

SOUTHERN MARYLAND

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YOUR HEART ATTACK EXPERTS

Page 4

SAVING DAVID
PAGE 3

A TEAM
APPROACH TO
EMERGENCY
CARE
PAGE 6

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MESSAGE FROM THE CHAIRMAN OF THE BOARD

DEAR NEIGHBOR,

Nine years ago, a group of visionary physicians at Southern Maryland Hospital (SMH) made a commitment to create a world-class heart center capable of rapidly treating heart attack patients who live in Southern Maryland. Although they were aware of the challenges ahead, their resolve was strengthened knowing that hundreds of lives would be saved.

Being fully prepared to treat heart attack patients 24 hours a day is an extraordinarily complex undertaking. A team of expert interventional cardiologists and nurse specialists must be available at a moment's notice to perform a life-saving angioplasty. Cardiac catheterization labs have to be constructed and equipped with the latest technology. Nurses, technicians, emergency medical services (EMS) providers, and emergency room clinicians need specialized training to coordinate the seamless provision of cardiac care.

SMH responded to our community's need by building an additional cath lab, investing in the latest minimally invasive cardiac technology, and providing training for emergency room staff and EMS first responders.

More importantly, we recruited interventional cardiologists from the leading academic medical centers. By bringing the region's top cardiologists to SMH, heart attack patients could quickly obtain the finest level of cardiac care without the risk of delays from being transported to distant hospitals.

Today, SMH is once again leading the way by transforming cardiac care for the region. Over the course of the past year,



Francis P. Chiamonte, M.D., M.P.H., F.A.C.S.
President and Chairman

we will have performed more than 125 elective angioplasties for patients who were diagnosed with blocked arteries and were at very high risk of having a heart attack. The hospital has equipped EMS providers in Prince Georges County, as well as Calvert, Charles, and St. Mary's counties, with technology that transmits electrocardiograms from the field directly to our emergency room and cath lab. Recently, the emergency room accepted its first heart attack patient who was transported by helicopter and successfully treated in the cath lab.

None of this would have been realized without the dedicated support of the region's EMTs and paramedics, as well as SMH's leadership, nursing, and medical staff. I am especially grateful to the many talented cardiologists who have contributed their time and expertise as they guided us over the past decade and helped create a robust heart center:

- Srinivas Addala, M.D.
- Felton Anderson, M.D.
- Muhammad Ashraf, M.D.
- Nelson V. Benjers, M.D.
- Terence Bertele, M.D.
- George Bren, M.D.
- Ieon L. Dawson, M.D.
- John P. Hakim, M.D.
- Glenn Jaucian, M.D.
- Satish N. Jumani, M.D.
- Baran Kilical, M.D.
- Basirmohmad F. Kolia, M.D.
- Mohammad Koolae, M.D.
- Roy H. Leiboff, M.D.
- Varkey Mathew, M.D.
- Pirooz Mofrad, M.D.
- Gurbux Nachnani, M.D.
- Sunil K. Nachnani, M.D.
- John C. Patterson, M.D.
- Nallan Ramakrishna, M.D.
- Armitabh Rastogi, M.D.
- Alex Ryzhikov, M.D.
- Raj Samtani, M.D.
- Rajendra Shetty, M.D.
- Adam Strickberger, M.D.
- Deidra Varner, M.D.
- Ganesh S. Venkataraman, M.D.

Francis P. Chiamonte, M.D., M.P.H., F.A.C.S.
President and Chairman of the Board

Southern Maryland Medicine



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Southern Maryland Hospital

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TEAMWORK: AT THE **HEART** OF SOUTHERN MARYLAND HOSPITAL'S **CARDIAC CARE**

Basirmohmad Kolia, M.D., knows hearts. A practicing cardiologist for nearly 30 years, Dr. Kolia has seen his patients through thousands of tests and procedures. It used to be necessary to refer his patients to a variety of distant hospitals for cardiac procedures. But thanks to the Heart and Vascular Center, he is now able to get his patients the treatment they need in their own community.

