or 768-6285

Samaritan Albany General Hospital

(541) 812-5441

Samaritan Lebanon Community Hospital

(541) 451-7888

Samaritan Pacific Communities Hospital

(541) 574-4856

Heart Health classes & support

Cholesterol screenings

Learn what your cholesterol levels are by testing at any of the following screenings. Testing is offered weekdays from 8 a.m. to 5 p.m. at the hospital lab. Drop-ins are welcome.

Albany: (541) 812-4150

Corvallis: (541) 768-5059

Lebanon: (541) 451-7135 or (541) 258-2101

Lincoln City: (541) 996-7176

Newport: (541) 574-1812

Heart health lectures

Education and emotional support for people who have had heart attacks or bypass surgery and information for those who simply want to know more about heart disease.

Albany

Tuesdays or Wednesdays, 10 a.m.

Call for information: (541) 812-5441

Lebanon

First Tuesdays, noon to 1 p.m.

Call for information: (541) 451-7178

Cardiovascular health and prevention programs

Good Samaritan Regional Medical Center

(541) 768-4538

Samaritan Albany General Hospital

(541) 812-5441

Samaritan Lebanon Community Hospital

(541) 451-7888

Cardiac and diabetes support

UpBeat for Life offers support and information for people and families with diabetes and/or cardiac disease.

Corvallis

Last Tuesdays, 2 to 3 p.m.

Call for information: (541) 768-5323

Ongoing Commitment

results in big health dividends

Ray Costello, 89, of Corvallis was prescribed a three-month cardiac rehabilitation exercise program following his quadruple bypass surgery in 1975. He's been at it ever since.

A 14-year veteran of the cardiac rehabilitation program at Good Samaritan Regional Medical Center, Costello hates to see fellow survivors quit the program after the prescribed three months.

"Usually after about eight or so months they're back in here anyway," he said. "Either because they realize they need to or because they have to."

The cardiac and pulmonary rehabilitation programs at Good Sam offer individualized exercise regimens for patients who have experienced health events such as heart attacks, bypass surgery, valve repair, stent placement and chronic pulmonary conditions. Patients in the program are monitored closely as they improve not only their heart and lung conditions, but their overall health as well.

"I made a commitment to pursue this for the rest of my life," Costello said. "It's been an amazing program."


The average age of patients in Good Sam's cardiac and pulmonary rehabilitation programs is 71, and it is not uncommon to meet people in the program who are in their active 80s and who have been at it for a decade or more.

"They're doing something right," said Lead Exercise Specialist Quinn Griffis. "They'll tell you this is a big part of it."

Indeed, Costello, a retired Air Force Colonel and a veteran of three wars, credits his overall health to the program. But there is something more he gets out of it.

"The most important aspect is the synergy and togetherness of the people in here," he explained. "The reason many people keep coming is this is their family. The motivation to continue with the program is their friendships with the people in here."

Whatever their motivation, Griffis really enjoys helping patients meet their heart health and fitness goals.

"The biggest thing that I enjoy is to see someone come in that's pretty frail to begin with and two or three months later see how much strength they have gained," she said. "It makes me happy to help them put some 'oomph' in their step!" 

Stroke and brain injury support

People who have suffered a stroke or other head or brain injuries will learn more about their condition and share experiences.

Corvallis

First Tuesdays, 1:30 to 3 p.m.
Call for information: (541) 768-5157

Newport

Meets monthly
Call for information: (541) 961-8131

Diabetes support

This monthly support group provides ongoing education and encouragement for people with diabetes and their families.

Albany

Third Tuesdays, 6:30 to 7:30 p.m.
No meeting in December or January

Call for information: (541) 812-4839

Corvallis

Last Tuesdays, 2 to 3 p.m.
Call for information: (541) 768-6973

Lincoln City

Last Tuesdays, 2 to 3 p.m.
Call for information: (541) 574-4682

Newport

Second Thursdays, 2 to 3 p.m.
Call for information: (541) 574-4682

Siletz

Third Thursdays, noon
Call for information: (541) 444-9647

Waldport

Third Wednesdays, 1 to 2 p.m.
Call for information: (541) 563-3042

Type 1 children, teens and parents

Call for information: (541) 265-9498

Samaritan Heart & Vascular Institute welcomes new cardiovascular surgeon



Dr. Truc Ly, who specializes in aortic and mitral valve repair, has joined the Samaritan Heart & Vascular Institute.

