Our history of heart care dates back more than 40 years. Today, the collaboration between our team of cardiologists, cardiac surgeons, nurses and technologists puts us at the forefront in fighting heart and vascular disease.

UnityPoint Health® – Cedar Rapids Heart & Vascular Institute unites St. Luke’s Hospital, UnityPoint Health – St. Luke’s Cardiology, and Physicians’ Clinic of Iowa cardiothoracic and vascular surgeons with one aim—to provide the best possible cardiovascular care in a compassionate, healing environment.

We harness the latest advances in medicine and technology, treating complicated cardiac conditions with minimally invasive surgeries, open-heart procedures and innovative therapies that help patients live longer, healthier lives.

We invite you to read more about our programs and see why we’ve been recognized as a Truven Top 50 Heart Hospital six times for offering better outcomes for our patients.

Sincerely,

Todd Langager, MD, Medical Director
UnityPoint Health - Cedar Rapids Heart & Vascular Institute
Did you know?

UnityPoint Health Heart & Vascular Institute treats the most complicated heart conditions and offers:

• Better patient experience
• Better coordinated care
• Reduced costs by avoiding duplication of services such as diagnostic testing
• Clinical trials and research
• Leading edge technology and cardiovascular care keeping patients close to home

This cardiovascular expertise provides eastern Iowans access to heart care experts with advanced training and a wide range of specialties that focus on the following centers of excellence:

• Cardiac and vascular surgery
• Cardiovascular imaging
• Electrophysiology
• Advanced heart failure treatment and care
• Heart disease prevention
• Clinical trials and research
• Structural heart disease (including nonsurgical cardiac valve implantation)
• Coronary and vascular therapeutics

The Heart & Vascular Institute offers the following new procedures and expertise:

• Impella assisted percutaneous coronary intervention (PCI) – described as “the world’s smallest heart pump” and is used to open blockages in heart arteries and allows doctors to place stents.
• Balloon Valvuloplasty – Balloon Valvuloplasty is a bridging therapy before another procedure called transcatheter aortic valve replacement or TAVR.
• TAVR – transcatheter aortic valve replacement, or TAVR is a less invasive procedure for individuals that are high risk or too sick for open-heart surgery. This minimally invasive surgical procedure repairs the damaged valve by placing a replacement valve into the aortic valve.

• Watchman – Also known as the atrial appendage closure. This procedure is appropriate for patients at risk of developing clots in the left atrium and may reduce a patient’s risk of stroke and eliminate the need to take blood-thinning medication.

• VenaSeal procedure – Treats chronic venous insufficiency (CVI) also known as varicose veins, which is a serious medical issue.

• Advanced Heart Failure & Pulmonary Hypertension

• Cardiologist Ron Oren, MD, is one of only 814 cardiologists in the nation board certified in Advanced Heart Failure and Transplant Cardiology. Dr. Oren and St. Luke’s Cardiology offer enhanced Advanced Heart Failure and Pulmonary Hypertension Programs.
Your heart is in good hands
UnityPoint Health – St. Luke’s Hospital has performed open heart surgery for more than 40 years

Therese Plummer wasn’t feeling quite right when she got up on the morning of March 29, 2014. Her symptoms—pressure in her back and chest, nausea, and a strange, cold sweat—seemed to come and go, but Plummer finally agreed to let husband Jim drive her to St. Luke’s Hospital.

“St. Luke’s has always been our hospital so that’s where we went,” says Plummer. “Thank goodness we did.”

Dr. Keith Kopec, the cardiologist on call in St. Luke’s emergency room, told Plummer she showed signs of a heart attack. “I called my daughter to let her know I was being admitted so they could run some tests,” Plummer recalls. “That’s the last thing I remember for the next 20 days.”

Plummer would later learn she experienced a “perfect storm” of events, including an unusual reaction to blood thinners that had her blood clotting at an alarming rate. She went into full cardiac arrest during a procedure in the catheterization lab to open her blocked artery with a stent.

Fortunately, Plummer was in experienced hands. Dr. James Levett, cardiothoracic surgeon with Physicians’ Clinic of Iowa, explains, “In a situation like this, you can’t waste time. Mrs. Plummer needed to get to the operating room right away. We have a very experienced cardiac surgery team and we have a cooperative effort with the cardiologists in the cath lab to quickly assess the situation and move the patient where she needs to go.”

