Every second counts in a heart attack

Every 40 seconds, someone in the U.S. has a heart attack. Faster treatment saves lives and can lead to better outcomes. That’s why, when it comes to heart attacks, it’s important to know there’s a hospital you can get to quickly, right in your backyard, with the advanced capabilities you need. Garden City Hospital provides patients with life-saving advantages like 24/7 heart care, state of the art equipment and technology, advanced capabilities and some of the area’s best heart doctors to treat heart attacks fast.

What is PCI, or Angioplasty?

Treating heart attacks on a timely basis is critical to preventing further damage to the heart muscle. Garden City Hospital’s team of heart experts can perform angioplasty in both emergency and scheduled situations. When arteries become blocked from buildup of cholesterol or other substances (plaque), this can reduce blood flow to your heart, causing chest discomfort. When a clot forms or worsens, it can completely block blood flow, causing a heart attack. Angioplasty helps open blocked arteries and restore normal blood flow to your heart muscle, without the need for major surgery. It’s done by threading a small tube (catheter) through a puncture in your arm or leg, to your heart, and opening the blocked artery by inflating a tiny balloon in it.

You can feel confident knowing Garden City Hospital has advanced heart care right in your neighborhood.
A new level of cardiovascular care – in your neighborhood

New state of the art cardiovascular equipment and services:

Here are some of the advanced capabilities you’ll find:

• Electrophysiology (EP) services
• Clot-buster team for deep vein thrombosis (DVT), or lower-leg clotting, to save your leg and your life
• Carotid artery stenting
• Balloon angioplasty
• Radial lounge providing comfortable treatment, recovery and discharge to home within four hours
• Specialized care for women’s heart health

The importance of primary care physician visits

Your primary care physician (PCP), or family doctor, is often your first line of defense for overall health. Your PCP can help assess your current health, recommend preventative actions and identify issues for follow-up testing or treatment. When it comes to your heart, your PCP can perform some standard and simple tests, often part of an annual checkup. For example, they may listen to your heartbeat through a stethoscope to hear if your heart has a normal rhythm, and if the valves are opening and closing correctly. They may also check your heart rate, blood pressure, blood flow and how well your heart is pumping. Your PCP may conduct a visual exam, by looking at parts of your body such as your eyes, arms, legs and skin to check for good color and may also order a cholesterol blood test. High cholesterol is a major risk factor for heart disease and stroke. Finally, your doctor might refer you to a Garden City Hospital cardiovascular expert if needed. Visit www.gch.org/Find-a-Physician or call 877-717-9355 for a referral to a GCH doctor.

Symptoms of a heart attack.

MEN
In general, the three most commonly reported symptoms of a heart attack in men include:
• Chest pain
• Chest discomfort
• Chest pressure

While less common than the symptoms above, the following symptoms have been reported:
• Discomfort or pain in other areas, such as one or both arms, the neck, jaw, back or stomach.
• Shortness of breath, lightheadedness, nausea or sweating.
• Abdominal discomfort that may feel like heartburn.

WOMEN
Common symptoms:
• Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
• Pain or discomfort in one or both arms, back, neck, jaw or stomach.
• Shortness of breath, with or without chest discomfort.
• Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, the most common symptom is chest pain or discomfort. But it’s important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you or a loved one are experiencing chest pain or discomfort, especially with one or more of the other signs, call 911 immediately and get to a hospital right away.

Meet some of our featured primary care doctors!

Call 877-717-9355 or visit www.gch.org/Find-a-Physician for a Garden City Hospital primary care physician in your area.

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Save your leg and your life – PAD and limb preservation

We’ve also expanded capabilities to treat peripheral artery disease (PAD). It’s estimated that over 200 million people worldwide have PAD, with 20 percent of people over 75 affected. PAD is when arteries become narrowed due to plaque buildup, which reduces blood flow to the limbs. Many with PAD have pain, numbness and swelling in the lower legs and feet. If untreated, PAD increases the risk for heart attack, stroke and limb amputation.

“Garden City Hospital has elevated its capabilities to care for patients with PAD. With highly advanced physician skills, advanced technology and high-tech imaging available at the hospital, we’re able to save 98 percent of limbs expected to be lost,” says Elias Kassab, M.D., interventional cardiologist at Garden City Hospital. Our advanced wound care program and cardiology department work together to diagnose, treat and prevent conditions like PAD to save your leg and your life.

We don’t miss a beat – Electrophysiology and pacemaker procedures

“My heart skipped a beat” isn’t just an expression used to describe how you feel about someone. If you feel like your heart has truly skipped a beat, is “fluttering,” or is beating too fast or slow, you may have an arrhythmia or irregular heartbeat. Garden City Hospital has a full spectrum of electrophysiology services and renowned electrophysiologists to treat the heart’s electrical problems like irregular heartbeats, palpitations (racing, pounding or fluttering sensation) and atrial fibrillation (AFib). If you or a loved one has been diagnosed with irregular heartbeat, fortunately there are treatments available to help restore its normal rhythm. Our cardiologists can perform defibrillator implantations and pacemaker procedures on site to help control your heartbeat. We’ve even been named a five-star recipient for pacemaker procedures by Healthgrades for three consecutive years.

It’s not just a man’s disease

Heart disease is the #1 killer in women in the United States.

