

# Health

A publication of JFK Medical Center

Fall 2006

# Matters

- » **The Heart and Vascular Institute:** On the Forefront of Vascular and Valvular Care
- » **We've Got Your Chest Pain Covered**



Picture a Healthier Heart with the **NEW** 64-Slice CT Scanner



1966-2006

Join us in celebrating our **40<sup>th</sup> Anniversary** this year.





Dear Neighbor,

WITH OVER 60,000 PATIENTS coming through our Emergency Department

each year—many of whom are experiencing symptoms of heart attack—our 24-hour Chest Pain Emergency Center (the only one in Palm Beach County) is busier than ever, and the nation is taking notice. The center recently received full accreditation by the Society of Chest Pain Centers. In addition, **The Heart and Vascular Institute** continues to receive accolades for its superior outcomes and advanced procedures.

We're not content to rest on our laurels, however. Rather, we are committed to staying at the forefront of medical excellence. Our purchase of new cardiac diagnostic technology, such as the 64-slice CT scanner to evaluate heart problems quickly and more effectively than ever before, demonstrates our dedication to providing residents of Palm Beach County with the best cardiovascular care.

In this issue of *Health Matters*, you can learn more about the exciting future of cardiac care at The Heart and Vascular Institute. As a leader in mitral valve repair and replacement in the county, JFK utilizes innovative techniques to advance valvular care in our community and beyond.

Thank you again for your continued support of our efforts to be the healthcare provider of choice in Palm Beach County.

Sincerely,

Gina Melby  
Chief Executive Officer  
JFK MEDICAL CENTER

Executive Management Team

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Robbin Lee, <b>COO</b>	Rosemarie Hayes, <b>CNO</b>
Madelyn Christopher, <b>Vice-President</b>	Michael Patterson, <b>Vice-President</b>
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# Top-Quality Cardiac Care

IF YOU HAVE chest pain, the best place to turn for care in Palm Beach County is a lot closer than you may think. JFK Medical Center recently received full accreditation from the Society for Chest Pain Centers Accreditation as a Chest Pain Emergency Center.

To receive the prestigious accreditation, hospitals submit applications and documents for review that outline processes for the care of chest pain patients—from the moment they enter the door until they are admitted into the hospital or discharged home.



“Receiving the designation validates our dedication to providing the best care for our patients,” says Gail Grasso, R.N., Director of Cardiovascular Services at JFK. “It also shows that the hospital works together as one cohesive unit to care for our chest pain patients.”

## EXPERIENCE EVERY Heart Can Count On

THE HEART AND VASCULAR INSTITUTE at JFK Medical Center performs more heart surgeries than any other hospital in Palm Beach County and boasts the best cardiovascular surgical outcomes, according to the Agency for Health Care Administration. In fact, **The Heart and Vascular Institute** recently reached a milestone of

# 10,000

cumulative open-heart surgeries.

The American College of Cardiology states that patients who undergo heart surgery at hospitals that perform high volumes of heart surgeries have more successful recoveries. When it comes to your heart health, trust an experienced team recognized for excellence.

Cover: Some of the skilled surgeons and physicians on the cardiovascular team at **The Heart and Vascular Institute** at JFK Medical Center

# A Clearer Image of YOUR HEART

*At the first sign of chest pain or other heart attack symptoms, where do you turn? Come to JFK Medical Center, where our comprehensive, experienced team of physicians, nurses, laboratory technicians and radiologists at The Heart and Vascular Institute, combined with our leading-edge technology, begin providing the best in cardiac care the second you arrive.*

## An Investment to Take to Heart

JFK has also recently acquired sophisticated new echocardiography technology, which provides an ultrasound of the heart. The department is now home to seven new digital echocardiography systems, which allow real-time access to diagnostic information as well as conveniently storing previous echocardiograms on DVDs. This allows cardiologists to easily access this critical patient data.

