

MEET OUR HOSPITAL STAFF

Have you been hospitalized for heart-related issues at either Dayton Heart Hospital or Good Samaritan Hospital? If so, chances are you have already met one or more members of our hospital staff team.

The Dayton Heart Center is proud to be one of only a few cardiology practices in the area to strengthen its ability to care for hospitalized heart patients with a team of Physician Assistants and Registered Nurses. The Dayton Heart Center's team includes

four certified Physician Assistants (PA-C) and four Registered Nurses (RN):

- Sharon Carpenter, PA-C
- Jill Conkle, PA-C
- Donna Cross, RN
- Pat Cullen, PA-C
- Lisa Grow, PA-C
- Vicki Hern, RN
- Pam Herron, RN
- Amy Meininger, RN

The hospital staff works every day, including weekends. Sunday coverage was just added in early November. Currently, the staff is only at Dayton Heart Hospital and Good Samaritan Hospital.

"Our team is a great benefit to me and the other doctors, as well as a benefit to our patients," said Amit Goyal, MD. "They make it possible for us to give the highest level of focus to the most crucial clinical issues of each patient."

The hospital staff is often one of the first – and one of the last faces – patients see at the hospital. They manage and coordinate the long list of tasks needed to oversee and coordinate each patient's daily care, from admissions to discharge, including:

- Coordinating hospital admissions between TDHC office staff and the hospital staff, even assisting with the health insurance provider

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"It's not unusual for patients to see one of us two or three times a day," says Vicki Hern, RN, right. "We are constantly checking on our patients, providing a consistency and continuity of care between nurses, physicians, the hospital and the office," adds Lisa Grow, PA-C, left.



Jill Conkle, PA-C, reviews a patient's test results with Dr. Ramanathan. "Our hospital staff makes us more efficient," says Dr. Ramanathan. "And, they bring an extra level of compassion to our hospitalized patients."

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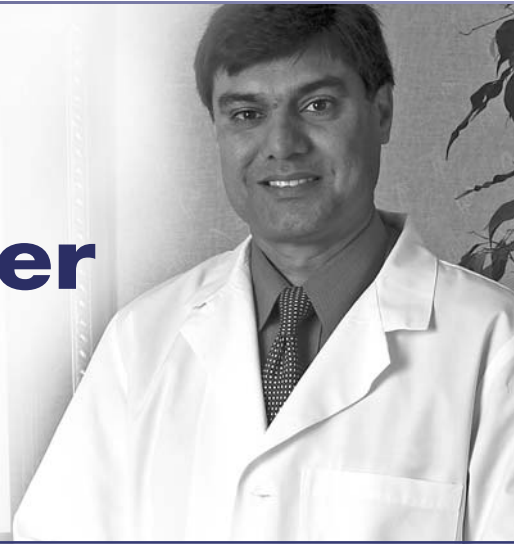
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Heart of the Matter

What You Should Know About Peripheral Arterial Disease



About 8 to 12 million people in the U.S. have peripheral arterial disease (PAD). PAD affects the blood vessels in the neck, upper and lower limbs as well as the blood vessels going to major internal organs including kidneys and intestines. It is estimated that 12 out of every 100 U.S. adults have PAD.

The most common sign of PAD is a sensation of pain or numbness felt in the thigh, legs or buttocks – this sensation is called claudication. These symptoms are felt more commonly with exertion like walking fast or walking up hill, climbing stairs or pushing a grocery cart. As PAD progresses these symptoms occur with less and less activity or exertion; and ultimately patients with PAD have pain even at rest.

The most advanced stage of PAD in the lower extremities is the occurrence of non-healing ulcers. These ulcers are especially common in patients with diabetes and are most frequently seen on the toes, heels or ankles. Poor circulation caused by the PAD prevents antibiotics from reaching these remote locations in the body. This makes these ulcers prone to infection, which can lead to gangrene and ultimately require amputation of the affected area.

Risk Factors for Peripheral Arterial Disease

The two most significant risk factors for developing PAD are cigarette smoking and diabetes.

Cigarette Smoking

Approximately 30% to 40% of persons with claudication (see above) are smokers. And, for people over 45, the estimated risk of developing some claudication is up to 16 times higher among smokers than among non-smokers. Patients with PAD who smoke will likely see the disease progress more quickly and are at a higher risk of amputation.

