

# HealthSource



## Ready When YOU NEED US

*Two Patients, Two Stories*

## Your CARDIOLOGY Glossary

*Changing*  
**HOW YOU  
RECEIVE**  
*Heart Care*

*Comprehensive, Integrated Cardiac  
Services Close to Home*

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**WHEN IT COMES TO YOUR HEART, USE YOUR HEAD.**



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### Dear Friend,

As Satilla Regional Medical Center continues to grow, there is one thing that will never change: our dedication to our patients. Throughout this issue, you will read about our expanding cardiology services and ways we've helped save lives. For many years, our community needed a local facility where our friends, neighbors and family members could receive life-saving heart care and treatment. In

February 2010, we began providing Interventional Cardiology, or angioplasty and stent placement, which could successfully stop heart attacks when performed within a 90-minute window. This meant that it was no longer necessary for patients to travel long distances and burden their family members with the hassle of going out of town.

Today, we've performed over 500 interventional procedures and have a new catheterization lab, along with a new Progressive Care Unit designed for recovering heart patients. Our highly specialized team of physicians, nurses and technicians will meet your heart's every need—right here in Waycross. In fact, our hospital has been ranked by HealthGrades as one of Georgia's Top 10 for Coronary Interventional Procedures, as published in *Georgia Trend* magazine.

Browse our website to learn more about our services, including cardiology, at [Satilla.org](http://Satilla.org)

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# Satilla. The smart choice for diagnostic tests.

Satilla has state-of-the-art technology to help cardiologists accurately diagnose your heart condition and prescribe treatment.

## CARDIAC CATHETERIZATION

Doctors use this diagnostic procedure to find arterial blockages in the heart muscle and check for abnormalities inside the heart chamber. After a local anesthetic, a small tube called a catheter is inserted into one of your arteries or veins and threaded through your blood vessels to the heart. You'll be awake through the procedure but feel little or no pain.

Traditionally, the catheter is inserted through the patient's groin area, but interventional cardiology specialists say that cardiac catheterization through the wrist can be better for some patients. The radial (wrist access) approach results in reduced bruising, bleeding and complications. Most patients can sit up and walk immediately after the procedure and may have a faster recovery period overall.



Dr. Catchings performs a radial-access cardiac catheterization.

## ELECTROCARDIOGRAM

Also known as an EKG or ECG, this test checks the heart's electrical activity. Doctors use it to find the cause of unexplained chest pain, shortness of breath, dizziness, fainting and rapid or irregular heartbeat. The EKG is also used to check how well medicines and implanted devices are working.

## ECHOCARDIOGRAM

This test uses sound waves to produce images of the heart. Doctors can see how the heart is beating and pumping blood and identify any abnormalities in the heart muscle or valves.

## STRESS TEST

Doctors use stress tests to see how much stress the heart can take before trouble occurs. Patients are carefully monitored as they walk on a treadmill or ride a stationary bike.

## NUCLEAR STRESS TEST

With a nuclear stress test, doctors can compare images of the heart at rest with images of the heart during exercise to find areas of low blood flow and damaged heart muscle.



# Changing HOW YOU RECEIVE Heart Care



## Satilla Regional Medical Center brings patient-centered cardiac care to you.

The human heart is an amazing muscle. Under normal conditions, a healthy heart beats more than 2.5 billion times during an average lifespan, pumping enough blood through the body to fill three super tankers. However, cardiovascular diseases, such as coronary artery disease, can severely impair this function.

These illnesses occur when cholesterol and other buildup clogs the blood vessels, blocking proper blood flow and causing severe chest pain, heart attacks, strokes or aneurysms. Cardiovascular disease is the leading cause of death in the United States, and southeast Georgia is no exception. According to the Georgia Department of Public Health, heart disease was responsible for approximately 36 percent of deaths in southeast Georgia in 2008.

### **Your Heart, Your Team**

Satilla Regional is committed to combating heart and vascular diseases with comprehensive, integrated cardiac services offered close to home. The Heart Center at Satilla Regional features a dedicated, covered entrance and is located near the Emergency and Diagnostic Imaging Departments. The Heart Center works cooperatively with other departments at the hospital to provide a fully integrated system of care.

“We’re proud of our team approach,” said Timothy Catchings, MD, FACP, interventional cardiologist at Satilla Regional. “We’re very focused on collaboration between our

emergency physicians, Heart Center staff, the Catheterization Lab, Intensive Care Unit staff, and the local EMS systems.”