“This sophisticated system allow us to view images with more clarity, which in turn enables us to better diagnose and treat cardiovascular disorders,” says Robert Chait, M.D., F.A.C.C., Medical Director of Cardiovascular Services at JFK. “This advanced equipment makes noninvasive evaluations of heart problems much easier, as well as provides more information about the heart’s function than we have ever had before. We are now on the cutting edge of noninvasive cardiac imaging.”

## Caring for Patients

Using this advanced technology, the talented team at JFK works to get patients quickly back on their feet—from the time a cardiac patient is admitted to the hospital to recovery after surgery.

“Using the latest technologies and methods empowers the JFK medical team to assess cardiac patients faster and more precisely,” says Dr. Hernandez. “Not only do these measures improve patient care, they also save lives.”

***If you experience the symptoms of heart attack, call 911 immediately and ask to be taken to JFK Medical Center.***

THE DIAGNOSTIC IMAGING DEPARTMENT at JFK recently acquired the 64-slice GE LightSpeed VCT scanner to quickly detect if a person with chest pain has coronary artery disease and is having a heart attack. The 64-slice CT scanner produces the clearest images currently available and allows physicians to perform a variety of diagnostic tests faster and in a less-invasive manner.

“Diagnostic imaging plays an integral part in the treatment of a cardiac patient through tests and scans to evaluate damage to the heart,” says Santiago Hernandez, M.D., Chair of Diagnostic Imaging at JFK Medical Center. “Our team uses the latest technology, such as the 64-slice CT scanner, to produce the fastest possible results when seconds count.”

“Our cardiac team members are not only experienced in their medical field, they are also dedicated to the hospital and Palm Beach County. From physicians to nurses to technicians, the medical staff is committed to staying up to date on the latest patient-care practices. This ensures all patients receive treatment known to produce the best results.”

—Alice Cruikshank, Director of Nursing at JFK Medical Center



JFK Medical Center recently acquired the 64-slice GE LightSpeed VCT scanner, which produces the clearest images currently available and allows physicians to diagnose cardiac problems faster and with less-invasive methods.

# Excellen

NO MATTER WHAT YOU DO THROUGHOUT YOUR DAY,

## Innovations in Vascular Surgery

Cardiovascular services at *The Heart and Vascular Institute* at JFK Medical Center give your vascular system and cardiac valves the upper hand against debilitating and deadly diseases.

**YOUR VASCULAR SYSTEM**, which includes the arteries that keep your heart, brain, arms, legs and organs functioning properly, must be in tip-top shape for maximum health and well-being. When arteries are clogged with excessive fat and cholesterol (plaque), the diagnosis is vascular disease. Fortunately, advanced treatment options are available at JFK.

“Vascular surgery is becoming less invasive every day,” says Jack Zeltzer, M.D., board-certified vascular surgeon with more than 30 years experience and Chair of the Department of Surgery at JFK. “It’s easier on patients, and offers better solutions for care that restore patients to full function in a shorter amount of time.”

### Forging Ahead

Traditional, open vascular surgery requires large incisions and extensive recoveries. However, endovascular surgery uses catheters (thin, flexible

tubes) and specialized tools to provide the same end result as open vascular surgery with minimal invasion and faster recoveries.

Over the course of the last five years, the following innovations have allowed vascular surgeons to provide improved care and post-surgical well-being for patients:

- » Traditionally, an incision was made in the neck to treat carotid artery disease and prevent stroke. Now, through a simple puncture in the groin, the same result is achieved.
- » Rather than an incision down the entire leg, a small puncture in the groin is all that is necessary to allow vascular surgeons to open blocked leg or arm arteries for increased blood flow in patients with peripheral vascular disease.
- » Two tiny incisions now replace the 12-inch abdominal incision once made to repair abdominal aortic aneurysms (a bulge in the main artery).

### Rooted in the Past, Ready for the Future

In addition to expertise in new, endovascular treatment techniques, vascular surgeons on staff at JFK have undergone extensive training in traditional open procedures for your benefit.