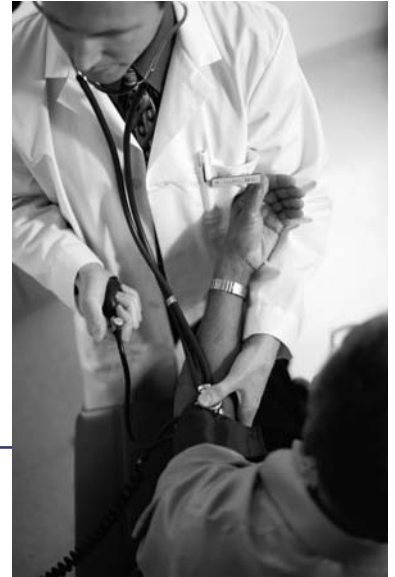
Type 2 Diabetes

Patients with diabetes have two to four times an increased risk of developing claudication compared to non-diabetic patients. Patients with PAD and diabetes are at very high risk of complications, even death; these patients require the most aggressive treatment.

The following treatments are generally recommended:

- Stop smoking
- Strict control of diabetes
- Aggressive treatment of high cholesterol
- Strive for a blood pressure of 130/80
- Use an anticoagulant, such as Clopidogrel (Plavix) or aspirin.

Prevention



For lifestyle limiting claudication, treatments like balloon angioplasty, stents, atherectomy and plaque removal are available, which can increase circulation, relieve pain and improve overall quality of life.

How We Diagnosis PAD

The diagnosis of PAD is made with a simple, five-minute outpatient test called ABI (Ankle Bracheal Index). In an ABI test we take a blood pressure measurement in the arm and the ankle and look at the ratio between the two measurements. If the ABI is abnormal, more detailed testing is recommended.

If you have questions or concerns about PAD, please call our offices to make an appointment with your doctor or talk to your nurse.

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M. Atiq Khalid, MD

STEPPING OUT AGAINST HEART DISEASE AND STROKE

Thank you to Pattie Shoemaker and Becky Wade who organized a team of walkers from The Dayton Heart Center for the annual Greater Dayton Heart Walk, to benefit the local chapter of the American Heart Association.

Nearly 30 volunteers from The Dayton Heart Center helped the American Heart Association fight the nation's leading cause of

death by participating in this year's Heart Walk, held on Saturday, September 17 at Island Metro Park. The team, known as The Heart Beats, walked 3.1 miles and raised more than \$3,600 finishing in the top five of all walk teams. Many of the volunteers walked in memory of family members and friends who live with or have died from heart disease or a stroke.



THE DAYTON HEART CENTER OFFERS EASY ACCESS TO YOUR PERSONAL MEDICAL RECORDS

In our last issue of Heartbeats we introduced MyRecord, a credit-card sized computer disk that contains all your current medical information and medical history.

For this issue, we want to tell you more about MyRecord – from a patient’s perspective. Fred Manes, a patient of The Dayton Heart Center has been using his MyRecord disk since this spring.

HeartBeats – What do you think of your MyRecord disk?

Fred Manes – MyRecord is a great thing for me. For instance I can never remember all the complicated names of medications I take. And now I can just hand this compact disk to my doctor and all the names are right there.

HeartBeats – Can you give us an example of when your MyRecord disk might have come in handy?

Fred Manes – Just this last year I had to change doctors and this disk would have come in handy to give my doctor my entire medical history on the first appointment and get right to the business of my current issue.

HeartBeats – What information is on your MyRecord disk?

Fred Manes – My disk contains all my personal medical information such as my allergy and medication records, recent test results, contact information for my doctors, hospitals and other things that I have included, like my daughter’s name and telephone numbers; descriptions of all my doctor’s visits, EKG and Echo reports; as well as medical reference and educational information about my personal condition and medications.

HeartBeats – Are you confident the information on your MyRecord disk is accurate?

Fred Manes – All the information on my disk comes directly from The Dayton Heart Center. The nurses stamp my disk each time they update it with any new medical information so my doctor and I both have the most recent data on my medical conditions.

HeartBeats – How often have you had to update your disk?

Fred Manes – I’ve updated my disk once or twice since I’ve had it, but this really depends on each patient’s specific medical circumstances.

HeartBeats – Have any hospitals or physician offices had any trouble using your disk?

Fred Manes – No, I haven’t had any trouble at all opening my files. MyRecord is in a standard compact disk format – which means it can be read easily in most computers.

HeartBeats – How much did you pay for your MyRecord disk?

Fred Manes – I think I paid \$40 to get started and then just \$10 for the first update. Of course, I hope people remember that this is a charge from the company who makes the disk and the computer program – The Dayton Heart Center just passes along the cost without any additional fees.

HeartBeats – Did you order any additional copies for your family members?

Fred Manes – Yes, in fact I did. For \$10 I ordered a copy of my disk for my daughter in case she would need it in an emergency.

Newly Expanded EP Clinic Open

We are pleased to announce that the Dayton Heart Hospital’s new Electrophysiology (EP) Clinic was officially open for business on October 17.

