

# IT'S AMERICAN HEART MONTH

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**TREATING MORE PATIENTS CLOSE TO HOME**

The new “Cath Lab 3” features an expanded room layout and state-of-the-art imaging technology, allowing its multi-disciplinary team to efficiently expand its Peripheral Vascular Services and manage a rapidly growing Electrophysiology department.

# Chester County Hospital Unveils New State-of-the-Art Cardiac Catheterization Lab

Chester County Hospital’s Invasive Cardiovascular Services has recently renovated its third cardiac catheterization lab. The new “Cath Lab 3” features an expanded room layout and state-of-the-art imaging technology, allowing its multi-disciplinary team to efficiently expand its Peripheral Vascular Services and manage a rapidly growing Electrophysiology department.

Prior to the renovation, the room had structural limitations due to the age of the building, which dates back to 1925. These limitations made it challenging to install new high-tech equipment necessary to perform advanced procedures. Cath Lab 3 was originally opened in 1991 when the depart-

ment performed diagnostic procedures only. In 2004, the room was re-designed to an Interventional Cardiovascular suite with up-to-date digital imaging equipment and technologies that supported interventional vascular procedures. In 2005, the program was expanded again to add Electrophysiology and Ablation procedures. Chester County Hospital continues to appreciate exceptional growth in Interventional Cardiovascular services.

“Our ablation program has witnessed transformational growth over the last two years with the addition of advanced ablation technology and an expanding team of Electrophysiology providers. The Peripheral Vascular program also continues to

grow and treats increasingly complex vascular disease. To accommodate advanced therapies and provide more services to the community, we needed to extensively renovate the suite,” says Tim Martin, BS, RCIS, Business Operations Manager for Invasive Cardiology.

The six-month renovation began in June 2016 and included gutting the entire suite, expanding the procedural area and control room, as well as adding new flooring that could accommodate industry-leading equipment. A major component of this renovation includes investing in technology, including an advanced vascular imaging system: the GE Discovery ISG 730.

The GE Discovery ISG 730 provides su-

perior imaging services while reducing the amount of radiation exposure to the patient and clinician. In addition, its distinctive mobile platform brings the same capabilities of a fixed system while allowing the imaging system to fit around and away from the patient, making it easier to perform surgical procedures.

Sean Ryan, MD, Chief of Surgery and Section Chief of Vascular Surgery, explains some of the major benefits of this new system, “We can get much better imaging when we’re intervening on blocked blood vessels or aneurysmal blood vessels. We can perform these procedures with less radiation and contrast dye, which makes

# Relieving Patients of Fatigue, Shortness of Breath, Chest Discomfort and Many Other Symptoms

The Heart Valve Center at Chester County Hospital Continues to Restore Vitality in the Community



Dr. Weiss in the operating room.

**C**hester County Hospital's Heart Valve Center is in its second year of treating patients with heart valve disease. Since its opening in September 2015, the center has been providing local access to the region's most comprehensive range of treatment options for valve disease available. Patients have access to an interdisciplinary team of local cardiologists, cardiac surgeons, and other specialists, including physicians from the Hospital of the University of Pennsylvania.

"Over the past year and a half, we've learned there is a lot of valve disease in our community. We've been able to create awareness throughout the health care field so primary care doctors and specialists outside of cardi-

ology are thinking about and discovering heart valve disease in patients more often than they used to," says Steven J. Weiss, MD, Chief of Cardiac Surgery.

Valve disease is a growing disease management problem for cardiac patients in the United States. As the population ages, aortic valves begin to wear out. One of the reasons valve disease goes undiagnosed is because many are tuned into the classic signs of a heart attack or coronary artery disease, without realizing that valve disease, which has a different constellation of symptoms, is very common, too. "It's a sneaky, insidious disease that impairs your ability to be active and breathe well. It happens at a time in life when people begin chalking it up to being older, saying 'Of course it's



Dr. Steven Weiss

happening to me, I'm 70,' but then it turns out, it's not really aging at all. These are the patients we are trying to find so that we can help them live longer, more active and happy lives," adds Dr. Weiss.

The average patient at the Heart Valve Center is 80-years-old. Before coming to the center, many of these patients thought their symptoms were caused by another ailment, such as asthma or



Dr. Timothy Boyek

poor lung function. Patients are often surprised and thrilled to hear that even at 80-years-old or older, a heart valve repair can help set the clock back and restore their energy.

"Our Heart Valve Center has provided the ability for patients to stay close to home while still having an exceptional team of providers to discuss their available

VALVE » PAGE 13



SEPTEMBER 18, 2015 — JANUARY 26, 2017

## CHESTER COUNTY HOSPITAL HEART VALVE CENTER

AVERAGE  
AGE

80

TOTAL NEW PATIENT VISIT	72
TOTAL RETURN PATIENT VISIT	17
TOTAL POSTOPERATIVE VISIT	7
<b>TOTAL PATIENTS</b>	<b>96</b>

### DIAGNOSIS BREAKDOWN

AORTIC STENOSIS	77%
MITRAL REGURGITATION	20%
AORTIC INSUFFICIENCY	2%
MITRAL STENOSIS	1%

# Heart Attack: Signs, Risk Factors and Prevention

Heart disease kills more men and women than any other disease in the United States. According to the Centers for Disease Control (CDC), approximately 610,000 Americans die of heart disease every year — that equates to one out of every four deaths. Heart disease includes a variety of heart conditions with the most common type being coronary artery disease — a disease caused by plaque build-up that can lead to a heart attack. Approximately 735,000 Americans have a heart attack each year with 525,000 of those having their first heart attack and 210,000 having another heart attack in addition to one they have had in the past.

## What is a heart attack?

A heart attack, also known as a myocardial infarction, occurs when oxygen-rich blood flow becomes severely reduced or blocked and a section of the heart can no longer receive oxygen. If blood flow is not restored quickly, the affected section of the heart muscle will begin to die. This happens due to a slow process called atherosclerosis, where fatty material and cholesterol build-up in the vessel wall of the heart, blocking blood flow through the heart muscle.

Atherosclerosis can start as early as age 10 with a fatty streak in a heart vessel. The progression of this fatty streak has to do with several factors including genetics, smoking, high blood pressure, diabetes, and weight.



Dr. Mian Jan



Approximately 735,000 Americans have a heart attack each year with 525,000 of those having their first heart attack and 210,000 having another heart attack in addition to one they have had in the past.

## What are the warning signs? What to Do

“Heart attacks can begin with vague symptoms that may slowly intensify,” says Cardiologist Mian Jan, MD, Chairman of the Department of Medicine at Chester County Hospital. “Many people experience mild chest pain or discomfort as the first sign, but a variety of indicators could signal danger.” Dr. Jan adds that these signs could include:

- Chest discomfort including pressure, squeezing or fullness
- Discomfort or heaviness in one or both arms
- Back, jaw or neck discomfort
- Shortness of breath
- Breaking into a cold sweat
- Nausea or loss of appetite
- Lightheadedness

“These warning signs often happen when you are physically active and may resolve themselves with rest. However, these symptoms can occur while you’re at rest as well, especially if you have coronary artery disease.

Everyone reacts differently to symptoms — some are unsure if they’re having a heart attack, others may confuse these symptoms for something else, such as acid reflux,” says Dr. Jan.

If you think you or someone you know is having a heart attack, call 9-1-1 immediately. You will save precious minutes, which are life-saving in cardiac situations.