St. Luke’s has long been a leader in heart care. The hospital has the area’s longest running open-heart surgery program, providing life-saving treatment for patients with severe arterial blockage and other serious heart disease. The surgical team’s expertise includes coronary bypass surgery, valve surgery and minimally invasive operations.

OPEN-HEART SURGERY

When your heart needs the powerful intervention of cardiovascular surgery, UnityPoint Health – St. Luke’s is ready with the area’s most experienced open-heart program. We’ve been repairing broken hearts for more than 40 years. Today our expert team of cardiothoracic and vascular surgeons, cardiac nurses and technologists work together to provide the best possible care, close to home.

We offer the newest, most effective procedures and the latest technology, including minimally invasive procedures that allow the surgeon to perform heart surgery through smaller incisions for a quicker recovery. We’re also a national leader in using radial access to open blocked arteries—an approach that is more comfortable for patients, with fewer complications and shorter hospital stays.
“People in our community can feel very confident about the level of heart care available at St. Luke’s,” says Dr. Levett. “For example, we’ve been doing bypass surgery with multiple arterial grafts for 15 years—a procedure, which produces better long-term results for patients. Most other programs don’t do it or are just starting to perform this technique.”

Dr. Levett adds, “We continue to expand our services to benefit our community and keep St. Luke’s on the forefront of cardiac technology. We’re installing an ECMO system—new technology, which enables us to provide extended life support for patients who experience severe cardiac arrest or a pulmonary embolism. And we are developing a more extensive electrophysiology program for patients with abnormal heart rhythms, including maze surgery for atrial fibrillation.”

Susan Rompot, 59, of Cedar Rapids says her cardiologist, Dr. Georges Hajj, referred her to Dr. Levett after discovering three blockages in her arteries. “I was very lucky,” admits Rompot. “I could have had a heart attack at any time.” Instead, she underwent open-heart surgery in July 2016, followed by cardiac rehab at St. Luke’s. “It was eye-opening to me that I needed major surgery, but I’m very thankful they caught the problem before there was any heart damage,” says Rompot. “My surgery went well and recovery was faster than anticipated.”

Rompot adds, “I highly recommend St. Luke’s. I wasn’t worried when I went into surgery. I knew I was in good hands.”

Therese Plummer agrees. “I’m alive today because of the team at St. Luke’s. They have everything you could want to help you heal and become a complete person again. Now I feel fabulous. I don’t worry about my heart at all.”

For more information on the open-heart program at St. Luke’s, visit unitypoint.org/heart.
**“I feel like a new person!”**
Advanced TAVR procedure at St. Luke’s is life-changing for Manchester woman

Mary Ellen Ryan knows a thing or two about cardiovascular procedures. Over the years, the retired farmer with a history of heart disease has been on the receiving end of multiple interventions including cardiac stents, carotid artery surgery and an open heart bypass operation. But at 88 years of age, with a narrowing heart valve in need of repair, Ryan learned invasive surgery was no longer an option.

“She was not an easy candidate by any means,” explains Ryan’s daughter Pat Doyle. “Her age and her health made it too risky.”

Fortunately for Ryan, St. Luke’s Hospital offers a procedure called Transcatheter Aortic Valve Replacement, or TAVR. With TAVR, doctors no longer have to remove the old, damaged valve during a traditional open heart operation. Instead they insert a replacement valve through a catheter via an artery in the leg, similar to inserting a stent.

“It’s a much less invasive way of repairing the aortic valve,” says Dr. Richard Kettelkamp, St. Luke’s Hospital – Cardiology. “TAVR opens the door for treatment of patients whose age or medical condition rules out surgery. It’s really one of the greatest advances in cardiovascular care in the past few years.”

TAVR has been available at St. Luke’s since 2016. It is used for patients with aortic stenosis—a narrowing in one of the heart’s main valves—who are at high or intermediate risk of complications from surgical valve replacement.