Electrophysiology is the study and treatment of the heart’s electrical system; the types of EP service or treatment that most people are familiar with are pacemakers or automatic defibrillators.

The newly constructed EP Clinic will take up one-quarter of the 3rd floor of the Needmore Road office building and includes three exam rooms, a pacemaker check room, two physician’s offices and a work area for EP clinical staff.

With these additions, EP patients can expect to have shorter wait times for future office visits, pacemaker checks, and other EP-related appointments.

The Dayton Heart Center is pleased to be one of only a few cardiology practices in the area that offer EP testing and services in our office, rather than asking patients to go to an area hospital. Remember, pacemaker checks and several other EP services are also available in our Greenville Heart Care and Beavercreek offices.

THE HEART AT WORK

The following people have joined our team at The Dayton Heart Center since our last issue:

June Burgess, MA – As a medical assistant, June assists patients and physicians during office visits at our Needmore Road office.

Wanda Esken – As a member of our Needmore Road front office team, Wanda primarily works at the front desk as well as the checkout desk. She also will be trained to help in our hospital scheduling department.

Lisa Fuller – Lisa joined our front office team as our scheduler. In this position, she works with patients to schedule first-time and follow-up appointments as well as appointments for testing and procedures done at our Needmore Road office.

Traci Hinshaw, MA – As a team medical assistant in our Needmore Road office, Traci assists nurses and physicians with patient interviews and handles all aspects of patient care and perform EKGs.

Tracy McNinch, MA – Tracy works in the lab at our Needmore Road office as a medical assistant. She guides patients through blood tests and other lab procedures as well as administering hospital pre-admission tests.

Kim Miller, MA – Kim is a medical assistant at Greenville Heart Care. As a medical assistant she handles both patient care during office visits as well as front office work.

Abi Pleasant – Abi is another new member of our Needmore Road front office team. Abi works primarily at check-out where her duties include collecting co-pays and scheduling follow-up appointments and tests for our patients.

Teresa Porter – Teresa is responsible for maintaining and organizing device clinic files and she has the sole duty of tracking and scheduling follow-up pacemaker device checks.

Therese Spalding, RN – Therese manages inpatient clinical trials for our patients at Dayton Heart Hospital. She also is involved in orienting all TDHC staff members to new studies as well as enrolling patients in the studies and then monitoring their progress.

Corie Tofstad, MA – Corie joined The Dayton Heart Center/Beavercreek as a medical assistant. She works with patients during office visits, performing EKG's and blood pressure checks.

Continued from page 1

- Administering the patient's initial physical examination and medical history review just after hospital admission
- Coordinating, managing and documenting the daily hospital rounds of TDHC physicians
- Managing all patients medical records and coordinating those records with the hospital, the TDHC office staff and even with the health insurance provider, as needed
- Overseeing hospital discharge, including providing post-hospital

instructions for the patient and scheduling a follow-up office visit

Bob Comer, a longtime patient of The Dayton Heart Center, has had several hospitalizations at Dayton Heart Hospital in the last several years. Bob emphasizes that: "my main concern has always been information and education regarding my disease, how well I am informed and how well my family is informed. If the PA or nurses do not have the answers to my questions, they will go directly to my doctor, but most of the time they have the answers. My family and I



From left to right: Amy Meininger, RN, Pam Herrin, RN, Pat Cullen, PA-C, Donna Cross, RN, Sharon Carpenter, PA-C

have a lot of faith in all the care givers at TDHC. Actually they have had a hand in saving my life."

"We do provide a lot of education about the patient's diagnosis, their treatment and their

medicines. We talk to them about what they need to do after they get home, how they are going to feel, what their medications are going to do and anything else they might be concerned about," said Sharon Carpenter, PA-C.

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Recipe Source:
*The Chef's Healthy
Collection*

OPRYLAND GARLIC DRESSING

Makes 1 cup

Preparation Time: 10 minutes

3/4 cup low-calorie mayonnaise	4 cloves garlic, minced
1/4 cup white wine vinegar	1/2 tsp. anchovy paste
1/2 cup finely chopped celery	1/8 tsp. oregano
1/2 cup finely chopped onion	1/8 tsp. white pepper

Combine all ingredients in a food processor or blender and blend thoroughly. Refrigerate and use within one week.

Nutritional Information
One Serving = 1 tablespoon
55 Calories, 3.5 grams Fat;
6 mg Cholesterol

We're There For You.....

Did you know we offer Prottime testing at The Dayton Heart Center/South and The Dayton Heart Center/Beavercreek as well as at our Needmore Road office? This is another added convenience we offer our patients who take Coumadin and need to monitor their blood's clotting ability on a regular basis with a Prottime test.