“I now perform procedures exclusively at Southern Maryland Hospital,” Dr. Kolia says. “The advancements in the hospital’s cardiology services help me to take care of my patients locally.”

Although Dr. Kolia performs diagnostic coronary angiograms, he turns to the physicians in the hospital’s cath lab when he determines that an intervention is necessary.

“Southern Maryland Hospital has an excellent staff of interventional cardiologists to help me care for my patients,” he says.

By working together, the hospital’s interventionalists and referring cardiologists provide the highest level of cardiac care to the Southern Maryland community.

SAVING DAVID

David Marcos witnessed this teamwork first hand. In 1990, at age 49, David suffered a major heart attack.

“Had I not already been in the hospital,” he says, “I probably wouldn’t have made it.”

David’s physician recommended Dr. Kolia, and he has been seeing him every three months for the past twenty years. Dr. Kolia saw David safely through several more cardiac scares, one of which led to triple bypass surgery in 2002.



Basirmohmad Kolia, M.D.



David Marcos

In 2009, a routine stress test suggested a blockage in one of David’s coronary arteries. This time, however, Dr. Kolia advised David that the treatment he needed — coronary angioplasty — was now available at Southern Maryland Hospital.

“The hospital’s capability to perform elective and emergency angioplasty is a great help,” says Dr. Kolia.

Dr. Kolia recommended interventional cardiologist and cath lab medical director Roy Leiboff, M.D.

“I was comfortable with Dr. Kolia’s recommendation. He had never steered me wrong,” David says. “Dr. Leiboff

was very attentive. He asked all the right questions, and he answered every question my wife and I had.”

David was scheduled for a coronary angiogram in November, 2009. The angiogram revealed an interesting situation: the good news was that David had an extra coronary artery feeding his heart. The bad news? That extra artery was blocked. Dr. Leiboff performed a successful coronary angioplasty and stenting, and David has gone on living his life.

The close working relationship between the hospital and its referring cardiologists means a lot to patients like David. To this day, David commutes from Fredericksburg, Virginia to Southern Maryland for his heart care.

“Dr. Kolia has kept me alive all these years,” he says. “If I had to do it all over again — which I hope I never do — I would make the same choice.”

Ryan Smith Photography

Ryan Smith Photography

A WALK THROUGH THE CATH LAB



Ryan Smith Photography

Roy H. Leiboff, M.D.

Every day, the physicians, nurses, and staff who work in Southern Maryland Hospital's cardiac catheterization laboratory (known as the "cath lab") use their expertise and teamwork, combined with the lab's state-of-the-art technology, to diagnose and treat heart disease and heart attack.

WHAT IS THE CATH LAB?

The cath lab is a sterile procedure room (similar to an operating room) that is meant for performing procedures guided by radiologic imaging. During a procedure, the patient lies on a table with an X-ray machine beneath

it. Above the patient is an X-ray image intensifier, which captures the X-rays, makes them into high definition pictures, and transmits those pictures to a screen that the physician can see. The X-rays are taken in rapid succession — usually 15 to 30 times a second — so that the team can see what's going on inside the patient in real time.

WHAT PROCEDURES ARE PERFORMED IN THE CATH LAB?

The cath lab is a setting for both diagnostic and interventional (treatment) procedures. During cardiac

catheterization, the physician examines the coronary arteries (the arteries that sit on the surface of the heart, providing blood and nourishment to the heart muscle). The physician is able to get exquisitely detailed pictures that show any plaque buildup or blockages in those arteries.

If a cardiac catheterization reveals a blockage in an artery, the physician can perform the necessary interventions — called coronary angioplasty and stenting — immediately. Roy H Leiboff, M.D., medical director of the cath lab, has performed more than 5,000 cath lab procedures over the past three decades.

“If a critical blockage is found, we have the wherewithal at the hospital not only to see the blockage but to intervene and fix the blockage in the same setting,” says Dr. Leiboff. “We can diagnose and repair the problem during a single procedure.”

WHO PERFORMS CATH LAB PROCEDURES?