Unfortunately, many people take the “wait and see” approach, which can be deadly. In fact, the CDC states approximately 47 percent of sudden cardiac deaths happen before the person can get to a hospital. This statistic tells us that many people with heart disease do not act early enough when experiencing symptoms.

If you are experiencing heart attack symptoms, it is imperative you call 9-1-1 and do not drive yourself to the hospital. Paramedics can begin your care immediately and can provide treatment if your condition suddenly becomes worse.

## Risk Factors

There are several risk factors that increase your chances of having a heart attack. According to the American Heart Association (AHA), some of these factors are uncontrollable including:

- Age — As you age, your chances of having a heart attack increases. Men who are 45 years old and women who are 55 years old and

older have an increased chance of a heart attack.

- Family History — If you have a family history of heart attacks, you may be at risk as well.

Preventable risk factors include:

- Smoking — According to the CDC, smoking is a major cause of cardiovascular disease. Smoking raises triglycerides, a type of fat in your blood; lowers your HDL cholesterol (the “good” kind); makes blood more likely to clot, blocking blood flow from the heart; damages cells that line the blood vessels; and can increase the build-up of plaque.
- High blood pressure can damage arteries by accelerating atherosclerosis.
- High levels of LDL cholesterol (the “bad” kind) and high levels of triglycerides increases your risk, while having a high level of HDL cholesterol (the “good” kind) reduces your risk.

- Having diabetes, especially if uncontrolled, increases your chances of having a heart attack.
- Obesity is associated with high blood pressure, diabetes, high cholesterol levels and high triglyceride levels, which all increase your chances of heart disease. Losing just 10% of your body weight can improve your health.

## Preventing Heart Disease

“The good news is that you are in control of the modifiable risk factors and one should be even more diligent if you have non-modifiable risk factors like family history of premature coronary artery disease. You can take steps to improve physical health and reduce your chances of heart disease with lifestyle changes,” Dr. Jan explains.

The AHA recommends making the following lifestyle changes to reduce your chances of a heart attack:

- Stop smoking — We know it’s hard to kick the habit, but quitting will significantly improve your health. Find support groups or a smoking cessation class to help you quit for good.

- Eat a healthy diet — Your diet is your best tool to help protect you from cardiovascular disease. The food you eat plays an impact on other controllable factors such as your cholesterol, blood pressure, diabetes and weight.

- Reduce high cholesterol — By reducing your intake of saturated fat, trans fat and cholesterol while incorporating exercise, you can help get your LDL cholesterol levels down. If improving your diet and physical activity do not help, then medication may be necessary. Ask your doctor what is best for you.

- Lower high blood pressure — High blood pressure is a major risk factor for stroke. Start reducing your salt intake, take any medications prescribed by your doctor, and start exercising. An optimal blood pressure reading is less than 120/80 mmHg.

- Increase your physical activity — Start exercising or being physically active every day. Moderate-to-vigorous-intensity exercise, 3-4 days a week for 40 minutes each session can reduce your cholesterol, lower your blood pressure, and help you lose weight.

- Reach a healthy weight — Obesity is a major risk factor for heart disease. Healthy eating habits, regular exercise and controlling your calorie intake can help you keep a

# Taking Women's Health to Heart

Every day, it feels like life gets a little busier. And for many women who juggle multiple roles – professional, mother, spouse, caregiver, active community member, it can be easy to disregard your own health and wellness to focus on others; but alarming statistics tell us women need to remember their heart health, too.

According to the American Heart Association (AHA), a woman dies every 60 seconds from heart disease in the United States. This common disease is the cause of death for one in three women every year. In fact, the AHA states that heart disease causes more deaths in women than all cancers combined.

Statistics also show that 90 percent of women have



Dr. Paula Eryazici

at least one risk factor associated with heart disease or stroke. As many as 80 percent of heart disease related events could have been prevented by lifestyle changes, such as eating a healthy diet, being physically active, and getting regular check-ups.

“One of the best ways to defend yourself from cardiovascular disease is to schedule regular well-visits with your health care provider. Your provider will

check important numbers such as blood pressure, cholesterol, blood sugar, and body mass index. It's critical to know these numbers so that any potential health concern can be caught early, helping prevent your risk for heart disease,” says Paula Eryazici, MD, Cardiologist on the medical staff at Chester County Hospital.

## Heart Attack Symptoms for Women

Typical heart attack symptoms for men and women include chest pain or discomfort; discomfort in other areas of the upper body, such as one or both arms, back, neck, jaw or stomach; breaking out in a cold sweat; and others.

“Although these are the most common heart attack warning signs, symptoms of a heart attack can

be different in women. For instance, women are more likely than men to experience shortness of breath, extreme fatigue, nausea and vomiting, or neck and back pain. Sometimes women will mistake these symptoms for stress, when in reality, they could be having a heart attack,” Dr. Eryazici adds.

## Effects on Women

Women who are 55 and younger are less likely to have a heart attack than men. However, they are more likely to die from their first heart attack. According to the American Heart Association's Quality of Care and Outcomes Research Scientific Sessions 2013, those who survive are more likely to experience a lower qual-

ity of life, including having chest pain, medical issues, and worsening physical and mental capabilities.

Women in this age group were also more likely to have diabetes, obesity, depression, heart or renal failure, and/or depression than men, prior to their heart attack.

## Preventative Measures

There are several risk factors that contribute to heart disease – some are uncontrollable, such as your family history, but many can be prevented. The American Heart Association recommends making lifestyle changes to reduce your risk including: quitting smoking; monitor-

**According to the American Heart Association (AHA), a woman dies every 60 seconds from heart disease in the United States.**

ing your blood sugar, blood pressure, and cholesterol levels; regularly exercising; eating a healthy diet; and knowing your family medical history. Be sure to talk to your doctor about making any major lifestyle changes.

*Paula Eryazici, MD, is a Cardiologist at West Chester Cardiology.*



Chester County Hospital's Wellness Team shares information at The Heart Truth event.

Know Your Numbers! Take Chester County Hospital's Heart Risk Assessment at [PennMedicine.org/CCHHeart](http://PennMedicine.org/CCHHeart).

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## A LIFESAVING TECHNIQUE



Students at the Marsh Creek Sixth Grade Center learn from Chester County Hospital nurse Amber Shealy during the annual Hands-Only CPR training event organized by Aidan's Heart Foundation.

# Hands-Only CPR Training

Imagine one day you're in a meeting with your co-worker, when suddenly, the colleague you were speaking with collapses to their side. You don't know it yet, but they may have just gone into sudden cardiac arrest (SCA) and precious seconds are passing by. Would you know what to do?

"Grab your phone, not your keys," says Susan Pizzi, Community Health Education Coordinator at Chester County Hospital. "If someone suddenly collapses, your first response should be to call 9-1-1 immediately. Once you or someone around you has made the call, performing Hands-Only CPR could be the difference between life and death while waiting for help to arrive."

When someone falls into sudden cardiac arrest, the brain and body becomes deprived of oxygen and death can occur within minutes. By performing CPR, you can help continue blood flow to the brain while waiting on paramedics to arrive, giving that person their best chance towards survival.

To help spread this message, Chester County Hospital is teaching the community how to be part of the chain of survival by offering free Hands-Only CPR classes, a form of cardiopulmonary resuscitation without mouth-breathing.