Ryan says her longtime cardiologist was the first to tell her about the benefits of TAVR. Ryan sees Dr. Ersin Atay at the St. Luke’s Hospital – Cardiology in Manchester. Her daughter says, “Initially the procedure was not available in Cedar Rapids, but Dr. Atay continued to monitor Mom closely. When it was finally time to replace her valve, we were happy the opportunity was available at St. Luke’s.”

Dr. Atay’s partner, Dr. Georges Hajj, along with Dr. Mark Barnett of Physicians’ Clinic of Iowa Department of Surgical Specialists, performed Ryan’s procedure. “Dr. Hajj was absolutely wonderful,” Ryan recalls. “He explained the procedure and took all the time my family and I needed to answer our questions. I had all the confidence in the world.”

Pat Doyle’s confidence was enhanced by the role Mayo Clinic played in her mother’s care.

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**TAVR FAST FACTS**

- St. Luke’s is the **ONLY CEDAR RAPIDS’ HOSPITAL** approved to perform TAVR.
- St. Luke’s performed the Cedar Rapids’ **FIRST TAVR PROCEDURE** in 2016.
- TAVR can **IMPROVE THE LIVES** of people with aortic stenosis who are too sick or high risk to have surgery.
TRANS-CATHETER AORTIC REPLACEMENT (TAVR)

St. Luke’s Hospital is home to an advanced procedure that offers hope for heart patients who have failing heart valves, but are not candidates for surgery. Aortic stenosis—a narrowing of the heart’s aortic valve—is a common heart problem in older adults. Left untreated, it can lead to heart failure or even sudden cardiac death. TAVR is a less invasive option for individuals considered high- or medium-risk for traditional open-heart surgery. During TAVR, a replacement valve is inserted via a catheter through an artery in the leg, similar to inserting a stent.

At St. Luke’s, an experienced multi-disciplinary team including cardiac surgeons, interventional cardiologists, and anesthesiologists work together to bring this breakthrough therapy to patients in eastern Iowa.

Ersin Atay, MD, cardiologist
St. Luke’s Hospital – Cardiology

TAVR will likely require a SHORTER HOSPITAL STAY (average two to four days) than traditional open-heart valve replacement.

For more information on TAVR, visit unitypoint.org/heart.

Because UnityPoint Health – Cedar Rapids is a member of the Mayo Clinic Care Network, Ryan’s cardiac team could review their treatment plan with Mayo physicians to confirm they were taking the right approach. Says Doyle, “There’s no need to go far away for the right care. We received everything we needed through UnityPoint Health.”

After the procedure, Ryan followed up with cardiac rehab in Manchester. “That’s another benefit of UnityPoint Health,” Doyle explains. “Whatever we could do locally, they were more than willing to work with us on, so Mom didn’t have to go back and forth to Cedar Rapids. Dr. Hajj comes to Manchester regularly so we could see him here, too.”

Today, Mary Ellen Ryan says, “Dr. Atay told me I’d feel like a new person and I do! I have a lot more energy. I am so grateful.”

Adds her daughter, “We had the right team. Everyone, from the cardiologists and surgeons to the nurses, radiology and lab, made sure Mom received wonderful care. It was a very good experience.”

TAVR team

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For more information on TAVR, visit unitypoint.org/heart.

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Pioneering peace of mind
Marion woman is proud to be one of the first to benefit from new Watchman procedure for atrial fibrillation

At 81, Joyce Hutchins doesn’t look her age. “My husband and I like to keep active,” says the Marion woman.

Still, she’s had a few health issues. Among them is atrial fibrillation (AFib)—an irregular heart rate that can cause blood clots to form in the heart. If a clot travels to the brain, it can lead to a stroke. To reduce that risk, Hutchins, like most patients, relied on a daily blood-thinning medicine called warfarin.

Then in early 2016, Hutchins went to the St. Luke’s Emergency Department. “I wasn’t feeling quite right,” she recalls. “I told the doctor I felt stupid being there. He said you don’t need to feel stupid. You’ve just had a heart attack!”

While hospitalized, Hutchins also learned she had a bleeding ulcer. The condition meant she could no longer take warfarin.

“İd already had a TIA (transient ischemic attack or mini-stroke), I just had a silent heart attack, and I still had AFib,” says Hutchins. “Without the blood thinner, I could have a major stroke on top of everything else.”

