



910 South Main, Yuma, CO 80759 • (970) 848-5405

# American Heart Month

In recognition of February as American Heart Month the Yuma District Hospital would like to shine our Spotlight on the Cardiac Services offered at the Yuma District Hospital.

Heart disease is the leading cause of death for men and women in the United States. Found more often among people aged 65 or older, heart disease is largely preventable. Simple adjustments to one's diet and physical activity could very well make a tremendous difference. There are cardiovascular screening blood tests for early detection of cardiovascular disease or abnormalities associated with an elevated risk of heart disease and stroke:

- Total Cholesterol Test
- Cholesterol Test for High-density Lipoproteins
- Triglycerides Test

These tests are a part of the blood panel you receive during the **Yuma District Hospital health fair**. The Yuma District Hospital will be offering blood draws the weeks of **March 26th and April 2nd**. The health fair will be April 14, 2007. Please watch the Yuma Pioneer for more information.

Yuma District Hospital offers the following cardiac services:

**Specialty Clinic:** The Specialty Clinic can assist you with scheduling an appointment to see one of the Specialty Clinic Cardiologists. To schedule an appointment please call (970)848-4633.

**Stress Testing:** If your doctor thinks it is indicated by symptoms, genetics or family history, a cardiac stress test will be ordered. This consists of monitoring your cardiovascular system (heart rate/pulse, blood pressure and EKG) reaction while increasing the speed and incline of the treadmill at three-minute intervals until target heart rate is achieved. All stress tests are conducted by a physician and assisted by ACLS certified staff.

**Nuclear Medicine:** This test is a valuable diagnostic tool in determining heart problems. It is available on a weekly basis when equipment is brought in from out of town for scans and used in conjunction with a stress test treadmill. The patient is injected with a radiopharmaceutical followed by a cardiac scan. A stress test is then done with the patient being injected again during the last minute of the treadmill stress test. The test is completed by a stress scan being completed ½ hour after the last injection.

**Echocardiograms:** An echocardiogram is an ultrasound examination of how the heart valves and muscle walls are working. If the cardiologist needs additional information, an echo stress test may be ordered. This would include an ultrasound examination of the heart at rest, then a treadmill stress test, followed by a stress ultrasound of the heart.

**Cardiac Rehabilitation:** If you have suffered a heart attack, had heart surgery or have angina (chest pain diagnosed by doctor as angina) you are eligible for 3 sessions a week for up to six weeks of cardiac rehabilitation if prescribed by your physician and it will be paid for by most insurance companies, including Medicare. The program includes being closely monitored by Advanced Cardiac Life Support trained staff and EKG equipment with gradually increasing time and effort with at least three different types of exercise, education on smoking cessation (if needed), stress management, and diet for weight loss or lipid control. A physician will visit with you during each session

**Prevention and Fitness:** If you are interested in fitness for the prevention of cardiac problems or maintaining your level of activity following the conclusion of cardiac rehabilitation, consider the Independent Exercise Program available through the Physical Therapy Department. For \$15 a month the client will be instructed on the use of the exercise equipment in the department and then can utilize the equipment up to five times a week at their convenience. Insurance, including Medicare, will not pay for this program.

For additional information on these services, call Yuma District Hospital Rehabilitation Department at 848-4651.