This class was created to build bystander confidence and partici-

pation to help adults who may be experiencing cardiac arrest. The program is not a CPR certification class, but is meant to be an easy-to-remember and effective option for those who may have initially been hesitant to help. In this class, participants will learn how to perform Hands-Only CPR, how to use an AED (automated external defibrillator) and provide education on recognizing the early signs and symptoms of an impending heart attack.

## Who Should Know Hands-Only CPR?

In short – everyone. Cardiac arrest happens suddenly and being able to respond quickly can make all the difference. "We have taught this program to a variety of groups including country club members, teachers and staff at schools, and members of garden clubs. We've even gone to personal residences to teach friends and neighbors what to do in these critical situations," says Pizzi.

Over the past three years, Chester County Hospital has helped Aidan's Heart Foundation to bring Hands-Only CPR to the Marsh Creek Sixth Grade Center in Downingtown. More than 3,000 sixth grade students have been trained in Hands-Only CPR and AED in-

struction, showing that even kids can help save lives and be part of the chain of survival.

## How to get Hands-Only CPR to Your Organization

Chester County Hospital wants to share its free, one-hour program with organizations in the community. Depending on the size of the group, the program includes a representative from the hospital and a representative from a local EMS response team, such as Good Fellowship Ambulance, Medic 91, Medic 94, Longwood Fire Company, or Minquas Fire Company to instruct how to perform Hands-Only CPR and use an AED.

The program focuses on Hands-Only CPR but instructors can provide contact information and locations for conventional and pediatric CPR training if desired.

For more information on how to bring Hands-Only CPR to your organization, call 610.738.2300 or visit [ChesterCountyHospital.org/Wellness](http://ChesterCountyHospital.org/Wellness).

Classes are also regularly scheduled at various locations for individual participation. View the Wellness Events Calendar at [ChesterCountyHospital.org](http://ChesterCountyHospital.org) for upcoming events.

## Heart Patient Success Story

# Routine visit uncovers heart murmur

By Virginia Lindak  
*Special to the Local News*

Westtown Township resident Jessie Gincley recently underwent a Transcatheter Aortic Valve Replacement (TAVR) surgery at the Hospital of the University of Pennsylvania (HUP) for a heart murmur. The active 87-year-old was having an intestinal arteriovenous malformation (AVMs) checked when doctors discovered she had a heart murmur.

"This new procedure is just wonderful. It worked out fine. I went in for another procedure and they found out I had a murmur," said Gincley. "So they sent me to a cardiologist. They put a stent in my heart by going through my groin. It was a very easy procedure."

She noted she was initially worried about hav-

ing the surgery but the doctors at the Hospital of the University of Pennsylvania were great.

"To be perfectly honest, I was scared to death to have this done. The two doctors that operated on me were absolutely wonderful. Every aspect of dealing with Penn was very positive. I was treated well and the hospital was great. If this procedure had not been available to me, I would have had to have open heart surgery, which I did not want."

"It was a very positive experience. I had no problems. I was very well treated and I was released in 48 hours," Gincley remarked.

Gincley said she will go for follow-up care at Chester County Hospital in six weeks. She noted she had no warning signs of any heart issues but doctors

**MURMUR » PAGE 11**



Westtown Township resident Jessie Gincley recently underwent a Transcatheter Aortic Valve Replacement (TAVR) surgery at Hospital of the University of Pennsylvania for a heart murmur.



This is the architect's rendering of the future Chester County Hospital. The shaded area is still pending approval.

# Chester County Hospital returns to its historic front entrance as it embarks on its largest expansion endeavor yet

**W**hile Chester County Hospital is reflecting on its 125 years of service, it is also gearing up to break ground on the largest expansion effort in its history. Starting this spring, a 276,000 s.f. expansion project will begin.

This plan is another significant endeavor for the community-based hospital, which completed a 93,000 s.f. expansion about three years ago. Lasko Tower added 72 spacious rooms for heart patients whose vitals require careful monitoring, plus a mother and baby pavilion and an orthopaedic/surgical recovery unit. The construction of Lasko Tower was a critical first step in the hospital's bigger plan.

"The community we serve relies on our mission-based approach

to care, our reputation for quality, and our history of providing advanced clinical services, treatments and programs," says Mike Duncan, President/CEO, Chester County Hospital.

By the year 2020, Chester County's overall population of adults age 65 and older is projected to increase by 20%. This means people will manage more non-communicable diseases such as heart disease, cancer, and orthopaedic disorders than they manage infectious diseases.

"This is a trend we are already seeing," Duncan adds, "To plan for the future we must accommodate anticipated growth." The hospital has seen dramatic growth across all care areas. Since FY2014, inpatient admissions have risen more than 8%. In addition, it has witnessed:

- Cardiac catheterizations: +17%
  - Open heart surgeries, including valves: +37%
  - Orthopaedic surgeries: +34%
- Once construction is complete, the hospital will gain a beautiful new front entrance, plus the following much-needed spaces:
- 14 modern Operating Room suites
  - 4 high-tech labs for Catheterization and Electrophysiology
  - 10 additional Emergency Department rooms
  - New areas for non-invasive cardiology and pre-admission testing
  - Potentially 96 inpatient beds (requires approval from Penn Medicine and local municipalities)
- Logistically, the most impor-

tant information for our community to know right now is that the project will be positioned at the main entrance that guests have used since 1986. Traffic patterns around campus will change and the construction will significantly impact where people enter the building.

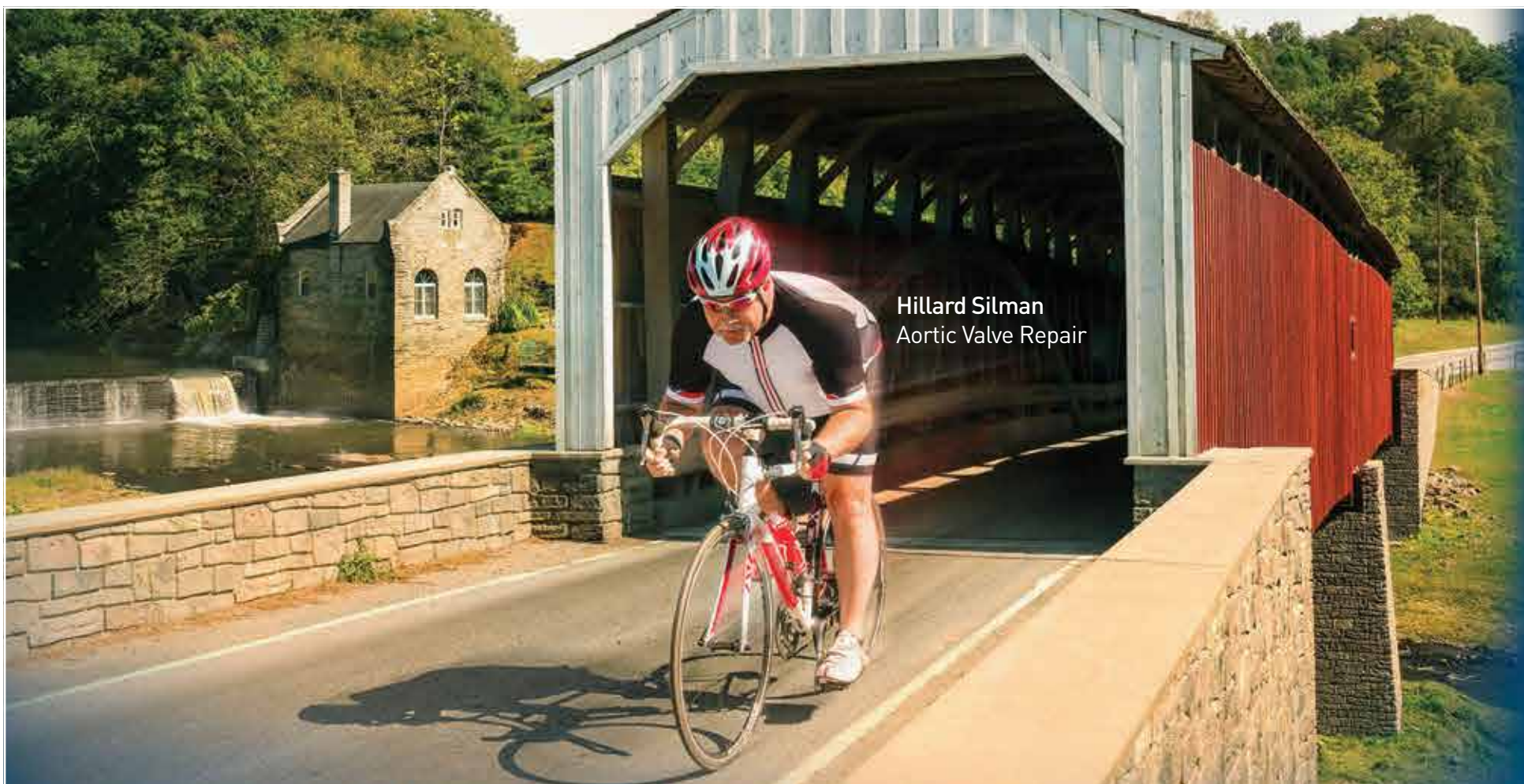
Our guests are encouraged to take advantage of our free valet service so they can drive up to the front door. In the spring, the valet will relocate to be accessible from the campus driveway where East Marshall Street meets Convent Lane. This is actually the hospital's historic front entrance used when the building opened in 1925. The Information Desk team will be here to greet guests.