Her situation was not unusual. Dr. Mohit Chawla, electrophysiologist with St. Luke’s Hospital - Cardiology, explains, “A significant portion of people who are at high risk of stroke because of atrial fibrillation cannot be on a blood thinner

WATCHMAN FAST FACTS
Mohit Chawla, MD, and the Heart and Vascular Institute are the only ones in the Cedar Rapids area APPROVED TO IMPLANT THE WATCHMAN DEVICE.

About NINE PERCENT OF PEOPLE AGED 65 OR OLDER HAVE AFIB. AFib increases your risk for stroke four to five times compared with people who do not have AFib.*

AFib patients must be at HIGH RISK FOR STROKE AND HIGH RISK FOR BLEEDING to qualify for the Watchman procedure.

* Centers for Disease Control and Prevention
Mohit Chawla, MD, a cardiologist at St. Luke’s Hospital – Cardiology, has been implanting the Watchman device at St. Luke’s since 2016.

**WATCHMAN PROCEDURE FOR ATRIAL FIBRILLATION**

Atrial fibrillation, or AFib, is a common heart rhythm irregularity that can cause blood clots, increasing your risk of stroke, heart failure, and other heart-related complications. Blood-thinning medications like warfarin can help reduce the risk of stroke. But some patients cannot take warfarin because they are at high risk of bleeding.

The Watchman is a small device placed in the part of the heart where clots are most likely to form. The device acts as a barrier to keep clots from entering the bloodstream. Physicians implant the Watchman through a catheter inserted in the leg, similar to inserting a stent.

Mohit Chawla, MD, electrophysiologist with St. Luke’s Hospital – Cardiology has been implanting the Watchman device at St. Luke’s since 2016.

To schedule an appointment for atrial fibrillation treatment including the Watchman, call St. Luke’s Hospital – Cardiology at (319) 364-7101 or (800) 982-1959.
Dr. Ojas Bansal loves his work. A general cardiologist with St. Luke’s Hospital - Cardiology, Dr. Bansal says, “I find it very rewarding to take care of patients and help them improve both their longevity and quality of life.”

Dr. Bansal diagnoses and treats heart and vascular diseases, including heart attacks, coronary artery disease and valve problems. He also focuses on preventive medicine, from helping patients control risk factors like high cholesterol or high blood pressure to encouraging a healthier lifestyle.

“My main emphasis in every interaction with my patients is how they can lower their risk of heart disease,” explains Dr. Bansal. “If people can get into a regular routine with exercise and healthy eating, they can see dramatic improvement in their cardiac health and overall well-being.”

“The overall incidence of heart attacks has decreased in the U.S., driven by improved preventative medications, but also because the smoking rate has gone down,” Dr. Bansal points out. “We continue to see patients who

Dr. Bansal says the American Heart Association has identified seven simple components of healthy living. They are:

- Manage your blood pressure.
- Control your diabetes.
- Manage your cholesterol through lifestyle and medications, if needed.
- Exercise regularly.
- Eat fruits and vegetables every day and cut back on sugar and carbohydrates.
- Stay within your target weight.
- Stop smoking.

PREVENTING HEART DISEASE

The first step in preventing heart disease is to know your risks. While you can’t change some risk factors like family history or your age, you can take steps to protect your heart by following a healthy lifestyle.

St. Luke’s can help you assess your risk for heart problems and give you the tools you need to improve your heart health. St. Luke’s Heart Check and St. Luke’s Heart Scan are tests that assess heart, vascular, and stroke health. We also offer programs for weight management and smoking cessation.

Above all, for patients with heart disease or who are at high risk, partnering with one of the board-certified cardiologists at UnityPoint Health - St. Luke’s Cardiology can help you improve your cardiovascular health and quality of life.
have weight issues, which contributes to a rising incidence of conditions like valve disease and congestive heart failure.” In fact, Iowa ranks 12th in the nation for obesity, according to a report released by the University of Iowa in 2016.

Dr. Bansal says one of the biggest contributors to obesity is a high carbohydrate intake, especially sugar. He recommends patients count calories and keep a food journal to help them manage their weight. He also advises individuals with a family history of heart disease to be especially vigilant with diet and exercise, and to see a cardiologist for an assessment of their risk, noting, “There are things that can be done to prevent heart problems.”

