



Heart attack?

We're bringing the heart and vascular experts to you – In your own neighborhood

We're proud to announce the opening of a new, elective interventional cardiovascular program with new physicians who are experts at life-saving interventional procedures.

Follow your heart

to the new Prime Garden City Hospital cardiovascular center of excellence.

Award winning care. We're changing. All for you.

We invite you to learn more about what's new at Prime Garden City Hospital. We've been hard at work and the results show. In the past couple of years, we've earned some of the most prestigious quality awards in the nation including the 5-Star Quality Award™ from Health Grades and the 2016 Leap Frog designation for excellence in patient safety and more! You can feel confident you're in good hands. Learn more at gch.org.



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When it's an emergency— get home QUICK-ER

Many hospitals say you can be seen in the ER in just a few minutes. But that's only part of the story. In many cases, your journey might be far from over. Being seen quickly at the beginning of the process is important, but, at Garden City Hospital we believe it's important for the entire experience to be as prompt as possible. That's why we're making sure the care you receive is high quality and that it's prompt – not just at the beginning, but every step of the way.

When it comes to emergencies that do not require admission to the hospital, we know it's important to get you home. We know that your time is precious. That's why we place a premium on promptness – without sacrificing quality and attention to your needs.

So, when you're choosing where to go for an emergency, you can feel confident the care you're getting at Garden City Hospital is not only high quality, but prompt. Because we know you want to return to the things that matter most to you!

Specialized emergency and cardiovascular expertise

Our Emergency Department is specially trained and staffed to handle rapid diagnosis and fast track care during the critical early stages of a heart attack, stroke and shock when treatments are most effective.

Our medical staff is specially trained in identifying acute coronary early assessment, diagnosis and treatment. We are very proud of providing our community with the team, knowledge and dedication to

fight America's #1 killer, heart disease.

We are also certified as a Primary Stroke Center by the Healthcare Facilities Accreditation Program. This means patients experiencing stroke symptoms receive swift, effective and often life-saving treatment. We're one of an elite group of hospitals to earn this distinction. Our hospital has also received the Gold Plus Award from the American Heart Association for our stroke care.

Emergencies happen without warning, but good care by Board Certified Emergency Care Physicians and Health Professionals is no accident.

Recognizing Our EMS Partners During National EMS Week



Symptoms of a heart attack.

Men

In general, the three most commonly reported symptoms when men have a heart attack are:

- Chest pain
- Chest discomfort
- Chest pressure

While less common than those listed 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, the 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 heart attack symptom in women 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.

GCH 24/7 Heart Care We don't miss a beat

The Smart Choice for Heart Emergencies

More people with heart emergencies are choosing Garden City Hospital, and they're making the choice for very good reason.

Garden City Hospital has a track record of success, offering rapid diagnosis and fast-track treatments before a cardiac situation worsens. Patients have the life-saving advantage of GCH 24/7 Heart Care and E.R. doctors working together to determine the most appropriate treatment.

Heart disease is the top cause of death in southeastern Michigan. "Treating heart attacks on a timely basis with PCI is critical in preventing further damage to the heart muscle. Having a full range of emergency and elective interventional services means, patients now have access to leading interventional cardiologists who can respond rapidly without needing to transfer patients for specialty or complex care. Fewer transfers means faster treatment and greater likelihood of positive outcomes," said Ashok Kondur, MD, lead GCH interventional

A new level of cardiac care. Right in your neighborhood.

Follow your heart. To the NEW Garden City Hospital.

champion for 24/7 Heart Care.

GCH is also expanding its vascular services to include peripheral artery procedures as well as a limb preservation clinic. "The availability of expanded vascular capabilities will also complement the hospital's wound care program," said Saju George, CEO. Garden City Hospital is one of the few hospitals in southeastern Michigan with an advanced wound program featuring a multi-person hyperbaric chamber. It's no wonder GCH has been designated among the top five percent of hospitals in the nation for its excellent performance in patient care.

What is PCI, or Angioplasty?