Visitors can also self-park in or around the new parking garage, which is already open and

located where E. Marshall Street intersects Montgomery Avenue. In the Spring, once the current main entrance closes, the hospital will be relying on a shuttle to transport visitors from the parking garage to the new front door.

The driveways and entrances to the Emergency Department and the Ambulatory Care Center will not change.

In light of this multi-phase construction project that will take several years to complete, our best advice to anyone traveling to Chester County Hospital is to look for the new directional signage as a guide to campus, and allow plenty of time for parking, shuttling and wayfinding. Parking instructions and campus details will be available on the hospital's newly revamped website - [ChesterCountyHospital.org](http://ChesterCountyHospital.org).



Hillard Silman  
Aortic Valve Repair

# NEVER SETTLE

*"Ever since I was diagnosed with congenital heart disease, even the lightest exercise felt like an uphill battle. I knew I needed surgery to repair my aortic valve. From surgery to rehab, my entire experience at the Heart Valve Center at Chester County Hospital was top notch, and my road to recovery was faster than I ever expected. My life, in gear and feeling great, is worth Penn Medicine."*



## HEART VALVE CENTER AT CHESTER COUNTY HOSPITAL — GIVES NEW OPTIONS TO OUR COMMUNITY —

Everyone hopes for a long life. But as we age, our risk for heart disease increases. Valves of the heart can wear out over time, affecting your quality of life. As part of Penn Medicine, we provide single-center access for nearly every disorder affecting the cardiac valves including combined procedures and valve-sparing procedures.

This means the most advanced catheter based procedures, including Transcatheter Aortic Valve Replacement, are available to you. TAVR is a revolutionary treatment for patients who aren't candidates for traditional open-heart surgery due to their age or other major medical conditions. If you or someone you love suffers from heart disease, never settle for anything less than the best care.

Chester County Hospital provides patient-focused care for a full spectrum of cardiovascular conditions:

- Arrhythmia
- Cardiomyopathy
- Coronary Artery Disease
- Congestive Heart Failure
- Heart Disease
- Hypertension
- Vascular Disease

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Your life is worth Penn Medicine. Call 800.789.PENN (7366) or visit [PennMedicine.org/CCHheart](http://PennMedicine.org/CCHheart) to make an appointment with a Chester County Hospital cardiologist.





# Meet the Cardiovascular Outreach Team at Chester County Hospital

Heart disease negatively impacts the lives of many men and women in the United States. The cardiovascular outreach team at Chester County Hospital was created to provide educational programs to help the community reduce their individual chances of heart disease. The team includes clinicians and educators from all points of care to help create a variety of programs including scheduling physician lectures, providing heart health screenings, smoking cessation classes and hands-only CPR training for emergency situations. Meet the team who makes these programs available and work every day to help our community live heart-healthy lives.

## Julie Funk – Director of Community Health and Wellness Services

20 years at Chester County Hospital

*What influenced you to choose your career and work in health care?*

I have always maintained a strong interest in preventive medicine. My career began with cardiac rehabilitation and medical fitness and then I progressed into becoming a registered dietitian. I believe strongly that many chronic diseases can be prevented with the practice of a healthy lifestyle. Thus my passion has been to educate our community on how to begin, practice

and sustain a healthy lifestyle.

*Given your role, what unique perspective do you bring to the team that helps with the group's total outreach efforts?*

I am first and foremost an educator. This is true of each member of our outreach team. This collective perspective helps us to plan events and programs for our community that will reach them with an educational message that is meaningful and, hopefully, impactful.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

From a lifestyle perspective, I would advise that in addition to being more physically active, people should consider eating more plant foods. Beans, greens and grains!

## Susan Pizzi – Community Health Education Coordinator

20 years at Chester County Hospital

*What influenced you to choose your career and work in health care?*

It has often been an enjoyable experience to educate community members on a variety of public health issues. When I began my career as an entry-level public health educator at the Ches-

ter County Health Department, I developed materials for nurses and health care providers to share with patients. This was a great experience because these professionals had more knowledge and expertise in the field than I did, which provided valuable insight. They were my first mentors who helped me expand my role and job responsibilities. With this support, I decided to attend nursing school on a part-time basis so I could combine my public health education career with hands-on experience as an RN in a public health setting.

*Given your role, what unique perspective do you bring to the team that helps with the group's total outreach efforts?*

I have a strong understanding of our community and have built meaningful relationships with key community members and agency representatives for the hospital. With these relationships, I am able to bring more of our programs to the public and also help address the needs of the community. I share this information with our committee members, which helps us plan programs and our outreach efforts.

I enjoy planning programs that not only highlight the medical services of our Heart and Vascular program, but the expertise of our committee and other



Chester County Hospital's Cardiovascular Outreach Team. Top row, left to right: Tim Martin, Susan Pizzi, Ralph Smith, Julie Funk. Bottom row, left to right: Adrienne Pohar, Terri McClure. Not pictured: Donna Taylor.

staff members that help our community stay healthy.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

Schedule annual exams and periodic appointments with your health care provider. It will provide an opportunity to discuss your medical and emotional needs and concerns while also allowing you to become more involved in your personal health care plan.

**Terri McClure, BA, RN, CHFNP – Inpatient Cardiovascular Educator**  
30 years at Chester County Hospital

*What influenced you to choose your career and work in healthcare?*

My mom was a nurse and worked at Chester County Hospital in the 1970's and early 1980's. The moment

I knew I wanted to go to nursing school was when I was with my grandmother when she was admitted to Chester County Hospital. I can't say exactly what caused the light switch to go on but when I got home that night, I said to my husband, "You know what..." and before I could finish my sentence he said, "You want to go to nursing school." We worked it out and I went to nursing school.

