



Baptist Hospital
of Miami

Heart **Attack** Unit



Baptist Hospital
of Miami

8900 North Kendall Drive ■ Miami, FL 33176-2197

www.baptisthealth.net

Heart Attack Unit

STEMI Hospital Network

The Emergency Center at Baptist Hospital has opened a Heart Attack Unit with the goal of providing treatment to patients within 90 minutes of arriving in the ER. This round-the-clock commitment to care is provided by emergency room physicians, interventional cardiologists, cardiothoracic surgeons and nurses who are available 24 hours a day, seven days a week.

As part of the Miami-Dade County STEMI hospital network, the on-call team swings into action as soon as the Emergency Center is notified that a heart attack patient is on the way. If the patient qualifies, interventional cardiologists at Baptist Cardiac & Vascular Institute will perform an emergency angioplasty (immediate angioplasties are done on patients having the worst type of heart attack, as determined by an EKG). During angioplasty, cardiologists insert a

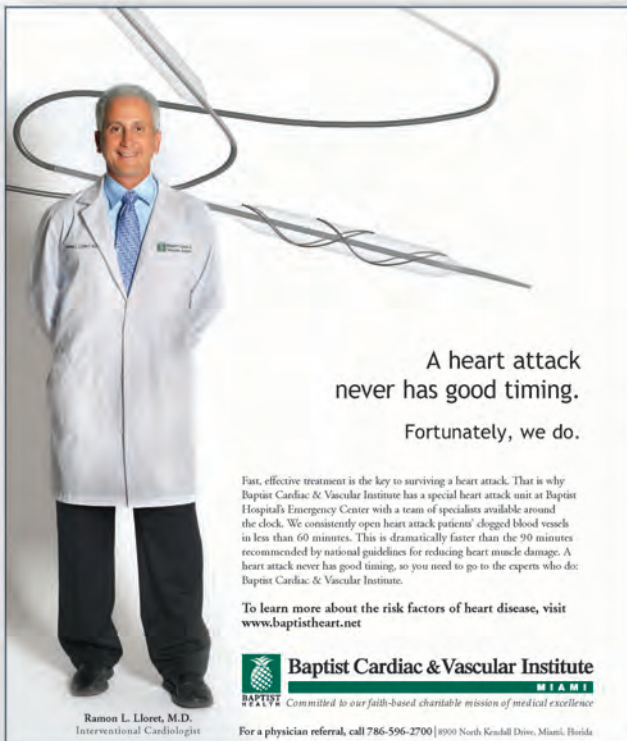
catheter into the blocked vessel and open it with a tiny balloon. Studies have shown that a combination of angioplasty and stent is effective in restoring blood flow to the heart 95 percent of the time, compared to about two-thirds of the time with clot-busting drugs. The 90-minute goal to start treatment is based on guidelines from the American College of Cardiology and the American Heart Association. In addition, the Miami-Dade STEMI Network goal is door-to-balloon time in 60 minutes or less.

Signs and Symptoms

According to the American Heart Association, 1.2 million Americans experience a heart attack each year. Of those, 42 percent will die before they reach a hospital or receive treatment. If someone is having a heart attack, saving time means saving heart muscle. Typical symptoms of acute coronary syndrome (ACS) or a heart attack include:

- Chest discomfort or pain (tight ache, pressure, fullness or squeezing in the center of the chest, lasting more than a few minutes)
- Upper body pain (shoulders, arms, back, neck, teeth or jaw)
- Stomach pain (abdominal pain or heartburn)
- Shortness of breath
- Anxiety or panic attack
- Lightheadedness
- Sweating (with cold, clammy skin)
- Nausea and vomiting

Because the underlying cause of most heart attacks is atherosclerosis — in which the coronary arteries become narrowed over many years — the elderly make up an increasing proportion of patients with ACS. Atherosclerosis involves the formation of fatty deposits (plaque) on the walls of the coronary arteries. This plaque is thought to split open (rupture), releasing



A heart attack never has good timing. Fortunately, we do.