Although an interventional cardiologist is the physician actually performing the procedure, he or she is supported by a team of other professionals. A radiologic technician assists the physician during the procedure. A nurse is responsible for keeping the patient comfortable, administering medications (including sedation), and monitoring the patient’s condition and vital signs. A “circulator” adjusts equipment as needed and retrieves any materials required during the procedure. Finally, a monitor watches the procedure from outside the room and documents the case.

WHAT HAPPENS DURING A CATH LAB PROCEDURE?

For an elective (non-emergency) procedure, the patient begins in a pre-procedure room where the patient and family members consult with the physician and ask questions. The team also administers medications before the procedure begins.

“Blood thinners, such as aspirin,” says Dr. Leiboff, “generally need to be administered in advance of the procedure in case an intervention becomes necessary.”

The physician chooses an access site in either the leg or the arm and administers a local anesthetic. This is no more painful than having blood drawn. Next, the access artery is punctured with a small needle, and a sheath is placed in the artery to keep it open. The catheter, a tube the size of a small straw, is threaded up into the patient’s blood vessels through the sheath. Because the body’s arteries and veins have no nerve endings, the catheterization process is painless. The catheter is guided over a wire up to the opening of the artery that the physician needs to examine. Through the catheter, the physician injects contrast material that highlights and illuminates the artery in detail. The physician is then able to determine whether the artery needs coronary angioplasty and stenting.



Ryan Smith Photography

Srinivas Addala, M.D.

To perform coronary angioplasty, the cardiologist threads a balloon-tipped catheter to the blocked portion of the artery. The physician then gently inflates the balloon, pushing the plaque against the artery wall and opening the artery. Depending on the patient’s specific case, the physician may also place a stent — a thin wire mesh tube about the size of the spring on a ball point pen — into the artery to strengthen the artery and keep it open over a long period of time.

WHAT IF I AM HAVING A HEART ATTACK?

Emergency coronary angioplasty is the gold standard for STEMIs (ST elevation myocardial infarctions) — heart attacks caused by a blocked coronary artery.

“We have a dedicated team on-call 24/7,” says Srinivas Addala, M.D., interventional cardiologist at Southern Maryland Hospital. “When a patient is having a heart attack, we are able to access the blood vessels surrounding the heart quickly and open the blocked artery within 60 to 90 minutes.”

The cath lab’s patient outcomes meet or exceed national averages, reducing a patient’s risk of death from heart attack from 15-20 percent to less than 3 percent.

WHAT IS RECOVERY LIKE?

After the procedure, the patient returns to the pre/post procedure room to rest and to give the access site time to close. Usually, patients are up and walking three hours after the procedure. Patients who have received emergency angioplasty can usually go home in three days, a great improvement from the month-long stays required before catheterization procedures were developed. Elective angioplasty recipients typically go home the next day, and individuals who have had a diagnostic procedure like cardiac catheterization generally can go home the same day.

Dr. Addala points out that patients “don’t have to go all the way downtown to get these procedures done equally safely, with equally good outcomes.”

“With Southern Maryland Hospital’s cath lab available here at home, there is no need to compromise on quality or convenience,” adds Dr. Leiboff.

LINKS TO LIFE

Whether on the ground or through the air, local EMS are lifelines in an emergency.

Who saves a heart attack victim's life? You might say it's the cardiologist who opens a blocked coronary artery and prevents further damage. But saving a heart attack patient's life — and giving them the best chance of making a full recovery — begins with the skilled professionals who respond to the patient's 911 call — the emergency medical technicians (EMTs), firefighters, paramedics, flight paramedics, and pilots of Maryland's Emergency Medical Services (EMS).

EMS answers each call with a calibrated response. In the case of a suspected heart attack or other cardiac symptoms, an advanced life support medic unit arrives. The team of paramedics have completed extensive advanced EMT training. EMS personnel use that training to assess the patient's condition correctly and immediately.

"We have protocols in place for all types of symptoms," says Bobby Blevins, Prince George's County

prepared for intervention in the cath lab is a top priority," says Blevins.