This cooperation allows heart patients to immediately receive all of their diagnostic and interventional care in Waycross at Satilla Regional Medical Center.

### **All the Services Your Heart Desires**

From emergency heart care to rehabilitation therapy, Satilla Regional offers almost any service your heart might need. Patients with heart attacks or other major cardiac events receive care in the Emergency Department, which has staff certified in Advanced Cardiac Life Support and cardiac monitoring equipment for up to 14 patients at the same time. Once stabilized, patients can recuperate in the newly constructed Progressive Care Unit, which features expansive, all-private rooms designed for the needs of the patients. This 16-bed unit is where heart patients can be closely monitored while receiving specialized care.

In cooperation with other departments, the Heart Center offers a full range of state-of-the-art diagnostic tools to detect cardiovascular disease, including heart catheterizations, electrocardiograms, echocardiograms, exercise stress tests, nuclear studies, intracardiac ultrasound, Doppler flow wire technology and computed tomography angiography. These tests help physicians diagnose cardiovascular

diseases before they cause a major cardiac event. Physicians can then work with patients to identify necessary lifestyle changes or interventions.

The Heart Center specializes in a variety of interventional procedures, including angioplasties, stent placements, intra-aortic balloon counterpulsation for patients with cardiogenic shock, pacemaker implantations, and peripheral interventions in the legs, thighs and kidneys.

Once patients begin the recovery process, Satilla Regional Cardiac & Pulmonary Rehab offers a full range of services to help them get back to normal, including cardiac rehabilitation, function assessments and customized graded exercise programs. Specially trained therapists and nurses work with patients and their physician to develop rehabilitation programs tailored for their specific conditions and educate them about healthy lifestyle and risk factor modification.

### More Services Added

Starting in November, cardiac patients at Satilla Regional gained expanded access to outpatient catheterization services.

“We opened a new catheterization lab to go along with the one we’ve had for many years,” said Dr. Catchings. “We are also moving toward performing a large percentage of our catheterization procedures using radial access.”

Transradial catheterizations offer a host of benefits for patients, and Satilla Regional is the only facility in the area with the medical staff trained to perform them. For more information on transradial catheterizations, read the sidebar on this page.

“Satilla Regional is committed to maintaining the heart health of members of our community,” said Dr. Catchings. “Ideally, we want to prevent heart and vascular disease. But if a problem arises, we’d like people to know they can be treated here safely, effectively and conveniently near their home.”

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To schedule an appointment with a cardiologist at the Heart Center, call (912) 284-2460. Watch our video to learn more. Go to [Satilla.org/UseYourHead](http://Satilla.org/UseYourHead).

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“*We’re proud of the success we’ve seen in our percutaneous coronary intervention program. Since we started performing angioplasty, stent placement, and other interventional procedures in February 2010, we’ve performed over 500.*

— Timothy Catchings, MD, FACP, interventional cardiologist at Satilla Regional Medical Center

## Safer Cardiac Catheterizations

Cardiologists evaluate many heart problems with a diagnostic procedure called cardiac catheterization. A surgeon inserts a long, thin tube into a blood vessel and guides it toward the heart, where it is viewed using X-ray or ultrasound equipment.

“Surgeons traditionally gained access to the arterial system through an artery in the groin,” said Timothy Catchings, MD, FACP, interventional cardiologist at Satilla Regional Medical Center. “Increasingly, we’re able to go through the wrist instead.”

Femoral catheterization through the groin is uncomfortable because it requires patients to remain immobile with one leg extended for several hours after surgery. Transradial catheterization through the wrist offers many benefits, including:

- improved patient comfort
- less blood loss
- lowered risk of complications
- shorter recovery time
- decreased cost

Despite these advantages, only 7 percent of catheterizations in the United States use radial access, compared to 40 percent in Europe.

### COMMITTED TO THE BEST HEART PROCEDURES

The Heart Center at Satilla Regional performs more than 900 catheterizations each year, often using radial access. Dr. Catchings is one of the few cardiologists in the region to use the technique.

“Currently, we are able to use radial access for about 35 percent of our catheterization and interventional procedures,” said Dr. Catchings. “Our goal is to use radial access in the majority of cases.”

**Note:** Some patients may not be candidates for transradial access catheterizations due to vascular structure or other health-related issues.



