



HEART CENTER

Touching Lives...

...with
INNOVATIVE TOOLS and an
EXPERIENCED TEAM



THE HEART MATTERS

If you or someone you love is faced with a heart problem, you want to put your trust in experienced professionals who can deliver the highest standard of care.

No one understands this better than St. Mary's Health System. As a leader in heart surgery, we provide our patients a program of total heart care. From testing to treatment to rehabilitation, we offer today's most advanced technology placed in the hands of the area's most skilled professionals.

Our heart team is led by board-certified cardiologists and cardiovascular surgeons working with cardiac nurses and other experienced staff who specialize in caring for the heart. They all work together to ensure that you or your loved one has the best chance to live a fuller, healthier life.

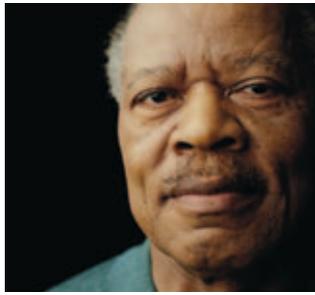
RANKED #1 FOR HEART SURGERY

In 2006, the Heart Center at St. Mary's Medical Center was named the best in East Tennessee for cardiac surgery by HealthGrades, the nation's leading independent provider of hospital ratings. We ranked among the top five hospitals in Tennessee for overall cardiac care, cardiology and cardiac surgery, and among the top 10 hospitals in the state for coronary interventional procedures. And we received a rating of five stars – the highest possible rating – for treatment of heart attack and fibrillation.

St. Mary's is also among the highest-performing hospitals in the nation for managing cardiovascular diseases (congestive heart failure and heart attack) and pneumonia, according to Medicare's Hospital Compare report (hospitalcompare.hhs.gov).

If that's not enough to convince you to choose St. Mary's Heart Center, ask a doctor. St. Mary's Medical Center received five-star ratings in radiology and surgical services – all critical to the quality of cardiac care – and was named the best place to practice medicine, according to the Professional Research Consultants' 2005 Physician Satisfaction Survey. East Tennessee physicians also gave St. Mary's high marks in other key categories including anesthesia and pathology services, and the overall quality of patient care.

From the genuine, caring spirit of our staff to the superior services you will receive, you can trust St. Mary's to take good care of your heart.



DECADES OF QUALITY CARDIAC CARE

When it comes to matters of the heart, experience counts.

St. Mary's Health System has a long-standing commitment to cardiac care. We opened the first heart center in Knoxville in 1956, the first coronary care unit in Tennessee in 1968, and the first electrophysiology lab in the region in 1989. St. Mary's heart specialists also performed East Tennessee's first aorta transplant surgery in 1955, and implanted the first internal cardiac defibrillator in 1988.

Today, St. Mary's Heart Center offers a full spectrum of diagnostic tests, minimally invasive interventional procedures, cutting-edge cardiovascular surgery and a comprehensive cardiac rehabilitation

program—enabling us to treat any type of heart disease. Additionally, select cardiac services are available at St. Mary's Medical Centers in LaFollette and Jefferson City.

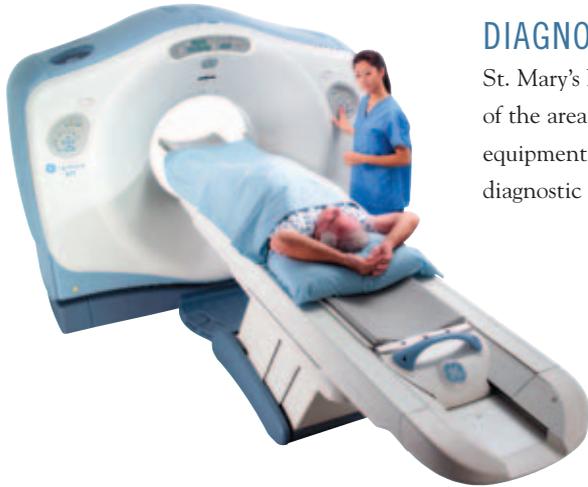
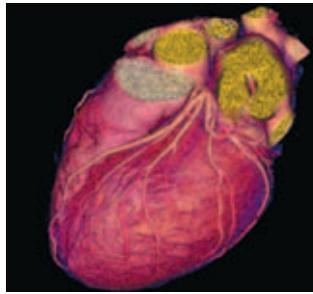
Years of experience, the area's most skilled professionals and advanced technology combine to make St. Mary's a leader in heart health.

EARLY HEART ATTACK INTERVENTION

St. Mary's expert emergency team can immediately treat the early signs of a heart attack. Our heart attack intervention techniques include rapid diagnosis, enzyme testing, special drugs that dissolve clots and restore blood flow during a heart attack, angioplasty and coronary stenting.

“My husband experienced sharp pain moving from his right shoulder to his left shoulder. He is physically fit and had no outward signs of heart trouble, but I decided he needed to be checked out in the Emergency Room at St. Mary's. Ever since our arrival, we have been impressed with the kindness, service and professionalism of the entire staff that touched our lives. The doctors performed heart catheterization and found four major blockages. Emergency bypass surgery was successful! Every person who came in contact with our family on behalf of St. Mary's was a blessing.”