And while prevention is preferred, for those who have developed heart disease, there’s good news. “The last 10 years have produced advances in heart care that give better results,” says Dr. Bansal. “We have statins, beta blockers, and ace inhibitors to help overcome cardiac problems, aspirin and blood thinners to prevent stroke, and new devices and technology like TAVR, which offers a minimally invasive option for valve replacement.”

The UnityPoint Health – Cedar Rapids relationship with Mayo Clinic is also a plus. Dr. Bansal and his partners use Mayo Clinic e-consults for complex cases, adding, “Being a member of the Mayo Clinic Care Network helps us keep patients in and around Cedar Rapids for their care.”

Above all, Dr. Bansal says, “If we can treat someone successfully for heart disease, their quality of life can be dramatically better. That’s always our goal.”

HEART DISEASE FAST FACTS

Heart disease is the LEADING CAUSE OF DEATH IN THE U.S. for both men and women.

Someone in the U.S. has a heart attack EVERY 40 SECONDS.

LEADING RISK FACTORS FOR HEART DISEASE include high blood pressure, high cholesterol, smoking, diabetes and overweight/obesity.

Ojas Bansal, MD, sees patients at locations in Cedar Rapids, Manchester, Anamosa, Independence and Marengo. To schedule an appointment, call (319) 364-7101.
Rehab that’s second to none
Cardiac rehabilitation team helps heart patients get back on track

Stephen Walters wasn’t expecting a heart attack that day in August 2017. He was just taking his dog for a walk in the park.

“I have a family history of heart disease. But I was only 48. I tried to exercise regularly and watch what I eat,” Walters explains. “The heart attack came on suddenly. Thank God a park ranger was there to call 911.”

The Marion Fire Department was the first to arrive. Walters remembers telling them to take him to St. Luke’s Hospital, adding, “Then I went out.”

Stephen Walters had suffered a massive coronary—a major heart attack caused by a 100 percent blockage in one artery and 80 percent in another. He says, “I passed away at St. Luke’s. They shocked me and brought me back to life.”

CARDIAC REHAB FAST FACTS
Cardiac rehabilitation is a medically supervised extended treatment plan to enhance the heart health of patients and IMPROVE OVERALL QUALITY OF LIFE.

St. Luke’s cardiac rehab is an OUTPATIENT PROGRAM consisting of hour-long sessions, three times a week, for UP TO THREE MONTHS.

Cardiac rehab is COVERED BY MOST INSURANCE including Medicare.

Studies show comprehensive cardiac rehabilitation REDUCES RE-HOSPITALIZATION RATES and sudden cardiac death. It also increases the rate of patients returning to work. *

* Centers for Disease Control and Prevention
Four days after Walters had stents implanted to open his blocked arteries, he returned home and began cardiac rehabilitation at St. Luke’s.

Cardiac rehab is a medically supervised program for patients who are being treated for heart conditions including heart attacks, coronary bypass or valve surgery, heart failure, coronary artery disease, and chronic chest pain. The goal is to help patients improve their cardiovascular health and reduce the risk of experiencing another heart event.

St. Luke’s cardiac rehab is an outpatient program located on the third floor of the hospital. Treatment usually consists of hour-long sessions, three times a week, for up to three months, and is covered by most insurance.

“The cardiac rehab team at St. Luke’s is second to none!” exclaims Walters. “I told them what my goals for recovery were and they helped me achieve them.”

As a correctional officer at Anamosa State Penitentiary, Walters had specific physical fitness goals to return to work, including running 150 yards in 35 seconds and dragging a 150-pound dummy 50 feet. “I thought there’s no way I’m going to be able to run and climb flights of stairs,” he says. “The rehab team worked with me to do that. Now I’m back to work full-time with no limitations.”

In addition to exercise, the rehab program includes nutrition and other lifestyle education to help individuals reduce the risk of future problems. Counselors also provide support for patients and family members coping with the stress of heart disease.

“My primary rehab contact, Lisa, asked me how I was doing emotionally. She helped my wife, Amy, too, and told her to call at any time if she needed to talk,” recalls Walters. “Every single person there treated us like we were part of their family. They did everything they could to get us back to where we needed to be.”