“All of the vascular surgeons at JFK are well trained and enthusiastic about embracing new technologies as they prove useful,” Dr. Zeltzer says. “At the same time, our vascular surgeons are also trained in more established techniques. This enables us to select the best approach to appropriately care for each patient and therefore provide optimal outcomes.”

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*To learn more about cardiovascular surgery at JFK, call (800) 848-9809 or (561) 548-3560.*

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# CE in Surgery

*a solid vascular system and healthy valves make it possible. Through **The Heart and Vascular Institute**, JFK Medical Center has become a leader in vascular and valvular care and is committed to bringing innovative techniques to the area. Here is a sampling of the superior services provided at **The Heart and Vascular Institute**.*

## On the Forefront of Valvular Repair

**IN ORDER FOR YOUR HEART** to pump sufficient blood to the various organs in your body, the heart's valves must be in good working order. When your valves are diseased, JFK is on the cutting edge of valvular surgery to repair or replace your ailing heart valve.

"Early diagnosis and treatment of valvular heart disease is important to prevent additional damage to your heart, which can be caused by insufficient flow of blood through your heart," says Malcolm Dorman, M.D., Medical Director of Cardiac Surgery and the Valvular Heart Institute at JFK.

### Repairing the Mitral Valve

The mitral valve is responsible for allowing blood to flow through the

upper left chamber of the heart (left atrium) to the left ventricle, the most important chamber of your heart, which pumps oxygen rich blood to the rest of your body. There are many causes of mitral valve insufficiencies (leaking valves), and it is important to treat each valve based on the cause of the insufficiencies.

Dr. Dorman was one of the first surgeons to correct mitral valve disease based on disease etiology and has adopted a mitral valve repair strategy that utilizes different types of "annuloplasty rings" to repair a diseased mitral valve. During surgical repair, a ring is chosen based on the cause of the damaged mitral valve and is placed at the base of the valve to provide added support and improve the valves' function.

### Early Repair Gets the Cure

Until recently, patients had to be very sick before becoming candidates for mitral valve surgery. In recent years, however, the tables have turned. Today, mitral valve repair is becoming the first line of defense against mitral valve disease, which is good news for patients.

"It's encouraging to know our outcomes have been so good over the years that cardiologists are sending patients for mitral valve surgery earlier," says Dr. Dorman. "Thanks to this trend, we can preserve heart function and improve the patient's length and quality of life, and that's what we're ultimately here to do."

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**"Bringing new innovations in mitral valve repair is one more way we show our continued dedication to providing the first dedicated Valvular Heart Institute in South Florida."**

—Malcolm Dorman, M.D., Medical Director of Cardiac Surgery and the Valvular Heart Institute at JFK Medical Center

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# Keeping Your **Heart** in Sync

.....▶ *If you're living with atrial fibrillation, The Heart and Vascular Institute at JFK Medical Center offers advanced catheter ablation, a procedure to restore normal heart rhythm.*

ATRIAL FIBRILLATION (AF), which occurs when the upper chambers of the heart quiver instead of beat, affects up to 10 percent of people over age 70. Until recently, treatment for AF focused on medication and rhythm-control drug therapy. However, these methods didn't always provide relief. Today, Palm Beach County residents have another option—minimally invasive catheter ablation.

## The Beat Goes On

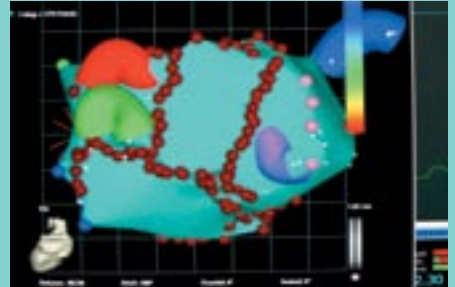
Ablation is performed by threading a catheter to the heart through a vein in the leg. Medical professionals at **The Heart and Vascular Institute** at JFK, which has the premier

Electrophysiology Lab in the southeastern—United States, use advanced three-dimensional mapping equipment to locate the part of the heart generating the abnormal rhythm (commonly the upper left chamber). Once the catheter is in the exact location, radiofrequency waves are sent through the special catheter tip to destroy the minute section of tissues in the heart causing AF.