*Given your role, what unique perspective do you bring to the team that helps with the group's total outreach efforts?*

For as long as I can remember I've been doing some form of outreach. I enjoy sharing with patients, their families and the community. For the past 30 years, I have always worked in some area that had to do with cardiology – I guess you could say I just love hearts! I have also

lived in West Chester for more than 40 years and feel a connection to the community. Health care is a team effort and the more the patient and family can be involved in the care plan, the better.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

Educate yourself on your personal health and risk factors. Learn how to live a heart healthy lifestyle and be an active part of your own health and health care team.

**Adrienne Pohar - Director of Paramedic Services and EMS Liaison**  
21 years at Chester County Hospital

*What influenced you to choose your career and work in health care?*

## Attack

FROM PAGE 4

healthy weight. If you are having trouble maintaining a healthy weight, try a weight management program near you.

- Manage diabetes - If you have diabetes, keeping it controlled will reduce your chances of having a heart attack.

- Reduce stress - Stress in your life can impact your risk for heart disease and stroke. People react differently to stress and some may over eat, smoke or drink more than they typically would. Find ways to manage your stress in a healthy way to prevent bad habits that can lead to poor health.

- Limit alcohol intake - Drinking excessively can cause negative health effects including raising blood pressure, chances for

stroke and cancer, as well as other diseases. Limit your drinks to no more than two per day for men and no more than one for women.

- Talk to your doctor - Schedule regular appointments with your health care provider to learn more about your heart health and the steps you should take to reduce your risk for heart disease.

You can also learn about your risk by taking an online cardiac risk assessment, such as Chester County Hospital's "Heart Tracks." It allows you to compare your actual age to your heart's biological age, estimate your risk of developing cardiovascular disease and prioritize your most harmful cardiovascular risk factors. Visit [PennMedicine.org/CCHeart](http://PennMedicine.org/CCHeart) to take the assessment.

*Mian Jan, MD, FACC, FSCAI, is a Cardiologist at West Chester Cardiology.*

## Murmur

FROM PAGE 6

told her, "There is a connection with AVMs and the procedure they performed, the stent. It was a very positive experience and I feel fine," she said.

Gincley has two daughters, four granddaughters and two great-grandchildren and said she has a close relationship with her family. She noted the importance of people having regular check-ups with their doctor.

"I think it's really positive to have a doctor and be checked up on because otherwise I don't think they would have detected all of

this. Basically, when they found out about the AVMs I did have a bad experience because my blood was so low and I didn't realize it. They had to give me transfusions. The whole thing was scary, but it all worked out and I thank God for that. And of course, the doctors," said Gincley. "I think it's important that people listen to their primary doctor and any other doctor that they go to. I love Chester County Hospital and I love the Penn doctors. I volunteered at the hospital for a while, and I cannot say anything better than Penn. It is a wonderful hospital."

## Heart Patient Success Story

# Code Blue: Surviving Cardiac Arrest

On a seemingly normal October day, Rich Zerbey finished his nursing classes at Chester County Hospital and walked back with five of his nursing peers to board the shuttle bus during the hospital's parking garage construction project. As he was chatting with his colleagues on the shuttle, Kalli Krier, a fellow nursing student, started to notice that something was wrong with Rich. "His responses to questions started to slow down and his eyes looked glazed over. At first, I thought he might have just spaced out in conversation but in my gut, I had a feeling something was wrong."

What his colleagues would soon find out was that Rich had gone into sudden cardiac arrest (SCA). As he stopped speaking and slumped over to his side, Jill Peterson immediately shouted, "Look at him!" to get the groups attention. Sarah Fryberger instantly dialed 9-1-1 while Taylor England helped organize the group to act quickly.

Jill was holding him up when she noticed he had stopped breathing and his lips had turned blue. The nursing students worked as a team and took him to the center aisle of the shuttle to start CPR. "Jill had started performing mouth-to-mouth CPR while I did the first round of chest compressions," said Melissa Robinson. Three nursing students took turns giving chest compressions, beginning with Melissa, then Taylor, and then Allison Keepports. "Shortly after I started giving chest compressions, the paramedics had arrived. The first responder on the scene was Officer Michael Cotter from the West Goshen Township Police Department, who put on the automated external defibrillator (AED) to try to revive him," says Allison.

West Goshen Police arrived within three minutes of the 9-1-1 call, followed by Good



On October 6, 2016, Rich Zerbey experienced sudden cardiac arrest. Today, he stands proudly with his nursing school classmates who helped save his life. From Left to Right: Sarah Fryberger, Jill Peterson, Allison Keepports, Rich Zerbey, Kalli Krier, Taylor England and Melissa Robinson.

Fellowship Ambulance, and Medic 91. He was transported back to Chester County Hospital, where he received life-saving coronary artery bypass surgery (CABG). Rich says, "The only thing I remember before the incident was getting on the shuttle. I woke up two days after surgery asking the health care staff what had happened."

Rich had no signs or symptoms earlier that day and had no prior medical history of heart disease. "I felt completely healthy that morning. I didn't have any warning signs. I had been off of medication to treat Lyme disease for about two weeks, which I caught back in August, but I was feeling great - I even went on a three-mile run just a couple weeks prior," he adds.

Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. If not treated within

minutes, SCA can cause death. Even though people who have heart disease are at a higher risk for SCA, it can happen in people who are healthy and have no known history of heart disease or other risk factors.

Rich attributes being alive today to his nursing student colleagues because they responded so quickly by calling 9-1-1 and performing CPR. He also has plenty of positive remarks for the emergency teams that responded to the call. "It speaks volumes for our EMS response system in Chester County, of which I'm proud to be part. I just happened to be wearing my volunteer Goshen Fire Company t-shirt that day, which they had to cut off of me."

When asked what made the biggest difference, the students claim team work and some basic CPR knowledge. "We all worked really well together. We were only three weeks into the nursing program at Delaware County

Community College so we only had basic CPR knowledge - for most of us, this was our first time administering CPR in a critical situation," says Sarah.

Rich also noted how pleased he was at the care he received at Chester County Hospital.

"It was magnificent. Everybody did everything they needed to do to keep me alive and get me back in shape. The care I got in Intensive Care Unit was great. My surgeon was Dr. Robert Wenger, who did an amazing job. My physician in the cardiac catheterization lab was Dr. Joseph Lewis."

Rich Zerbey has since recovered from surgery and is anxiously waiting to get accepted back into nursing school and join the team who helped save his life. "Right now, I'm focusing on exercising regularly and staying healthy, but I can't wait to get back to school so I can become a nurse and provide the type of exceptional and life-saving care that saved my own life."

# Eating for Heart Health

The food choices we make have a significant impact on our health and the way we feel – not only today but for our future health. A healthful diet rich in nutrients is our best defense against heart disease. Good nutrition combined with regular exercise can help you reach and maintain a healthy weight and keep chronic diseases at bay.

Kim Knipe, Registered Dietitian at Chester County Hospital, recommends incorporating these heart healthful foods into your diet:

**Beans** – High in minerals, fiber and protein, beans will keep you fuller longer while improving your cholesterol. Try red, black, garbanzo, pinto or other types of beans for a boost in protein without the saturated fat often found in meat.

