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## Heart Team STAT QUARTERLY STATISTICS

### Q1 Total STEMI Procedures January – March, 2010: 72

**Door to Balloon Times:**  
**Median:** ..... 43 minutes  
**Fastest to Date:** ..... 11 minutes

### How to Contact Us

For more information about Heart Team STAT or any of our cardiovascular services, visit northmemorial.com or contact North Memorial Heart & Vascular Institute by:

- Phone:** Emergency Patient Referrals  
(800) 230-2413  
 General Information  
(763) 520-2000  
 Appointment Scheduling  
(763) 520-2100
- Fax:** (763) 520-5190
- Email:** sandy.tykeson@northmemorial.com



North Memorial Catheterization Laboratory team.

## North Memorial Heart & Vascular Institute Expands in Maple Grove

By Pam Paulsen, MD Medical Director Heart & Vascular Institute



Coronary artery disease is the most common cause of death in the United States. Although we have made a significant impact on reducing death and disability from heart disease, we have a long way to go. In our own region, we are witnessing an increase in heart emergencies in all age groups, but particularly in our patients under age 65. This may be due to the stressful impact of socioeconomic changes and challenges many patients

face to pay for medications and routine physician visits. Indeed, patients who opt out of elective (preventive) care are likely to require our emergency care sooner or later. The Heart & Vascular Institute is expanding to meet these needs in prevention, diagnosis, and elective and emergent treatment.

In addition to caring for patients at the North Memorial Medical Center campus in Robbinsdale, we also provide care at the new Maple Grove Hospital. Patients who present at Maple Grove Hospital with a heart attack can be rapidly triaged; the Heart Team STAT protocol is activated, and the cath lab team can assemble at North Memorial as the patient is being transferred. This reduces the time it takes to open a patient's artery by an average of 20 minutes, which saves lives.

*(continued inside)*

## Hot Topic: Cardiac Rehab Utilization

By Sarah Kemp, RN, Cardiac Rehabilitation



After a heart attack or other cardiac event, a patient typically leaves the hospital with a litany of lifestyle modification instructions: lose weight, exercise, quit smoking, reduce your stress, and follow a heart-

healthy diet. Patients and their families are left thinking what now? How did this happen to me? How am I going to make all of these changes?

Cardiac rehabilitation is a comprehensive program that assists patients with these recommended lifestyle changes and helps them return to their optimal level of physical, psychological, social and vocational functioning. Patients attend outpatient cardiac rehabilitation two to three times per week for up to 36 sessions. The program includes education classes on risk factor modification, nutrition, and disease management in addition to monitored exercise. Through this process patients regain their confidence and improve their quality of life.

*(continued inside)*

# Patient Story: Paul Johnson

Paul Johnson had long suffered from chronic neck pain, so initially he wasn't concerned about the "heavy ache" in his shoulder one day in late February. When pain relievers didn't help, he told his wife, Rita, something was wrong.

"I woke my wife; she gave me two aspirin and called 911," says Paul. The paramedics arrived and quickly performed an ECG which showed an acute inferior MI. The Heart Team STAT protocol was initiated in the field and he was promptly transported from his Maple Grove home to North Memorial Medical Center for emergent coronary artery intervention.

Heparin, Plavix and Reopro were given in the ER, with significant improvement in his pain. Coronary angiography revealed a subtotal occlusion of the mid RCA with TIMI 3 flow. There was thrombus present which was aspirated with an Export catheter. Drug-eluting stents were placed in his mid and distal RCA with excellent results.

Just one week after his heart attack, Paul began cardiac rehabilitation at North Memorial's Lifestyle Management Program where he and Rita say the staff is "phenomenal".

"They're wonderful, caring," says Paul, adding that the cardiac rehab class was very informative. "It's comforting to have everything close together," says Rita, commenting on the exercise facility's location within the hospital and adjacent to the Heart & Vascular Clinic.

Today, the 68-year-old grandfather of seven has quit smoking, is eating better and is mindful of the sometimes-subtle warning signs of heart trouble – something he encourages others to learn about.

"It wasn't the worst pain of my life," he says. "Every patient in my class had a different symptom. One guy's elbow hurt, and another had nausea. That's what people should know."