Just three months after his heart attack, Stephen Walters adds, “I’m back on track. I have more energy and every day I get stronger. In fact, I’m doing better now than I was before my heart attack! I’m amazed how well I feel.”

For more information on St. Luke’s Cardiac Rehabilitation program, call (319) 369-7736.

CARDIAC REHABILITATION

Cardiac rehab at St. Luke’s Hospital is designed to help adults with heart disease safely return to an active life, while reducing their risk for heart problems in the future.

Our compassionate staff works with you every step of the way as you recover from heart attacks, heart surgery, and other heart disease treatments. Our goal is to help you heal and gain back your independence. Cardiac rehab at St. Luke’s includes professionally supervised exercise, as well as education on lifestyle changes to reduce your heart disease risk. Counselors also provide emotional support for patients and family members coping with the stress of heart disease.
Heart defect found with simple test

With a milestone birthday approaching, Independence resident Lisa Kirchhoff wanted to greet her fifth decade with a clean bill of health.

“Many years ago I worked in St. Luke’s marketing department and used to write about the Heart Check program and thought it was a great idea and decided I would do it someday,” says Kirchhoff. “Someday finally came and I went and had a Heart Check last spring.”

Heart Check is a series of five tests, to assess heart, vascular and stroke health for individuals age 40 to 70. One of those tests includes testing large arteries for plaque build-up, which determines heart attack risk. That was the test Kirchhoff was most interested in.

“I knew I always had a heart murmur and heart palpitations but never had issues,” Kirchhoff says. “Instead of receiving an ‘all clear health report’ I was shocked to learn I had a congenital heart defect.”

“I am a strong believer in preventative care. If you can have tests to identify or prevent issues—do it. Don’t wait. I believe Heart Check is the best money I ever spent. It never hurts to check because it might save your life.”

– Lisa Kirchhoff

“HOLE IN THE HEART

ASD is a congenital heart defect where the blood flows between the atria, in the upper chamber of the heart. For most individuals a septum separates the two sides but if there is an abnormal connection or hole between the chambers it can cause shunting and force one side of the heart to become enlarged.

“Sometimes it is identified as a heart murmur and missed,” says Dr. Hajj. “Left untreated it can cause right-sided congestive heart failure. The right side will sustain damage after a period of time of living with this condition from the imbalance of blood flow between the two sides. Eventually it will cause symptoms like leg swelling, shortness of breath and can increase pressure in the lung arteries.”

“ASD TREATMENT

Treatment for ASD is a procedure that closes the hole between the upper chambers of the heart. It is performed through the groin where a cardiologist is able to use a catheter to access the hole through the femoral vein.

Cardiologists use X-ray and ultrasound imaging guidance during the procedure to locate the hole and pass a tiny device through it. Once the cardiologist determines the device is positioned over the hole, a patch is released and the hole in the heart is sealed.

“We have performed this procedure for many years at St. Luke’s in Cedar Rapids,” says Dr. Hajj. “There are a few follow-up appointments where we recheck placement and see if the enlarged side decreases but it is a fairly simple procedure, which has good
long-term results for patients and improves their quality of life.”

**BREATHING EASIER**

“I had virtually no restrictions after the procedure,” says Kirchhoff. “I remember waking up and feeling great. I have always been very active—running, biking and lifting weights. I realize now I must have compensated with deep breaths over the years when I exercised. Since I had the procedure I know what it feels like to breathe easier. I could have gone another 10 to 20 years without symptoms but by then there would have been irreversible damage to my heart and lungs.”

Kirchhoff now has peace of mind as she looks to the future, thanks to the ASD procedure.

“I am a strong believer in preventative care,” says Kirchhoff. “If you can have tests to identify or prevent issues—do it. Don’t wait. I believe Heart Check is the best money I ever spent. It never hurts to check because it might save your life.”

*Lisa Kirchhoff, heart care patient*

To learn more about heart screenings, visit unitypoint.org/heart
Heart care close to home

St. Luke’s Hospital – Cardiology provides quality care in a community near you.

You don’t have to go far to get the quality heart care you need. As the largest cardiology practice in eastern Iowa, St. Luke’s Hospital – Cardiology offers services from Anamosa to Vinton.