**Steel Cut Oats** – This “power

food” is an excellent source of soluble and insoluble fiber, protein, vitamins and minerals. Steel cut oats are denser than regular oats because of the way they are processed, allowing them to keep more fiber and protein.

**Dark Green Leafy Vegetables** – Green vegetables like broccoli, Brussels sprouts, cabbage, spinach, and bok choy have fiber to keep you full while also providing an excellent source of Vitamins A and C. They also provide carotenoids, flavonoids and other antioxidants to keep not only your heart healthy, but help fight cancer, too.

**Olive Oil** – Substitute foods high in saturated fat such as butter and coconut oil for this heart healthy alternative. Olive oil contains monounsaturated fatty acids, which is considered a healthy dietary fat. You can find these heart healthy fats in canola oil, avocados and nuts, too. Healthier fats are still high in calories so use them in moderation.

**Salmon** – Cold-water fish, like Salmon, Arctic Char, Sardines, and others, are an excellent source of heart-healthy omega-3 fatty acids and protein. The American Heart Association recommends incorporating salmon and other omega-3 rich fish into your diet twice a week for heart health.

“You don’t have to give up your sweet treats and salty snacks completely. Just think about your food and beverages like your budget for the day. If you have lunch meat, don’t also have soup. If you have some pizza, have one or two small slices plus a big salad (with homemade, low-salt vinaigrette). If you want some cheese, consider a reduced fat variety, cut a small chunk and put the rest away. If you want butter on your toast and cream in your coffee, opt for berries instead of ice cream later. It’s all about moderation and awareness,” adds Knipe.

Eating healthy doesn’t have to be tasteless. Try this heart healthy and delicious recipe provided by Heart.org the next time you cook dinner.



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## Slow Cooker Minestrone Soup

Any leftover vegetables can be added into the slow cooker to enhance this minestrone soup—think parsnips, cabbage, potatoes, turnips, kale, and more. The more, the merrier when it comes to this soup.

### Ingredients

- 1 medium yellow onion (peeled, finely chopped)
- 2 cups peeled and sliced carrots (around 4 medium carrots)
- 2 cups sliced celery (around 5 to 6 celery stalks)
- 2 cups chopped green beans (trimmed, cut into 1-inch pieces)
- 1 tablespoon salt-free Italian seasoning blend
- 1 1/2 teaspoons garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1, (28-ounce) no salt added, diced tomatoes
- 1, (15.5-ounce) can no salt added kidney beans (drained)
- 1, (15.5-ounce) can no salt added garbanzo beans (chickpeas) (drained)
- 3 cups no-sodium, or, low-sodium chicken broth
- 3 bay leaves
- 1 zucchini (finely chopped)

- 1 cup frozen, chopped spinach (thawed)
- 1 cup whole wheat ditalini pasta (or medium shells)
- 2 teaspoons canola oil
- 1 cup chopped parsley, for garnish (optional)

### Nutrition Facts

6 Servings  
 Serving size: 2 cups  
 306 Calories per serving  
 0.3g Sat. Fat per serving  
 244mg Sodium per serving

### Quick Tips

**Cooking Tip:** While ditalini pasta is the one most commonly used for minestrone soup, any small pasta will do, like macaroni or orzo.

**Keep it Healthy:** Enjoy your soup on the thicker side? Pureeing 1 to 2 cups of the soup and then adding it back into the mix is a great way to thicken soup without adding any calories.

**Tip:** When storing soup leftovers, make sure to store the pasta separately from the soup. Otherwise, the pasta will soak up all the liquid.

### Directions

1. Prepare the vegetables: peel and finely chop the onion; peel and slice carrots; chop the celery; and trim and

cut green beans into 1-inch pieces.

2. Add all the chopped vegetables into the bowl of 4 quart or larger slow cooker. Stir in Italian blend, garlic powder, salt, and pepper. Top vegetables with canned tomatoes, kidney beans, garbanzo beans, chicken broth, and bay leaves. Do not stir. (This makes sure the vegetables, which need the most cooking time, are closest to the heat source of the slow cooker.) Cover with lid and cook 5 hours on high or 10 hours on low.

3. Thirty minutes before serving, use tongs to remove bay leaves, discarding them. Stir soup with a spoon. Finely chop zucchini and add to the slow cooker bowl, along with the spinach. Cover and let cook on high heat, if not already on the setting.

4. Prepare the ditalini pasta according to package directions. Drain and add oil into pasta so it doesn't stick together.

5. When the soup is finished cooking, ladle into bowls, topping with a few spoonfuls of pasta and (optional) parsley.

*Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit [heart.org/simplecooking](http://heart.org/simplecooking).*



Kim Knipe, MBA, RD, LDN

**Good nutrition combined with regular exercise can help you reach and maintain a healthy weight and keep chronic diseases at bay.**

## Valve

FROM PAGE 3

options for treatment. Each patient has the benefit of peer review by several different specialists while also being with their regular physician," says Timothy J. Boyek, MD, Medical Director of Cardiac Diagnostic Interventional Catheterization Laboratories.

One of the revolutionary procedures that is helping restore vitality in the community is called TAVR – Transcatheter Aortic Valve Replacement. TAVR is a catheter-based procedure that replaces the aortic valve without having open heart surgery, which can be risky for some patients. "Prior to TAVR, there were some patients who could not have open heart surgery and had to live with their ailments. Now, we can treat these patients and they look great and are living for years and years," says Dr. Weiss.

Patients being considered for TAVR receive specialized diagnostic testing and an evaluation from two heart surgeons to approve the procedure. The testing and initial evaluation is performed at the Heart Valve Center at Chester County Hospital and the final evaluation and surgery is performed at

**One of the revolutionary procedures that is helping restore vitality in the community is called TAVR – Transcatheter Aortic Valve Replacement.**

the Hospital of the University of Pennsylvania. Once the procedure is complete, post-operative care is performed back home in Chester County.

"When patients present with aortic valve disease, they often experience shortness of breath, chest discomfort, dizziness, severe fatigue, or swelling of the legs. After having the TAVR procedure, patients feel better within 48-72 hours! They come back feeling stronger, having more energy and a brighter mind since they have more blood flow throughout their entire body," says Dr. Boyek.

Previously, heart valve disease was challenging to manage throughout a patient's lifetime because of the progressive stages of the disease. Treatment went back and forth between the primary care physician and various specialists. The Heart Valve Center was designed to ease this challenge by allowing easy communication with the entire interdisciplinary team to effectively manage the patient's care. If a test or procedure is performed, the entire care team receives an alert, including the referring physician. This notification system allows the Heart Valve Center to track and follow patients to make sure they are being treated properly so no patient falls through the cracks.

"We've established a hospital program that works for the valve patient, not for the heart surgeon or the cardiologist or for any particular private physician. It's a tracking system and a friendly 'concierge' for the patient that makes it easier to navigate the stages of the disease for everyone – the patient, physicians, staff and families," adds Dr. Weiss.

## WORK IT OUT



Cardiovascular exercise includes a variety of workouts including biking, walking, swimming, running and others.

# Exercise and Heart Health

Exercise often comes to mind when we're trying to lose a few pounds and look our best, but one benefit that comes from a regular exercise routine is the positive impact on our heart health. Physical activity has numerous benefits including weight loss, stress reduction, and an increase in energy all while reducing our chance of heart disease – the leading cause of death in the United States for both men and women.