Paul Johnson, with wife, Rita and Cardiac Rehab staff Victoria McConnell (left) and Kari Heywood.



Arrows indicate blockage before and after percutaneous coronary intervention.

(continued from cover)

## Hot Topic: Cardiac Rehab Utilization

By Sarah Kemp, RN

Cardiac rehabilitation is not just for people who have had a heart attack. Insurance covers patients who also have had angioplasty with or without stent placement, coronary artery bypass grafting, heart valve repair or replacement, heart transplant, stable angina, and some patients with cardiomyopathy and congestive heart failure. Beginning June 15, this service will also be offered at Maple Grove Hospital.

Unfortunately the referral rate and use of cardiac rehabilitation is low. According to a 2007 joint study by the American Heart Association and American Association of Cardiovascular and Pulmonary Rehabilitation, fewer than 30 percent of eligible patients take part in cardiac rehab. The percentage is even less for those eligible patients age 65 and older as only 14 percent of those patients enroll in cardiac rehab.

However, study after study has shown that patients who attend cardiac rehabilitation reduce their risk of death after cardiac

illness. A recent study by the Brandeis Group analyzed data from more than 600,000 Medicare beneficiaries. It showed that patients enrolled in cardiac rehabilitation programs had substantially lower mortality than those who did not: 2.2 percent versus 5.3 percent at one year and 16.3 percent versus 24.6 percent at three years. Patients who attended 25 or more sessions had approximately 20 percent lower five-year mortality than those who attended fewer than 24 sessions.

This brings to attention the importance of eligible patients attending cardiac rehabilitation. At North Memorial, patients who undergo coronary artery bypass graft, valve replacement or percutaneous coronary intervention are automatically referred to outpatient cardiac rehab. Health care providers should feel confident that cardiac rehabilitation is a lifesaving intervention, and patients can be assured that participation will improve their overall health and well-being.

(continued from cover)

## North Memorial Heart & Vascular Institute Expands in Maple Grove

By Pam Paulsen, MD Medical Director Heart & Vascular Institute

We look forward to the June 15 opening of our new outpatient facility on the Maple Grove campus, located on the second floor of the medical office building, adjacent to the hospital. At this site, we will have office consultation and follow up, echocardiography, stress echocardiography, stress nuclear testing, vascular ultrasounds, pacemaker and ICD checks, cholesterol and heart failure clinics, and outpatient cardiac rehabilitation. This broad range of services will allow us to serve more patients in the northwest metro area in our state of the art facility.

In addition to expanding our facilities, we have added two new cardiologists to our practice: Dr. Alok Maheshwari and Dr. Paul Sander. In all, North Memorial Heart & Vascular Institute now has 18 cardiologists, two cardiothoracic surgeons and five nurse practitioners. It's an exciting time for our program as we find new ways to enhance service for our patients and referring providers alike.

## 2010 Heart Walk: June 5 at Target Field



North Memorial is this year's "Balloon Sponsor" (as in door-to-balloon sponsor) of the Start! Heart Walk – the premier fundraiser of the American Heart Association. It's an opportunity for people to improve their health by walking, and simultaneously, raising funds to save lives from heart disease and stroke. The Start! Heart Walk happens Saturday, June 5 at Target Field and will be the first non-profit event to take place at the new Minnesota Twins stadium. Be sure to watch for North Memorial walkers and visit our exhibit on the stadium concourse. For more information, go to [americanheart.org](http://americanheart.org).

## Introducing Dr. Alok Maheshwari

By Wendy Shear, MD, Medical Director, Cardiac Catheterization Laboratory

Alok Maheshwari, MD, is an Interventional Cardiologist who joined North Memorial Heart and Vascular Institute on April 1. Dr. Maheshwari specializes in both coronary and peripheral interventions. He also performs ASD and PFO closures. Dr. Maheshwari has been practicing in Saginaw, MI since 2005. He did his Cardiology Fellowship at Michigan State University and his Interventional Cardiology Fellowship at the University of Vermont. Besides Interventional cardiology, Dr. Maheshwari also is interested in echocardiography and nuclear cardiology. Dr. Maheshwari will be seeing patients in both the Robbinsdale clinic and the soon to open Maple Grove clinic. Please join me in welcoming Dr. Maheshwari to North Memorial.