According to the American Heart Association, your heart's arteries

can become blocked or narrowed from a buildup of cholesterol, cells or other substances (plaque). This can reduce blood flow to your heart and cause chest discomfort. Sometimes a blood clot can suddenly form or get worse and completely block blood flow, leading to a heart attack. Angioplasty opens blocked arteries and restores normal blood flow to your heart muscle. Without major surgery. It is done by threading a catheter (thin tube) through a small puncture in a leg or arm artery to the heart. The blocked artery is opened by inflating a tiny balloon in it.

Why do I need it?

People with blockages in their heart arteries may need angioplasty if they are having lots of discomfort





Warning signs of Stroke: Act F.A.S.T. American Heart Association

Stroke is not only the No. 4 cause of death in the United States, it's also a leading cause of severe, long-term disability. That's why it's important to act immediately. Research conducted by The American Stroke Association shows that patients who take a clot-busting drug, or thrombolytic, within three hours of their first stroke symptom can reduce long-term disability from ischemic stroke – the most common type, accounting for about 87 percent of all cases.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

You should never wait more than five minutes to dial 9-1-1 if you experience even one of the signs above. Remember, you could be having a stroke even if you're not experiencing all of the symptoms. **Remember to check the time.** The responding emergency medical technician or ER nurse at the hospital will need to know when the first symptom occurred.



Cardiac Cath Lab

in their chest, or if their blockages put them at risk of a heart attack or of dying.

At Prime Garden City Hospital, we've added new capabilities and heart experts who can perform this life saving procedure in both emergency and scheduled situations. It's our commitment to improving the expertise.

So, follow your heart to the NEW Prime Garden City Hospital.

Know the Facts

According the Centers for Disease Control (CDC), Heart disease is the leading cause of death in the United States. More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country. The term "heart disease" refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack. Other kinds of heart disease may involve the valves in the heart,

or the heart may not pump well and cause heart failure. Some people are born with heart disease.

Are you at risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.

Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for heart disease. Ask your doctor about preventing or treating these medical conditions.

Protect your Heart!

Learn the signs and symptoms of heart attacks. Get to the emergency room early! Take charge of our health by working with your doctor to address risk

factors and implementing a plan of action: nutrition, exercise and proper sleep. **To schedule call 734-458-3221. Learn more at gch.org.**

Chose Award Winning Stroke Care



The American Heart Association/American Stroke Association recognizes this hospital for achieving 85% or higher compliance with all Get With The Guidelines®-Stroke Achievement Measures and 75% or higher compliance with five or more Get With The Guidelines®-Stroke Quality Measures for two or more consecutive years and achieving Time to Thrombolytic Therapy ≤ 60 minutes 50% or more of applicable acute ischemic stroke patients to improve quality of patient care and outcomes.

Investing in your good health – and the health of the community

Did you know?

- In 2014 Garden City Hospital became a part of Prime Healthcare, the nation's fastest growing hospital system.
- \$15 million has been invested in capital and technology improvements to modernize the hospital.
- \$20 million more is committed for future improvements.
- For two years in a row, Garden City Hospital has now earned the prestigious Healthgrades Five Star Patient Safety Excellence Award. Read about the other awards we've earned for quality and safety inside.
- We've reduced the average time from "door to discharge" in the ER by 75 percent since 2013, resulting in faster care.
- We've expanded cardiovascular services including elective PCI and now have some of the top interventional cardiologists providing care here.
- Prime Garden City Hospital is among an elite group of hospitals with accreditation as a Stroke Center.
- We're collaborating with Henry Ford Medical Group for cancer care at the hospital.
- Our hospital is home to one of most comprehensive limb preservation and wound care programs in the state with one of the very few multi-person hyperbaric chambers.
- Our hospital is forging new partnerships with the community. Watch for news about expanded services in upcoming editions of **Garden City Hospital Today**.

Learn more at gch.org or by calling 734-458-3300



If you or a family member are experiencing an emergency, call 9-1-1 right away.