Dr. Ly earned a bachelor's degree from Southwestern University in Texas, and a medical degree from Saint George's University School of Medicine in Grenada, West Indies. He completed general surgery residency training at Saint Joseph Mercy Hospital in Ann Arbor, Mich., cardiothoracic residency training at the University of Texas Health Science Center in San Antonio, and an advanced fellowship focusing on mitral valve repair at Northwestern University in Chicago.

Dr. Ly is a member of the American College of Surgeons, as well as the American Medical Association, American College of Thoracic Surgeons, Frederick A. Collier Society, and the Aust Society. He is board certified in general and cardiothoracic surgery.


SHVI *continued from front cover...*

So what is "new" at Samaritan Heart & Vascular Institute? When I arrived in Corvallis I was the only fully trained and board-certified cardiologist in the region. This fall, our cardiology team will have nine cardiologists with the addition of Dr. Hanh Bui. Dr. Bui will add an important skill to the practice of adult cardiovascular medicine for our system. She is a board-certified electrophysiologist, a specialist in managing cardiac arrhythmias, pacing, defibrillators, ablation procedures and more. With the recent arrival of Dr. Truc Ly, we also have two fully trained and excellent cardiovascular surgeons, each with expertise in coronary artery bypass graft surgery and all manner of cardiac valvular surgery and vascular surgery. There are also nine mid-level providers in the cardiology office, three who help make cardiac surgery successful, in addition to even more ancillary personnel.

There are many services we now offer, I could spend pages describing them. To be concise and to the point, SHVI now offers cardiac catheterization and coronary angiography; cardiac surgery of all types (300 per year); percutaneous coronary interventions with balloon angioplasty and stenting (400 per year), state-of-the-art pacemaker placement (over 200 per year), pacemaker and defibrillator device clinic, cardiac rehabilitation with sites in Corvallis, Albany, Lebanon and the coast; anticoagulation clinics;



transesophageal echocardiography to complement what is approaching 8,000 transthoracic echocardiograms yearly; an organized region-wide system for treating acute myocardial infarction and acute coronary syndromes, which translates into lives saved and morbidity reduction every day; cardiac MRI, cardiac CTA, and robust cardiac nuclear medicine studies; research in cardiovascular medicine; teaching of medical students and physicians in training. The continuous development of our program has been exciting and will continue to be well into the future.

We are proud of our comprehensive program and excited for the future of SHVI. We are committed to providing the best possible, state-of-the-art care and it is our continuous effort to improve and respond to the needs of this community. It is our responsibility, and our privilege to do so. 

Tom Marker MD

What can you do to help your children avoid obesity and related health problems?

Here are some suggestions from the American Heart Association, The Alliance for a Healthier Generation and the American Diabetes Association.

- » **Limit beverages** to water, milk and a little juice. Delay introducing 100 percent juice until at least 6 months of age, and limit it to 4 to 6 ounces a day. Juice should only be fed from a cup.
- » **Introduce healthy foods** and keep offering them if they're initially refused. Don't introduce foods without overall nutritional value simply to provide calories.

- » **Work together to plant a garden.** Planting, pruning and weeding are great physical activities and we all can benefit from growing our own healthy food.
- » **Turn off the TV.** Or, if you have to tune in, try getting up and moving around during the commercials. Jumping jacks are great for this!
- » **Exercise as a family.** Take gentle walks and more strenuous hikes. Bike to the grocery store and for other errands. Dance together. Play outdoor games and sports. Encourage your children to walk the dog each day.

- » **Keep total fat intake** between 30 and 35 percent of calories for children 2 to 3 years of age, and between 25 and 35 percent of calories for children and adolescents 4 to 18 years of age. Most fats should come from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.



Preparing heart healthy meals requires no secret ingredients. With these recipes, you don't have to sacrifice flavor to gain health and these recipes are sure to be a hit!