When an ambulance can't get a patient to the hospital fast enough, EMS ground units call in their counterparts in the air — the Maryland State Police Aviation Command. Their Medevac crews can bypass traffic and other obstructions to get to the hospital much faster.

"In Southern Maryland, we are an integral part of the emergency medical services," says First Sergeant Charlie W. Eisele, flight paramedic for the Maryland State Police Aviation Command. "Not only do we help



Mike Gartland, Chief Pilot, Maryland State Police Aviation Command

firefighter and paramedic. "Does the patient look relatively comfortable, or is he or she working hard to breathe, sweating, and doubled over in pain? We assess factors like these as we take vital signs and ask the patient questions."

ON THE GROUND AND IN THE AIR

During the ride to the hospital, paramedics administer treatment to increase blood flow and oxygen in an effort to minimize damage to the heart muscle. They can also take care of pre-procedure tasks such as starting IVs and drawing blood.

"For STEMI [ST elevation myocardial infarction, a particular type of heart attack] patients, getting them



Rita Delarocca, Station 29, Prince Georges County Fire/EMS

the heart attack patient, but we also help all of the other people in the community who will need the ambulance that we've freed up."

HIGH-TECH TRANSMISSION

Unlike many local community hospitals, Southern Maryland Hospital can treat STEMIs with coronary angioplasty, the gold standard treatment. But minutes mean muscle for a heart attack patient.

"A few minutes can mean the difference between total disability and a near-normal life," says First Sergeant Eisele.

In recognition of this, the hospital took a dramatic step: when a new technology became available that allows EMS to transmit EKG results from the field directly to the hospital, Southern Maryland Hospital provided 100 percent of the funding necessary to equip every ambulance in Prince George's and Charles counties with the transmission technology.

"What the hospital has done is an incredible public service and contribution to the community," says John Filer, Charles County Chief of Emergency Services. "Southern Maryland Hospital and local EMS have forged a fantastic public-private partnership that has huge benefits for patients."

SOUTHERN MARYLAND HOSPITAL RESOURCE GUIDE

For more details on these programs and others, please call the phone numbers listed or visit our website: **SouthernMarylandHospital.com**

CLASSES

CPR Healthcare Provider Class (Certification/Recertification)

Open to the public.
Pre-registration required.
(301) 877-4880

The First Year of Life

One Saturday per month from 9:30 a.m. to 2:30 p.m. and some weeknights from 7 to 9:15 p.m.
Hospital Library (ground floor)
Registration required.
(301) 877-5740

Breastfeeding Classes

One Saturday per month from 12:30 to 3:30 p.m. and some weeknights from 7 to 9:15 p.m.
Hospital Library (ground floor)
Registration required.
(301) 877-5740

Sibling Classes

One Saturday per month from 10 to 11:30 a.m.
Free if delivering at the hospital.
Hospital Library (ground floor)
Registration required.
(301) 877-5740

Prenatal Childbirth Class

Monday through Thursday one day a week for four weeks 7 to 9:15 p.m. or one Saturday per month from 9 a.m. to 4 p.m.
Hospital Library (ground floor)
Registration required.
(301) 877-5740

Parenting Class

12-week class.
Call **(301) 909-2318** for schedule.

AARP Driver Safety Course

Colony South Hotel & Conference Center
Call **(301) 292-7886** for schedule.

Weight Management for a Healthy Lifestyle – Free!

Second and fourth Mondays of the month from 11 a.m. to noon.
Fourth Floor Lobby
No registration required.
(301) 877-5700

Strive for Success Adult Weight Management Program **(301) 877-4661**

Fit 'N Fun Weight Management Program
For children ages six to 16 and their families.
Call **(703) 877-4661** for information.

SUPPORT GROUPS

Alzheimer's Support Group – Free
Second Thursday of the month from 5 to 6 p.m.
Hospital library (ground floor)
(301) 877-5700

Breast Cancer Support Group – Free
Third Thursday of the month from 6:30 to 8 p.m.
Hospital Library
Call **(703) 437-9595** to register.