“For many patients, catheter ablation cures their AF and eliminates the need for further treatment or medications,” says Robert S. Fishel, M.D., F.A.C.C., Medical Director of Electrophysiology at JFK. “JFK is a great choice for patients as we're one of the top 10

centers in the nation performing minimally invasive ablation.”

*For more on ablation services for atrial fibrillation at JFK, call (800) 848-9809 or (561) 548-3560.*



View of a 3-D reconstruction of the left atria used during ablation. The two left pulmonary veins are noted in red and green. The red dots indicate areas where ablation lesions have been delivered.

## Cardiac Catheterization by the Numbers

*Count on the catheterization laboratory at **The Heart and Vascular Institute** at JFK Medical Center to combine innovative treatments with a trustworthy track record.*

**THROUGH CARDIAC CATHETERIZATION**—an advanced, minimally invasive technique that can be performed under local anesthesia—physicians can now detect even the most minor heart irregularities, monitor the function of arteries and treat narrowing of the arteries and other conditions with interventional procedures such as balloon angioplasty or stent implantation.

During 2005, physicians at **The Heart and Vascular Institute** performed more than 4,200 interventional cardiology procedures in the Cardiac Catheterization Laboratory. Take a look at these noteworthy numbers:

»» **99%** of patients' therapeutic interventional procedures (such as balloon angioplasty or stenting) were successful in treating blockages of the coronary arteries

»» **97.7%** of cath lab patients experienced no significant negative treatment outcomes

»» **97.7%** of cath lab patients had no complications with bleeding following their procedures

“We are proud to offer residents of Palm Beach County leading-edge cardiac catheterization services with optimal outcomes,” says Jay Midwall, M.D., interventional cardiologist on staff at JFK. “Not only have we performed an impressive volume of procedures—our success rates translate into improved quality of life for our patients.”

*To learn more about interventional cardiology offerings available at JFK, call (800) 848-9809 or (561) 548-3560.*

# Your Heart ♥ Our Mission

## A Comprehensive Cardiac Symposium

### ***Advances in Interventional Cardiology & Cardiac Surgery***

Presented by The Heart and Vascular Institute at JFK Medical Center

Join the area's leading cardiovascular specialists for an interactive presentation on the latest advances in cardiac care.

**North County**  
**Tuesday,**  
**October 31**

at the  
**Palm Beach**  
**Gardens Marriott**

4000 RCA Boulevard  
Palm Beach Gardens

**Featured speakers:**  
Malcolm Dorman, M.D.  
Farahnaz Angela, M.D.  
George Daniel, M.D.

**West County**  
**Wednesday,**  
**November 1**

at the  
**Aberdeen Golf &**  
**Country Club**

8251 Aberdeen Drive  
Boynton Beach

**Featured speakers:**  
Malcolm Dorman, M.D.  
James Jaffe, M.D.  
Farahnaz Angela, M.D.

**Central County**  
**Thursday,**  
**November 2**

at the  
**Crowne Plaza**  
**Hotel**

1601 Belvedere Road  
West Palm Beach

**Featured speakers:**  
J. Lancelot Lester, M.D.  
Jack Zeltzer, M.D.  
Vladimir Rankovic, M.D.

**South County**  
**Friday,**  
**November 3**

at the  
**Boca Raton**  
**Marriott**

5150 Town Center Circle  
Boca Raton

**Featured speakers:**  
Malcolm Dorman, M.D.  
Robert Fishel, M.D.  
James Jaffe, M.D.

Continental breakfast begins at 8:15 a.m.; lectures begin at 9 a.m.



Seating is limited.  
**(800) 616-1927**  
Call for reservations.



## H2U—With Your Heart in Mind

**NO MATTER YOUR AGE**, it's never too late to start improving your heart health. At **The Heart and Vascular Institute** at JFK Medical Center, everything we do is geared toward promoting a healthy heart—including the events and classes that are part of our H2U program.