Classes and Events

Classes and Events – Visit gch.org or call 734-458-3300 for information

June 20, Cerebral Aneurysm & Stroke Club, GCH

June 21, July 19 and August 16, LINK UP with Diabetes summer sessions

July 15 and August 26, Childbirth Education Classes Childbirth Education Class

July 19, Cardiovascular Wellness, Screening and Survivor's Event, Westland Community Center

70
years of caring

 **Garden City Hospital**
Member of Prime Healthcare

The New Prime Garden City Hospital

I'm pleased to share this update about the new Prime Garden City Hospital. I know that healthcare is a top priority for you and your family. What could be more important than good health and wellness? That is why I'm happy to report that Prime Garden City Hospital is expanding and transforming our services to provide a new level of expertise and award winning care.

In 2014 Garden City Hospital became a part of Prime Healthcare, the nation's fastest growing hospital system. Since then, the hospital has earned multiple important quality and safety awards. This is a priority, as a part of the Prime system because we believe that nothing is more important

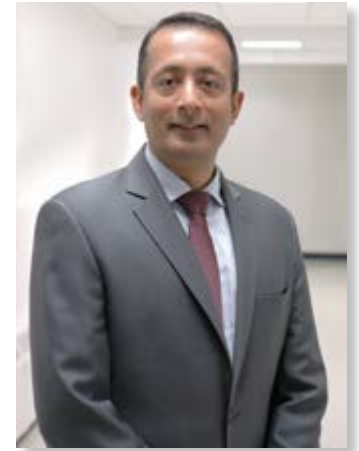
than your good health. Since 2014 \$15 million has been invested in infrastructure to modernize the hospital and update technology. We've expanded clinical programs and formed agreements with some of the area's top health systems to bring top medical experts to you – right in your own neighborhood.

Heart disease is the top cause of mortality in the nation and in this area. As a result, we've expanded life-saving **elective PCI**, or angioplasty services and have added new interventional cardiology doctors. Cancer is another major cause of illness and mortality in our area. For that reason, we have partnered with **Henry Ford Medical Group** to bring you the

expertise of their **oncologists**, right at the hospital.

I'm also pleased to share the first edition of **Garden City Hospital Today** where we are sharing updates about your community hospital. I invite you to read about new services and how we've achieved real results in the emergency department to assure prompt, quality care. In the weeks ahead, I look forward to reporting on other new investments for your good health and for the health of our community.

Sincerely,
Saju George,
Chief Executive Officer



Saju George, Chief Executive Officer

Hear what Taji says

".. I cannot go another day without sharing with you the excellent care that was given to me... Garden City Hospital is literally the best hospital in the Wayne County area! I have never experienced such great hospitality and patient care the way that I did with the staff at Garden City Hospital in my entire stay here. From the time of me stepping foot into the hospital down in ER, there was no wait at all..."





\$15 Million Invested for Your Good Health

Here's what Jason says

"... the emergency staff took great care of me right away. They were fun and humorous even though I was in such pain. Good spirited and professional... Thanks for taking care of me. I was in and out in 2 hours."

The New Garden City Hospital

As Garden City Hospital continues to grow and change, we remain dedicated to our investment in exceptional staff and quality and safety initiatives. We are consistently ranked nationally and have earned a 5-Star Quality Award™ from Health Grades for Critical Care, Cardiac Care, Gastrointestinal, Neurosciences, Orthopedics, Patient Safety, Prostate Surgery, and Pulmonary Services. GCH is a designated Blue Cross, Blue Shield of Michigan Blue Distinction Center for Hip & Knee Replacement and Maternity Care. We have earned HFAP certification as a primary stroke center and Gold Plus standing from the American Heart Association. Garden City Hospital is recognized by U.S. News and World report as high performing for treatment of COPD and Heart Failure and received the Leap Frog award for excellence in patient safety in 2016. [Learn more at www.gch.org](http://www.gch.org).



Award Winning Results. Close to Home.

Spring/Summer 2017



Garden City Hospital

Member of Prime Healthcare

6245 Inkster Road
Garden City, MI 48135
734.458.3300
www.gch.org



Find Us Fast

- Dearborn Heights, 8 minutes away
- Livonia, 9 minutes away
- Westland, 10 minutes away
- Inkster, 9 minutes away