Lupus Support Group – Free
Third Sunday of the month at 2:30 p.m.
Southern Maryland Hospital Library

Reflex Sympathetic Dystrophy (RSD) Syndrome Support Group – Free!
Hospital Solarium (first floor)
Call **(301) 645-0786** for a schedule.

NAMI/Mental Health Support Group for family members and caregivers – Free!
Second Tuesday of the month from 6:30 to 8:30 p.m.
Colony South Hotel & Conference Center
Call **(301) 877-4456** for information.

The Cardiac, Respiratory, and Sleep Apnea Education group (CARE and AWAKE) – Free!
Four times a year.
Cardiopulmonary Rehab Department
Call **(301) 877-7370** for a schedule.

Stroke Support Group – Free!
Fourth Thursday of the month from 5 to 6 p.m.
Hospital Library (ground floor)
Call **(301) 877-5858** for information.

Prostate Cancer Support Group – Free!

Second Tuesday of the month from 6:30 to 8:30 p.m.
Colony South Hotel & Conference Center
Call **(301) 877-5700** for information.

OTHER PROGRAMS

Maternal Child Health Center Tours
Hospital Solarium (first floor)
Call **(301) 877-5740** for information.

Ask the Doctor – Free!

6:30 to 8 p.m.
Colony South Hotel & Conference Center
Call **(301) 877-5700** for a schedule.

Blood Pressure Screenings

Monday, Tuesday, Wednesday from 11 a.m. to 5 p.m.; Thursday from noon to 7 p.m.; Friday from 11 a.m. to 3 p.m.
Hospital Solarium

Car Seat Safety Check – Free!

Third Saturday of the month from 2:30 to 4:30 p.m.
Colony South Hotel Parking Lot
(301) 877-5740

Southern Maryland Hospital Transport Van – Free!
(301) 877-HELP (877-4357)

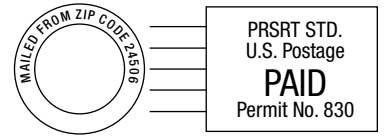
Hospital Volunteer Program
(301) 877-4553

Mall Walkers Programs – Free!

Supervised, all-weather walking with FREE blood pressure monitoring.
St. Charles Towne Center and The Centre at Forestville
Call **(301) 877-5700** for more information.

Freedom From Smoking

Eight-week program from 6 to 7:30 p.m.
Cardiopulmonary Rehab Department
Call **(301) 877-7370** to register.



KNOW THE SIGNS AND SYMPTOMS OF HEART ATTACK

AS you've seen in this issue of *Southern Maryland Medicine*, Southern Maryland Hospital has the expertise and technology necessary to treat heart attacks. We can open blocked arteries in minutes, preserving more of the heart muscle and giving you an excellent chance for survival. But we can't do anything if you don't call for help.

If you think you may be having a heart attack, do not wait. Call 911 immediately.

HEART ATTACK SYMPTOMS INCLUDE:

- Chest discomfort, which may feel like squeezing, fullness, pressure, or pain. It may last, or it may go away and come back.
- Pain or discomfort in the upper back, neck, jaw, or arms
- Shortness of breath, with or without chest pain
- Unusual fatigue or weakness
- Cold sweat or lightheadedness
- Nausea, a feeling of indigestion, or upper abdominal discomfort

"Women often experience different heart attack symptoms than men do," says Sunil Nachnani, M.D., cardiologist at Southern Maryland Hospital. "A *Journal of the American*



Ryan Smith Photography

Sunil Nachnani, M.D.

Heart Association study found that the most common heart attack warning symptoms women reported were unusual fatigue (71 percent), sleeping problems (48 percent), and shortness of breath (42 percent). Only 30 percent of women experienced chest pain before their heart attacks."

When you call 911, an ambulance with advanced life support can arrive within minutes. EMS paramedics can begin to administer treatment and can intervene if your heart stops. EMS will also be able to prepare you for the emergency cardiac treatment you will get at the hospital, minimizing delay.