Fast, effective treatment is the key to surviving a heart attack. That is why Baptist Cardiac & Vascular Institute has a special heart attack unit at Baptist Hospital's Emergency Center with a team of specialists available around the clock. We consistently open heart attack patients' clogged blood vessels in less than 60 minutes. This is dramatically faster than the 90 minutes recommended by national guidelines for reducing heart muscle damage. A heart attack never has good timing, so you need to go to the experts who do: Baptist Cardiac & Vascular Institute.

To learn more about the risk factors of heart disease, visit www.baptistheart.net

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Baptist Cardiac & Vascular Institute
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substances that cause the blood flowing in the coronary artery to clot. Combined, the plaque and blood clot (thrombus) can completely block the coronary artery, causing a heart attack. Heart attacks are more common in elderly people and, up to the age of 50, are more common in men than women. In the elderly, chest pain is the most commonly reported sign of ACS, but others include:

- Breathlessness on exertion
- Neck pain
- Fainting (syncope)
- Palpitations
- Reflux
- Arm numbness

Older patients are also more likely to have hypertension, hyperlipidemia, diabetes and a previous cardiac history.

Women may have all, none, many or a few of the typical heart attack symptoms. For women, as for men, the most common symptom of a heart attack is some type of pain, pressure or discomfort in the chest. But women are more likely than men to also have symptoms unrelated to chest pain, such as:

- Neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Nausea or vomiting
- Abdominal pain or “heartburn”
- Sweating
- Lightheadedness or dizziness
- Unusual or unexplained fatigue

Baptist Cardiac & Vascular Institute is a sponsor of the American Heart Association’s Go Red for Women campaign. We’re working hard to change the perception that heart disease is a “man’s disease.” By teaching more and more women how to talk to their doctors about heart disease, thousands of lives can be saved every year. The good news is that heart disease is often preventable! Baptist Cardiac & Vascular

What Risk Factors Can’t Be Controlled?

Increasing Age — Heart attack can strike at any age. But the older you get, the more likely you are to develop heart disease or have a heart attack.

Gender — Men have a greater risk of heart attack than women, and they have attacks earlier in life. Women’s risk rises after menopause but never reaches men’s risk levels.

Race — African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease. Compared with Caucasians, heart disease risks are high among Mexican Americans, American Indians and native Hawaiians. This is partly due to higher rates of obesity and diabetes.

Institute is a sponsor of the local WomenHeart Support Network, whose mission is to improve the health of women living with and at risk for heart disease.

Quality Measures

Percutaneous coronary intervention (PCI), also called angioplasty, is a procedure that should be performed within 90 minutes of a heart attack. Since its creation three years ago, Baptist Hospital's Heart Attack Unit has decreased its average door-to-balloon time to less than 60 minutes, beating the national standard. In addition, Baptist Hospital consistently ranks among the top 10 percent of hospitals nationwide and leads South Florida hospitals in treating heart attack patients within 90 minutes of their arrival in the emergency room, according to the U.S. Department of Health & Human Services.

What to Do

A heart attack is a life-and-death emergency and every second counts. If you see or have symptoms of a heart attack, immediately call 911. Not all these

signs occur in every heart attack. Sometimes they go away and return. If some occur, get help fast! Today heart attack victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack symptoms first appear. So don't delay — get help right away!

Prevention

American College of Cardiology and American Heart Association guidelines emphasize the importance of secondary prevention measures, including blood pressure and cholesterol control, weight management, smoking cessation and regular exercise. Most patients will need to take aspirin and clopidogrel on an ongoing basis, and they may need an ACE inhibitor or beta-blocker. Before leaving the hospital, all ACS patients should discuss secondary prevention steps with their doctor.

About Baptist Cardiac & Vascular Institute

Since it was established in 1987, Baptist Cardiac & Vascular Institute has offered a multidisciplinary team approach to preventing, diagnosing and treating cardiovascular disease. The Institute's philosophy — to treat the entire cardiovascular system as a single entity — sets it apart from other medical centers that treat the heart and circulatory system separately. Housing state-of-the-art diagnostic, treatment and rehabilitation areas, as well as the most advanced endovascular suites in the world, the Institute remains an internationally renowned center of excellence in cardiovascular care.

