

CARDIAC CARE



Giving
you
every
advantage



NORTHWEST HOSPITAL
& MEDICAL CENTER

Getting to the heart of the matter

The Cardiovascular Program at Northwest Hospital & Medical Center is dedicated to the management of cardiovascular disease. The program provides state-of-the-art care in the prevention, diagnosis, and treatment of cardiovascular disease.

The Cardiovascular Program combines the talents of the professionals from Summit Cardiology at Northwest Hospital, a respected leader in cardiology, and the UW Medicine Regional Heart Center, an internationally recognized cardiac care, research, and teaching center, to provide comprehensive care for all types of cardiovascular disease.



Keeping your best interests at heart

Heart disease is the No. 1 killer in the United States, accounting for more than one million deaths a year. If you or a loved one is diagnosed with heart disease, you will be looking for resources to answer the questions you might have about the disease itself, as well as current information on breakthrough medical technologies, treatments, rehabilitation, and lifestyle changes.

This easy-to-use brochure will help prepare you to be a participant in your care by giving you a brief description of the programs and services offered at Northwest Hospital & Medical Center.



Summit Cardiology

Based at Northwest Hospital & Medical Center, Summit Cardiology is a specialty group of cardiologists, practitioners, and nurses dedicated to providing state-of-the-art cardiovascular care to our patients. The cardiologists in the group are board certified by the American Board of Internal Medicine with subspecialty certification in Cardiovascular Disease. Individuals seeking cardiovascular evaluation may be seen either upon self-referral or referral from their primary physician.



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The staff at Summit Cardiology provides thorough cardiac evaluation and consultation for the broad spectrum of cardiovascular disorders. Some of the special procedures and services offered are:

- ◆ Stress Testing
- ◆ Nuclear Diagnostic Lab
- ◆ Cardiac Angiography
- ◆ Angioplasty & Stent-Placement
- ◆ Echocardiography
- ◆ Holter Monitoring
- ◆ Arrhythmia Management and Pacemaker and Defibrillator Placement
- ◆ Pacemaker Clinic
- ◆ Vascular Diagnostic Lab
- ◆ Peripheral Vascular Angiography, Angioplasty, and Stent-Placement
- ◆ Protime (Coumadin) Clinic
- ◆ Lipid Metabolism Clinic



Cardiovascular Surgery

Northwest Hospital & Medical Center and the UW Medicine Regional Heart Center have joined in developing a world-class cardiac surgery program and establishing interventional cardiac services at Northwest Hospital. This collaborative program enables us to provide a full range of services, from routine diagnosis to sophisticated interventional cardiology procedures and open-heart surgery, with the goal of providing the highest quality medical services at the lowest cost to patients at Northwest Hospital and UW Medicine Regional Heart Center.

Members of the Northwest/UW cardiac services team meet with you before—and after—treatment to ensure that you fully understand the course of treatment and the care needed after you leave the hospital. By working in partnership with you, our team of experts, including surgeons, physicians, and clinic staff, offer the care you need to improve your short—and long-term recovery and reduce the amount of time you're hospitalized. The UW cardiac surgeons provide the highest level of training and expertise in the surgical management of cardiac disease. The UW cardiac surgical team offers comprehensive surgical services including coronary bypass grafting, valve repair and replacement, aneurysm repair, and congenital heart disease treatment. Specialty surgical services such as cardiac transplantation are offered at the UW Medicine Regional Heart Center.

Complementary Programs and Services

Cardiovascular Wellness Program

The Cardiovascular Wellness Program is dedicated to the prevention of cardiovascular disease. Working with the individual's primary care physician, a detailed cardiovascular risk factor assessment is performed in order to determine the most effective course of prevention and treatment.

High-risk individuals are given appropriate counseling and treatment in the Lipid and Metabolism Clinic. Here, an individual's cholesterol profile and metabolic factors are assessed to help in the prevention and treatment of cardiovascular disease. Dietary recommendations, medication counseling, and a cardiovascular exercise program are also offered to help reduce the risk of heart attacks.



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Cardiovascular Rehabilitation Center

The Cardiovascular Rehabilitation Center is designed to help those with heart disease recover quickly and completely. Cardiovascular rehabilitation is effective in improving cardiac survival rates, building activity tolerance, improving emotional well being, and decreasing heart symptoms. Programs are developed to meet each person's needs and include individual counseling and evaluation, exercise programs, and education. Individuals with stable coronary artery disease, angina, congestive heart failure, lower extremity vascular disease, as well as people recovering from heart attack and cardiovascular surgery are commonly enrolled in this program.

An individual's cholesterol profile and metabolic factors are assessed to help in the prevention and treatment of cardiovascular disease.

Congestive Heart Failure Clinic

The Congestive Heart Failure Clinic, staffed by professionals from Summit Cardiology, is dedicated to the care of individuals with congestive heart failure (CHF)—a serious condition in which the heart can't pump blood effectively to the body's tissues and other organs. Comprehensive evaluation is undertaken to determine the cause of CHF. Additionally, nutritional counseling and exercise programs are combined with sophisticated medical management to improve the health and well being of individuals with CHF.

Cardiovascular Research Program

The Cardiovascular Research Program focuses on advancing our understanding of cardiovascular diseases and developing new treatments. Clinical researchers participate in studies that help define the best treatment for specific cardiovascular conditions. Physicians have access to the latest innovations and advances in medications and technologies to help care for their patients.

Vascular Disease Program

Peripheral vascular disease (PVD) is a disorder in which the arteries in the abdomen or legs are clogged and narrowed. Cerebrovascular disease is a condition in which the arteries of the neck and brain are narrowed by plaque. Stroke, or cerebrovascular accident (CVA), is a disorder involving loss of brain functions that occur when the blood supply to any part of the brain is interrupted. Most common in men and women over age 50, risk factors for PVD and CVA include high blood pressure, high cholesterol, smoking, and a family history of heart disease or diabetes. The Vascular Disease Program offers comprehensive evaluation and treatment for individuals with disorders such as stroke, aortic aneurysm, peripheral vascular disease, hypertension, and venous disease. The program provides comprehensive, non-invasive diagnostic testing, medicine consultations and treatments such as angioplasty, stenting, and surgery.



For More Information

Questions? We look forward to answering your questions and providing you with the details you need to make informed decisions about your health care. Please feel free to contact Summit Cardiology at (206) 363-1004. Our staff is available to answer your questions weekdays between 8:30 a.m. and 5 p.m.

Need more information? For more information about the University of Washington Program at Northwest Hospital, please call (206) 368-1582.

For additional information on cardiac care, please visit the cardiology section of the Northwest Hospital & Medical Center website at www.nwhospital.org.



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Northwest Hospital is a 504/ADA accessible employer. Auxiliary aids (sign language interpreters, readers) or alternate formats of written materials will be made available to persons with disabilities upon request.

To find out more about the services offered at Northwest Hospital, please check our web site at www.nwhospital.org



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*Bristle passed through
Right Auriculo-Ventricular opening*