Shawn M. Hoch, MS, Clinical Manager of Cardiopulmonary Rehabilitation at Chester County Hospital, explains one reason why exercise is so good for our heart, "Over time, regular exercise helps increase your heart's efficiency, allowing it to pump more blood volume per heart-beat, reducing the amount of work your heart needs to do to get the same amount of blood flow through your body."

Hoch also explains that exercise can help raise good cholesterol (HDL) while lowering bad cholesterol (LDL), keeping arteries that feed the heart muscle clear of plaque build-up. In addition, staying physically active will lower your blood pressure and will reduce your weight – helping you achieve your original

goal of looking better while reducing the strain on your heart.

The American Heart Association recommends getting at least 30 minutes of moderate to vigorous exercise most days of the week. Moderate to vigorous exercise is considered any activity that elevates your heart rate to the target heart rate zone.

If you are not exercising regularly yet, don't worry. Any amount of physical activity is beneficial. Gradually make your workouts longer and tougher and increase the amount of days per week you exercise to meet this recommendation.

### Your Target Heart Rate

The American Heart Association recommends including exercise that increases your heart rate between 50 to 85 percent of your maximum heart rate – this is called the target heart rate zone.

For those who do not have heart disease and who are not on cardiac medication, there is a simple formula to calculate this range. Your maximum heart rate is 220 beats per minute minus your age.

For example, a 50-year-old person's maximum heart rate would be 170 (50 subtracted from 220). A

50-year-old would then multiply their maximum heart rate of 170 by .50 and .85 to get this range –  $170 \times .50 = 85$  and  $170 \times .85 = 144.5$ . Their target heart rate zone would be between 85 – 145.

### Before You Get Started

It is always a good idea to speak with your doctor before starting an exercise program. Your physician will be able to give you specific advice if you have a health condition, such as heart disease, asthma, diabetes, arthritis, cancer, or specific joint issues. There is no one-size-fits-all solution when it comes to finding the right exercise plan. Your health care provider will be able to provide the best recommendation for your health.

### Listen to Your Body

It's normal to feel muscle soreness when you first start working out. It will fade over a few days and will decrease as you get use to exercising. If you have any sudden or severe pain, such as chest pain, weakness, pressure or pain in your chest, neck, arm, jaw or shoulder, or feel dizzy or light-headedness, stop exercising right away. If these symptoms, continue call your doctor or 9-1-1.

## Lab

FROM PAGE 2

this safer for the patient, operator and staff. Since the imaging is crisp and clean, we can ensure a better outcome meaning fewer complications and a shorter stay for the patient.”

The new technology also gives the hospital the ability to treat patients with more complex illnesses right in Chester County, rather than sending them to another institution. “What I’m most excited about is the ability to treat patients who have aortic aneurysm disease, which is a weakening of the wall of the blood vessel of the major artery in the body.



Dr. Sean Ryan

We can treat these patients by using high-quality images and pre-planning software with a minimally invasive approach. The procedure requires almost no incision whatsoever and most people go home the next day,” Dr. Ryan adds.



Dr. Kurt Schillinger

In addition to the upgrade in equipment for vascular services, Chester County Hospital has also included leading-edge technology for electrophysiology services, including the BioSense Webster CARTO® 3, an advanced mapping ablation system.

Kurt Schillinger, MD, PhD, Cardiologist and Chief of the Atrial Fibrillation Ablation Program, explains some of the new technology impacting electrophysiology services. “One of the biggest investments has been in three-dimensional electroanatomic mapping. This equipment is like a GPS that’s used for the patient’s heart and allows us to create a three-dimensional shell of the cardiac structures. We can then manipulate catheters inside the 3D shell to keep track of where catheters have been and where they’re going to increase the success of the procedure.”

What this means for patients is access to safer, more successful procedures close to home. Dr. Schillinger adds, “Arrhythmias

affect a significant portion of the population. Before, patients with life-threatening arrhythmias had to go to a large academic center for treatment. Now, with our new technology, we can treat and care for patients locally.”

Chester County Hospital provides patient-focused care for a full spectrum of cardiovascular conditions. Visit [ChesterCountyHospital.org](http://ChesterCountyHospital.org) to learn more or call 800.789.PENN (7366) to make an appointment with a Chester County Hospital cardiologist.

*Sean Ryan, MD, FACS, is a Vascular Surgeon at Surgical Specialists, P.C. Kurt Schillinger, MD, PhD, is a Cardiologist at Cardiology Consultants of Philadelphia.*

## Outreach

FROM PAGE 10

I’ve always had a passion to help others. When I was in my 20’s, I became a volunteer firefighter and an EMT. I enjoyed the patient care aspect of the health care environment and decided to go to Paramedic school. Four months after completing the program in 1995, I was hired at Chester County Hospital and went on to complete my BS in Health Science.

*Given your role, what unique perspective do you bring to the team that helps with the group’s total outreach efforts?*

The unique perspective EMS brings to the outreach team is that we begin education and treatment outside of a hospital setting. Our role is to not only provide care for the patient but also to be an advocate for public health and public safety. We have to manage patients in uncontrolled environments and we understand how to organize chaos. There is always an opportunity to educate patients and their family during our short time with them. People aren’t always able to go to a community outreach event due to busy schedules so we try to educate people anytime we can.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

Educate yourself about recognizing early signs and symptoms of heart disease. With a little bit of knowledge, people can help become part of the chain of survival.

**Donna Taylor –  
Cardiovascular Nurse  
Navigator**

24 years at Chester County Hospital

*What influenced you to choose your career and work in health care?*

I enjoy helping people live a heart healthy lifestyle; it feels good to help others. As a cardiovascular nurse navigator, I contact all of the post-stent, cardiac surgery and heart attack patients by providing education and services such as nutrition counseling, smoking cessation, and cardiac rehabilitation. I also help educate the community with cardiovascular related questions.

*Given your role, what unique perspective do you bring to the team that helps with the group’s total outreach efforts?*

I am a resource for patients during the entire cardiovascular continuum. I help patients with their initial diagnosis of chest pain or cardiac symptoms and follow through to help them get the services and education needed after the cardiac event.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

Exercise is just as important as any medication in preventing heart disease. Get up and move every day!

**Ralph G. Smith, BSN, RN,  
CCCC – Chest Pain Center  
and Cardiovascular Data  
Coordinator**

12 years at Chester County Hospital

*What influenced you to choose your career and work in health care?*

I always say this position was created for me. I started out volunteering as an Emergency Medical Technician while in high school. From there I received my BS in Public Health while attending a paramedic program. I have always enjoyed helping people especially in their time of need. When I was a paramedic, I always wanted to do more for the patient so I continued on to nursing school. I have since worked in telemetry, critical care, the emergency room and the cardiac catheterization lab. In my current role, I don’t focus on just one aspect of patient care, it’s literally soup to nuts. From prevention to acute care to after care and rehabilitation.

*Given your role, what unique perspective do you bring to the team that helps with the group’s total outreach efforts?*

I have cared for patients in just about every aspect of acute care.

Although every part has unique goals and objectives, the most important piece is community education. Recognizing the signs and symptoms of a heart attack and acting on these clues can help prevent you from serious damage or even death from a heart attack.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

Listen to your body and take action to prevent a serious heart attack. If you end up in the Emergency Department and find out you only have acid reflux, that’s great! If you decide to wait, you can’t get that time back. Most heart damage occurs within the first two hours so don’t delay.

**Tim Martin – Business  
Operations Manager for  
Invasive Cardiovascular  
Services**

1 year at Chester County Hospital; 19 years at Lancaster General Health.