*—Wife of Coronary Artery
Bypass Surgery Patient*



DIAGNOSTICS

St. Mary's has the greatest share of the area's most advanced equipment. Our state-of-the-art diagnostic capabilities include:

- 64-Slice Volume Computerized Tomography (VCT) Imaging
- 3-D Biplane Angiography
- 3-Tesla Magnetic Resonance Imaging (MRI)
- Ambulatory Electrocardiography
- Cardiac Catheterization
- Cardiac Perfusion Scan/Stress Testing
- Echocardiography
- Electrophysiology Studies
- Event and Holter Monitoring
- Nuclear Medicine
- Neurodiagnostics
- Positron Emission Tomography/Computerized Tomography (PET/CT) Imaging
- Radiography
- Transesophageal Echocardiography (TEE)

ADVANCED TREATMENTS

St. Mary's offers all the latest interventional options to treat heart disease including:

- Angioplasty
- Aortic Aneurysm Surgery
- Atherectomy
- Catheter Ablation
- Coronary Artery Bypass Graft Surgery
- Coronary Stenting
- Defibrillator Implantation
- Heart Valve Repair and Replacement
- Minimally Invasive Vein Harvesting
- Pacemaker Implantation
- Radioblations



CARDIAC REHABILITATION

Cardiac Rehabilitation at St. Mary's is a three-phase program designed to restore or improve quality of life through education, diet and supervised exercise.

Phase I Cardiac Rehabilitation begins in the hospital following a heart attack or other acute illness. Phase II Cardiac Rehabilitation is an 8- to 12-week outpatient program for patients recently discharged from the hospital, those who have just been diagnosed with coronary artery disease and others at high risk for heart problems. Phase III Cardiac Rehabilitation provides a medically supervised exercise program and education for those who have progressed beyond the acute phase of recovery.

Inpatient and outpatient cardiac rehabilitation programs are offered at convenient locations in Knoxville, Jefferson City and LaFollette.

THE CARING CONTINUES

St. Mary's offers an array of programs and services to our heart patients and the community including:

- CareVan Transportation
- Health and Fitness Classes
- Health Fairs and Screenings
- Home Care
- Home Medical Products
- Nutritional Support
- PrimeLife for Seniors Program
- Pastoral Care
- Support Groups
- Therapeutic Massage

"Two weeks after retiring, I had two stents placed in my right coronary artery. After a few weeks of 'adjustment,' I began outpatient Cardiac Rehab at St. Mary's. Under the supervision of the staff, my exercise levels have increased... Thanks to St. Mary's, I'll be spending more time at the golf course and less time in my La-Z-Boy recliner!"
—Coronary Stent and Cardiac Rehabilitation Patient



“St. Mary’s has touched my life so many times and in so many ways. From having my aortic valve replaced to gallbladder surgery to the day my son was born 43 years ago, St. Mary’s is such a wonderful place. They have the finest doctors and greatest nurses of any hospital I’ve ever been to or visited.

I really, truly wouldn’t take my family anywhere else.”

–Aortic Valve Replacement Patient

THE MEDICAL TEAM

Our highly trained and experienced medical team includes the following physician specialties:

- Anesthesiology
- Cardiology
- Cardiovascular Surgery
- Emergency Medicine
- Internal Medicine
- Pulmonary Medicine
- Radiology
- Thoracic Surgery

CARDIAC TEAM MEMBERS

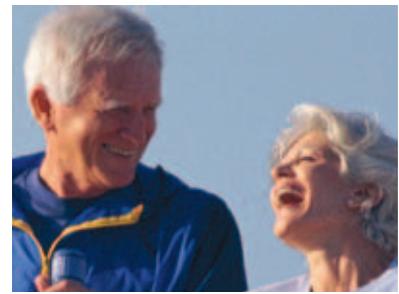
All team members receive specialized education and training in cardiac care:

- Cardiac Care Nurses
- Cardiac Case Managers
- Cardiac Perfusionists
- Cardiovascular Technologists
- Dietitians
- Exercise Physiologists
- HomeCare Nurses and Therapists
- Physical Therapists
- Respiratory Therapists

HEART TO HEART

Talk to your doctor about ways to control your cardiac risk factors and about anything that concerns your heart. For a referral to a primary care physician or heart specialist, call 865.545.MD4U. Or check out St. Mary’s Physician Directory on the Internet at staryshealth.com.

To learn more about St. Mary’s Heart Center, visit stmaryshealth.com or call 865.545.8676.



THE WARNING SIGNS OF A HEART ATTACK

- Chest discomfort that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Nausea, lightheadedness or a cold sweat.

If you or someone you're with has chest discomfort, especially with one or more of the other warning signs, call 9-1-1. Get to a hospital right away. The emergency medical services staff can begin life-saving treatment when they arrive.

Source: American Heart Association

"I've been attending St. Mary's Cardiac Rehab for several years now, and I must say that the attention and care I've received from the team is the best. In order to receive the full benefit from this program, you must commit yourself and continue working out indefinitely... It will pay you dividends health-wise."

–Cardiac Rehabilitation Patient

"I always thought that heart disease was a man's problem. After suffering a heart attack, I learned that it's the number one killer of women. With help from my doctor and the staff at St. Mary's, I also learned about the things I can do to reduce my risk of death from heart disease."

–Heart Attack Patient



St. Mary's
HEALTH SYSTEM
Touching Lives

www.stmaryshealth.com



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