Crunchy Pumpkin Pie

For crust

- 1 C quick cooking oats
- 1/4 C whole wheat flour
- 1/4 C ground almonds
- 2 Tbsp brown sugar
- 1/4 Tsp salt
- 3 Tbs vegetable oil
- 1 Tbs water

For filling

- 1/4 C brown sugar, packed
 - 1/2 Tsp ground cinnamon
 - 1/4 Tsp ground nutmeg
 - 1/4 Tsp salt
 - 1 egg, beaten
 - 4 Tsp vanilla
 - 1 C canned pumpkin
 - 2/3 C evaporated skim milk
- Preheat oven to 425° F.

To prepare crust:

1. Mix oats, flour, almonds, sugar, and salt in small mixing bowl.
2. Blend oil and water in measuring cup with fork or small wire whisk until emulsified.
3. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
4. Press into 9-inch pie pan, and bake for 8-10 minutes, or until light brown.
5. Turn down oven to 350° F.

To prepare filling:

1. Mix sugar, cinnamon, nutmeg, and salt in bowl.
2. Add egg and vanilla, and mix to blend ingredients.
3. Add pumpkin and milk, and stir to combine.

Putting it together:

1. Pour filling into prepared pie shell.
2. Bake for 45 minutes at 350° F or until knife inserted near center comes out clean.

With only a small amount of oil in the crust and skim milk in the filling, this delicious pie is a heart healthy treat.

Yield: 9 servings, **Serving size:** 1/9 of 9-inch pie
Each serving provides: **Calories:** 169, **Total fat:** 7g
Saturated fat: 1g
Cholesterol: 24 mg
Sodium: 207 mg
Total fiber: 3g
Carbohydrates: 22g
Potassium: 223 mg
Protein: 5g

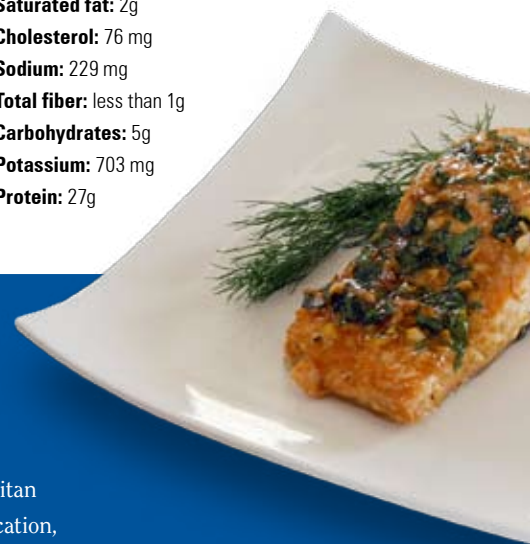
Baked Salmon Dijon

- 1 C fat free sour cream
 - 2 Tsp dried dill
 - 3 Tbsp scallions, finely chopped
 - 2 Tbsp Dijon mustard
 - 2 Tbsp lemon juice
 - 1 1/2 lb salmon fillet with skin cut in center
 - 1/2 Tsp garlic powder
 - 1/2 Tsp black pepper
- As needed, fat free cooking spray

This salmon entrée is easy to make and will be enjoyed by the whole family!

1. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend.
2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Yield: 6 servings, **Serving size:** 1 piece (4 oz)
Each serving provides: **Calories:** 196, **Total fat:** 7g
Saturated fat: 2g
Cholesterol: 76 mg
Sodium: 229 mg
Total fiber: less than 1g
Carbohydrates: 5g
Potassium: 703 mg
Protein: 27g



Samaritan Stroke Services continues to receive recognition

The American Stroke Association, together with the American Heart Association, recently awarded Samaritan Stroke Services with the **Get With The Guidelines-Stroke Silver Certification**. To earn this level of certification, Samaritan Stroke Services consistently complied with the requirements of the certification program for more than a year.

These guidelines are proven to save lives and include a well-equipped imaging department; aggressive use, when appropriate, of a clot-busting drug which can significantly reduce the effects of stroke and reduce permanent disability; anticoagulation therapy; the availability of neurological medical staff and much more.

“By meeting the Silver Certification criteria, Samaritan Stroke Services continues to demonstrate its dedication to improving the outcomes of the stroke patients we serve,” said Karen Phillips, RN, clinical coordinator for Samaritan Stroke Services. 