Heart disease is the leading cause of death for women, but symptoms can be different for women than men and may not be as easy to recognize. Sonela Blaceri, D.O., cardiologist at Garden City Hospital, says “Some women may experience symptoms like indigestion, fatigue and shortness of breath.” While chest pain and discomfort is still common, as in men, women are more likely to experience these other symptoms. Dr. Blaceri encourages women to seek early medical attention if they have these symptoms, especially if they have risk factors such as high blood pressure, diabetes or family history of heart disease.

Heart disease also affects women of all ages. Heart disease in women is most common among women 65 and up, but some under age 65, including those with a family history of heart disease, or who had complications during pregnancy, such as high blood pressure or diabetes, are also at risk. Nishtha Sareen, M.D., interventional cardiologist at Garden City Hospital, says “heart attacks are recognized less frequently in women. A big challenge is getting women to recognize they need to go to the hospital when they’re feeling these symptoms.” Since it may not be crushing chest pain usually associated with heart issues, women may dismiss how they’re feeling. This can lead to heart attack or further damage to the heart if not treated early. Dr. Blaceri and Dr. Sareen encourage women to listen to their body and always put their heart health first.

Call 877-717-9355 or visit www.gch.org/Find-a-physician for a Garden City Hospital cardiologist.
Am I at risk for heart disease?

Heart disease can affect anyone. Knowing your risks can help you stay one step ahead.

- Age – Heart disease affects all ages, but your risk increases as you get older.
- Family history of heart disease
- Postmenopausal
- Race – African Americans, American Indians and Mexican Americans are at higher risk for heart disease.
- Smoking
- High cholesterol
- High blood pressure
- Physical inactivity
- Obesity (BMI >25)
- Diabetes
- Stress, depression and anger
- Poor diet
- Alcohol use

How can I reduce my risk?

- Quit smoking
- Improve cholesterol levels
- Control high blood pressure
- Manage diabetes
- Be active
- Eat right
- Manage stress
- Learn your family history

Think you might be at risk for heart disease? Talk to your doctor and ask about a referral to a Garden City Hospital cardiologist for an assessment.

Visit www.gch.org/Find-a-Physician or call 877-717-9355 for a referral.

Meet our team of heart experts

Elias Kassab, M.D.
Ashok Kondur, M.D.
Nishit Choksi, M.D.
Chaman Sohal, M.D.
Nishtha Sareen, M.D.
Mohamad Sobh, D.O.
Emmanuel Papasifakis, D.O.
Amine Zein, D.O.
Adam Chornoby, D.O.
Samer Salka, M.D.
Daniel Harber, D.O.
Gregory Hazergian, D.O.
Surendra Garg, M.D.
Nizam Habhab, D.O.
Sonela Blaceri, D.O.

Classes & Events

Visit gch.org or call 734-458-3300 for more information.

February 19
“Heart to Heart”
with GCH cardiology,
American House Westland Hunter

February 29
“Leap into a Healthier You”
lifestyle change program,
Garden City Public Library

March 12
American Red Cross
Blood Drive
Garden City Hospital
Medical Office Building

Passport to Good Health
Complete the challenge at gch.org/passport-to-good-health

Do you have diabetes?

Call 734-458-4330 to register for our diabetes classes, individual or group sessions.
Putting your healthcare first

Dear Neighbor,

We know time is precious, especially when it comes to your health. This is especially true when it comes to your heart. If you’re having a heart attack, the quicker you’re treated, the better the outcome. That’s why we recently expanded our heart program, so you’ll find advanced cardiac care right in your neighborhood.

In honor of National Heart Month, this edition of Garden City Hospital Today is dedicated to protecting your heart. Heart disease remains the #1 killer for both men and women in the nation and in our area. We’re proud to be a resource in our community for delivering fast, quality heart care. Our cardiology program includes a second cardiac catheterization lab with state-of-the-art equipment, a brand-new recovery area and new treatment options. And we’ve assembled some of the area’s best heart doctors and interventional cardiologists. We also know your primary care doctor is your first line of defense for your overall health. This includes evaluating your heart. We’re proud to introduce you to some of our primary care doctors in this edition.

As the needs of our community change, we’re fortunate to have the resources and capabilities to grow. In the coming months, we’re pleased to announce the opening of a new inpatient behavioral health unit, Community Health Center in Westland and comprehensive cancer unit to offer quality care for all. I look forward to communicating about other new investments to better serve the healthcare needs for you and your loved ones. Thank you for trusting your care with our team. It is a continued honor to serve you.

Sincerely,

Saju George
Chief Executive Officer
Garden City Hospital
Regional CEO
Prime Healthcare MI Market

Every second counts, because life is precious.

Hear what our patients are saying!

“I had a heart attack. The people at Garden City Hospital saved my life by reacting fast and that’s why I’m still here today.”
The New Garden City Hospital

At Garden City Hospital, we remain dedicated to our investment in exceptional staff, quality and safety. The health of our community is our top priority. Since joining Prime Healthcare in 2014, we’ve celebrated an evolutionary transformation. We’ve worked hard and the results show! Introducing many new services, while earning some of the most prestigious quality awards in the nation. You can feel confident you’re in good hands. Learn more at gch.org.

Watson Health.

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Garden City, MI 48135
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gch.org

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• Redford 13 minutes away
• Livonia 12 minutes away
• Westland 10 minutes away
• Inkster 9 minutes away

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