If you want to get or keep your heart in shape and have a great time doing it, check out just a few of the fun and educational programs offered through H2U:

- » "Bend and Stretch" exercise class
- » Tai Chi classes
- » Ballroom dancing classes (beginner and intermediate)
- » "Forever Young" lecture series
- » Book club
- » Breakfast with the Doctor

**For more information or to join the H2U chapter at JFK Medical Center, contact Sandee Bair at (561) 548-4428 (4H2U).**



- 1 JFK Medical Center**  
5301 South Congress Ave.  
Atlantis, FL 33462  
(561) 965-7300
- 2 JFK Medical Center  
Comprehensive  
Cancer Center**  
4865 South Congress Ave.  
Lake Worth, FL 33461  
(561) 964-2662
- 3 Bariatric Wellness and  
Surgical Institute**  
4665 South Congress Ave.  
Suite 102  
Lake Worth, FL 33461  
(561) 649-0243
- 4 Outpatient Therapy**  
150 JFK Dr.  
Atlantis, FL 33462  
(561) 548-3650
- 5 Wound Management**  
6056 Boynton Beach Blvd.  
Suite 245  
Boynton Beach, FL 33437  
(561) 732-8679
- 6 Diabetes Education Center**  
6056 Boynton Beach Blvd.  
Suite 245  
Boynton Beach, FL 33437  
(561) 733-7286



## JFK MEDICAL CENTER SUPPORT GROUPS

### CANCER SUPPORT GROUPS

#### BREAST CANCER

Meets the second Thursday of every month from 6:00 to 7:00 p.m.

Call (561) 964-2662 for more information.

#### LOOK GOOD, FEEL BETTER

Meets the third Monday of every month.

Call (561) 964-2662 for more information.

### CARDIAC SUPPORT

#### CARDIAC NUTRITION & LIPID CLASSES

Meets the second Wednesday of every month.

Call (561) 965-7300, extension 44413 for more information.

#### HEART SAVER CLASSES FOR THE COMMUNITY

Usually meets the first Wednesday of the month from 5:00 to 9:00 p.m. Registration is necessary.

Call (561) 548-3511 for more information.

#### MENDED HEARTS SUPPORT GROUP

Meets the first Sunday of the month in Kennedy Conference Room.

Call (561) 548-5354 for more information.

#### CONGESTIVE HEART FAILURE CLASSES (CHF)

Meets the first Tuesday of each month from 3:30 to 4:30 p.m.

Call (561) 548-3610 option 1 for more information about any of the above cardiac support groups.

#### ICD (IMPLANTABLE CARDIAC DEFIBRILLATOR) SUPPORT GROUP

Call (561) 548-1248 for more information.

### DIABETES SUPPORT

#### DIABETES: THE EXCHANGE CLUB

Meets the second Thursday of every month from 10:30 to 11:30 a.m. at the JFK Diabetes Education Center, 6056 Boynton Beach Boulevard, Suite 245 in Boynton Beach.

### STROKE SUPPORT

Meets the fourth Sunday of every month at 1:30 p.m. on the third floor of the Rothman Center.

Call (561) 548-1212 for more information.

### BARIATRIC WELLNESS AND SURGICAL INSTITUTE

#### BARIATRIC SUPPORT GROUP

Meets the third Monday of every month at 6:30 p.m. in the Kennedy Conference Room.

#### BARIATRIC INFORMATIONAL SESSIONS

Meets the fourth Monday of every month at 6:00 p.m. in the Kennedy Conference Room.

Call (561) 649-0243 for more information.

### BREATHING SUPPORT

#### BRONCHIECTESIS

Call (561) 548-3512 for more information.

### H2U Events

#### Bend and Stretch Class

Wednesdays, 4:30–5:30 p.m.; \$30 for 6 weeks.

#### Ballroom Dance Class

Wednesdays, 6:00–7:30 p.m.; \$35 for 6 weeks.

#### Tai Chi Class

Thursdays, 6:15–7:15 p.m.; \$30 for 6 weeks.



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