# That Family EMERGENCY

Shortly after 62-year-old Alvin Walker of Blackshear arrived at Satilla Regional Medical Center with his one-year-old granddaughter who was having a seizure, he suffered a massive heart attack.

While Alvin and his family patiently waited to hear about his granddaughter Amris's medical status, hospital nurses became increasingly concerned with Alvin's physical appearance.

"I was drenched in sweat and felt like I had a cow on my chest," says Alvin. "I was standing around the nurse's station chatting with some of the doctors and nurses when Dr. Catchings informed me that I was having a heart attack. By studying my mannerisms and physical appearance, it was apparent to him that I was in trouble."

## Taking Action

After Alvin's family learned that Amris was going to be fine, they were immediately bombarded with a new medical emergency. Alvin was rushed into the catheterization lab and underwent a percutaneous coronary intervention (PCI). This procedure is the gold standard treatment for heart attacks such as the one Alvin was experiencing. When patients have this treatment within the first 90 minutes of experiencing the symptoms of a heart attack, there is a greater chance

the patient will experience a full recovery with minimal heart damage. Sixty four minutes after Alvin began experiencing his heart attack, a small balloon was inflated in his coronary artery which restored blood flow to his heart and allowed him to begin the recovery process.

"Words can't express how thankful I am to the doctors and nurses at Satilla Regional," says Alvin. "From day one, they've treated me like family and have guided me through the cardiac rehabilitation process. Today, I'm back on my farm raising cattle, and I'm beyond blessed to have a second chance at life."

To learn more about cardiac care at Satilla Regional Medical Center, visit [Satilla.org](http://Satilla.org) and select "Services."



Ken Justice, Emergency Medical Services Director for Pierce County, has seen many heart attack cases on the job. While working one afternoon, Ken had no idea that he would become the next case.

## A CLOSE CALL FOR

# Justice

After returning from an emergency call, Ken went to his office to take pain medicine for what he thought was a hernia. When the pain didn't stop, one of his ambulances rushed him to Satilla Regional Medical Center for help.

In the ambulance, Ken received an electrocardiogram (EKG) that provided the doctors at the hospital with information about his heartbeat. The EKG results showed that Ken was having a heart attack. A heart attack, or acute myocardial infarction, occurs when a coronary artery becomes blocked, preventing blood from flowing to the heart.

Upon arriving to the Emergency Department, Ken was rushed to the catheterization lab. Immediately, Dr. Catchings performed percutaneous coronary intervention (PCI) by placing a stent in one of Ken's coronary

arteries. The use of a stent allows blood flow to be restored to the heart by opening the blocked artery.

Since his emergency visit to Satilla Regional, Ken has been able to get back to his daily activities. He's had three checkups since his heart attack, and he hasn't had any problems.

"If Satilla wasn't there, I wouldn't have made it," said Ken. "They have the people with the knowledge to deliver definitive care to restore blood to the heart in a timely fashion. Tell your doctor what I told mine: 'Send me to Satilla.'"



# Medical Staff

# DIRECTORY

## ANESTHESIOLOGY

Dr. Victor Aranda	283-3030
Dr. Keith Johnson	283-3030
Dr. Jennifer Pritchett	283-3030
Dr. Mitchell Starnes	283-3030

## CARDIOLOGY

Dr. Willie Bell	285-3086
Dr. Timothy Catchings	284-2460
Dr. Joel Ferree	285-3086
Dr. John Madonna	285-3086
Dr. Angampally Rajeev	284-2460
Dr. Thomas Walsh	284-2460

## EMERGENCY MEDICINE

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Dr. Sharon Felix-Huggins	283-3030
Dr. Erick Paulk	283-3030
Dr. Thaivi Tonnu	283-3030
Dr. Juan Vicens	283-3030

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Dr. Robert Lykens	283-8444
Dr. Randall O'Brien	287-1130
Dr. Jesse Shaw	283-8444

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## 2 YEARS OF OPERATION, TOP 10 IN GEORGIA.

**Hats off to our physicians and staff.** After only two years of providing Interventional Cardiology services, we're ranked in Georgia's Top 10. And we achieve outcomes that are among the best. In fact, we outperform 75% of all hospitals nationwide in the emergency treatment of heart attacks.

Visit [Satilla.org](http://Satilla.org) for more info.