*What influenced you to choose your career and work in health care?*

I have always believed in the importance of helping others. When I was 14, I began volunteering with our local Emergency Medical Services. I quickly realized the satisfaction of positively impacting people during their time of crisis or need. Working in cardiology allows me

to rewrite narratives that may not have had a happy ending. With modern technology and sophisticated treatments, teams of health care professionals, like the ones we have here at Chester County Hospital, can stop a heart attack as it is occurring and even prevent them in some instances.

*Given your role, what unique perspective do you bring to the team that helps with the group’s total outreach efforts?*

Treating cardiovascular disease can only happen through a team approach. This is reflected in the membership of the outreach team as well. I represent the acute care phase of cardiovascular services.

*If you were to offer one piece of advice to the community about heart health, what would it be?*

Be proactive with your health and focus on prevention.

*The Cardiovascular Outreach Team has several must-attend events for the community including: Hands-Only CPR, Heart Tracks Cardiovascular Screening, Early Heart Attack Care and for smokers, our “Stop Smoking Now!” smoking cessation program. To sign-up for these programs, visit [ChesterCountyHospital.org/Wellness](http://ChesterCountyHospital.org/Wellness).*

## Wellness Events for Your Heart's Health



### Heart Tracks Screening

Learn your 10-year risk for heart disease, get screened for HDL, cholesterol, blood pressure, body fat and other risk factors, and receive personalized counseling on your risk. Co-facilitated by Chester County Health Department. Please call for your appointment time.

Date + Time: Feb 18, 10:00 AM – 1:00 PM

Location: 600 East Marshall Street Suite 302, Wellness Classroom



### Hands-Only CPR

When a person suddenly collapses, bystanders need to remain calm and take action quickly. By learning hands-Only CPR (CPR without mouth breathing), you can increase confidence and reduce hesitation in life-saving situations. This one-hour training also includes education on early heart attack signs and symptoms.

Date + Time: Feb 16, 10:00 AM – 11:00 AM or 6:30 PM – 7:30 PM

Location: Penn Township Municipal Building 260 Lewis Road, West Grove

Date + Time: Feb 16, 12 Noon – 1:00 PM

Location: Chester County Hospital, Conference Room A

Date + Time: Feb 20, 4:30 PM – 5:30 PM or

5:30 PM – 6:30 PM

Location: Longwood Fire Company 1001 E. Baltimore Pike, Kennett Square

Date + Time: Feb 23, 4:30 PM – 5:30 PM or 5:30 PM – 6:30 PM

Location: Chester County Hospital, Conference Room E134



### Stop Smoking Now!

Education, behavior modification and relaxation techniques help participants become nonsmokers during the seven week smoking cessation program. Discounted nicotine patches and a monthly support group are also available.

Series Start Dates: Mar 2 or Apr 4

Time: 7:00 PM – 8:30 PM

Location: 600 East Marshall Street Suite 302, Wellness Classroom



### Reversing Pre-diabetes

More than 80 million Americans have pre-diabetes. This 1-1/2 hour program teaches you how to change your lifestyle to reduce your risk for developing type 2 diabetes.

Dates + Time: Mar 29, 6:00 PM – 7:30 PM

Location: 600 East Marshall Street Suite 302, Wellness Classroom

Fee: \$25

Dates + Time: Feb 16 or Apr 11, 6:00 PM – 7:30 PM

Location: Jenner's Village Professional Building

105 Vineyard Way, Suite 100, West Grove

Fee: \$25



### Living with Type 2 Diabetes

Whether you are newly diagnosed, or have had diabetes for years, this free one-hour program will help you learn what tools you need to get started and introduce you to our diabetes services. Family and friends are welcome to attend.

Dates + Time: Feb 21 or Apr 11, 6:00 PM – 7:00 PM

Location: 600 East Marshall Street Suite 302, Wellness Classroom



### Weight Loss Surgery Information Sessions

Surgeons from Penn Metabolic & Bariatric Surgery discuss the latest surgical options available for the severely obese to help them achieve a healthy lifestyle.

Dates + Time: Feb 22 or Mar 22, 7 PM – 9 PM

Location: 600 East Marshall Street

Suite 302, Wellness Classroom Register: PennMedicine.org/WeightLossSurgery



### Struggles and Solutions

Each month, a Registered Dietitian Nutritionist will lead a discussion on an interesting, timely, and immediately useful topic about food, eating, activity and wellness. Program provides ideas and encouragement for anyone on a journey to lose weight or to live a healthier lifestyle.

Date + Time: Meets every second Monday, 5 PM – 6 PM

Location: 600 East Marshall Street Suite 302, Wellness Classroom



### Whole Foods at Whole Foods

Whether your interest is weight management, disease prevention or improved nutrition, you will enjoy touring the aisles with a Registered Dietitian Nutritionist to learn the ins and outs of eating a diet based on whole foods.

Date + Time: Mar 21, 6:00 PM – 8:00 PM

Location: Whole Foods 475 Wilmington West Chester Pike, Glen Mills

Presenter: Kim Knipe, RDN

## Penn Medicine - #1 Fundraiser for 2016 Heart Walk

This past fall, friends, family and employees of Penn Medicine joined together for the 2016 Heart Walk to help raise funds for the American Heart Association. The health system participated in two events – the QVC–West Chester Heart Walk on October 15 and the Philadelphia Heart Walk on November 5.

Penn Medicine not only met their ambitious fundraising goal of \$250,000, but exceeded it by \$20,000, making them the number one fundraising company and health system with \$270,000 raised. These funds will go directly into cardiovascular research and education to help fight the nation's number one and number five leading causes of death – heart disease and stroke.

More than 1,900 registered walkers represented different departments, service lines, and entities throughout Penn Medicine including Chester County Hospital, Clinical Care Associates, Corporate, Friends of Penn, Good Shepherd Penn Partners, Hospital of the University of Pennsylvania, Penn Home Care, Penn Presbyterian Medical Center, and Pennsylvania Hospital.

The Heart Walk is the American Heart Association's premiere community-based event to promote physical activity while raising funds and awareness to help save lives. Interested in participating? Visit HeartWalk.org to sign up for an event near you or visit PennMedicine.org to stay updated on sign-ups for 2017.



Walkers from Chester County Hospital are all smiles as they get ready to start the 5k walk to support AHA.

# *Celebrating* 125 YEARS OF SERVICE

**Chartered in 1892 as the county's first hospital,** Chester County Hospital has been serving its growing community for 125 years. Today, our work still honors the spirit of our early founders, while also looking to the future of care for our community. Our vision and values continue to push us toward being the leading provider of care in the region and a national model for quality, service excellence and fiscal stewardship.

**Throughout our 125th Anniversary year,** we are acknowledging many of the visionaries, role-models, everyday heroes and champions who have made us what we are today. While some stories were already well-known to us, we are reaching out to the community to discover the many others that have yet to be told.

To read the stories about our **125 Faces of Chester County Hospital,** or to nominate your own, visit [ChesterCountyHospital.org](http://ChesterCountyHospital.org). Additional information about the hospital's history, vision and 2017 anniversary events are also online.

TOP TO BOTTOM:  
PIERRE S. DUPONT; HOSPITAL CIRCA 1900s;  
H.L. PERRY PEPPER (BOWTIE); MIKE DUNCAN;  
CHESTER COUNTY HOSPITAL PRESENT DAY;  
VIVIAN AND OSCAR LASKO



**Penn Medicine**  
Chester County Hospital