“Without these clinics, patients would have to come to Cedar Rapids for all their cardiovascular care,” explains Carolyn Barko, director of heart care services at UnityPoint Health – St. Luke’s. “We’re making sure the specialized care people need is right in their community.”

St. Luke’s Hospital – Cardiology has full-service clinics in three locations—Cedar Rapids, Manchester and Anamosa. In addition, UnityPoint Health cardiologists provide outreach services in Clarence, Independence, Marengo and Vinton. Care is provided by experienced cardiologists who specialize in the diagnosis, treatment and prevention of heart and vascular disease.

“Whether you come to one of our full-service clinics or an outreach location, the cardiologist you establish with is the one you’ll see each time,” says Clinic Administrator Mary McDade. She adds, “Our physicians have years of experience, they’re highly skilled, and they have great outcomes. They’ll take good care of you.”

Cardiologists treat a wide range of cardiovascular conditions including chest pain, abnormal heart rhythms, valve disease, heart failure, vascular (vein) disease, high or low blood pressure, and high cholesterol. Most diagnostic testing and disease management is done in the office.

“Whatever we can do in the community, we do,” notes Barko. “If the patient requires surgery or a minimally invasive procedure, those are done at St. Luke’s, with follow-up care at their home clinic.” The same is true for patients experiencing a heart attack. Barko explains, “We work closely with critical access hospitals and rural ambulance services on how to care for heart attack patients and how to transfer them quickly to St. Luke’s, so they can get the life-saving care they need as fast as possible. Follow-up care is provided by cardiologists in our clinics.”

UNITYPOINT HEALTH – ST. LUKE’S CARDIOLOGY

The experienced, specialized heart care you need is always close to home. St. Luke’s Hospital – Cardiology is the largest cardiology practice in Eastern Iowa, providing services in Cedar Rapids, Manchester, Anamosa, Clarence, Independence, Marengo and Vinton.

Our board-certified cardiologists deliver the highest level of care, backed by a knowledgeable, compassionate staff and state-of-the-art technology. They partner with family physicians and the area’s leading cardiovascular and thoracic surgeons to prevent, diagnose, and treat conditions of your heart and vascular system.
Many patients come to our office after a referral from their family physician. “If your family doctor detects a problem that needs a cardiologist’s care, we even offer a same-day referral service in our Cedar Rapids clinic,” says Barko. “You can be seen by a cardiologist that day.”

McDade adds, “If the family physician is a UnityPoint Health provider, they can look at your chart through our shared medical record system. They’ll see what tests or treatments were done and what the results are. It’s a big advantage for the patient as well as the doctors when everyone is on the same medical record system.”

Another advantage for patients? “St. Luke’s has been recognized as a Truven Top 50 Heart Hospital six times for offering better outcomes and comprehensive cardiac services,” says Barko. “We are your local connection to the area’s best heart care.”

**Services performed in the clinics include**

- Treadmill stress tests
- Echocardiograms
- Holter monitoring services
- Vascular testing
- Ultrasounds
- Nuclear testing
- Sclerotherapy
- Vascular ablation

**Services performed at UnityPoint Health – St. Luke’s Hospital include:**

- Cardiac catheterization and stenting
- Angioplasty
- Pacemaker and ICD implantation
- Arrhythmia ablation

**To schedule an appointment at any location, please call (319) 739-2036 or (800) 982-1959.**

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**CARDIOLOGY CLINIC FAST FACTS**

UnityPoint Health – St. Luke’s Cardiology operates **FULL-SERVICE CLINICS** in Cedar Rapids, Manchester, and Anamosa, with **OUTREACH SERVICES** in Clarence, Independence, Marengo, and Vinton.

**Cardiology Clinic Services**

**SPECIALTY CLINICS:**

- Anti-Coagulation Therapy Clinic
- Device Clinic
- Heart Failure Clinic
- Pulmonary Hypertension Clinic
- Valve Clinic
- Vein Clinic
  - Ambulatory Phlebectomy
  - Endovenous Therapy
  - Sclerotherapy

**DIAGNOSTIC TESTING:**

- Accredited Echocardiography (ECHO) Lab
- Accredited Nuclear Medicine Lab
- Accredited Vascular Lab
- Cardiopulmonary Stress Test
- Electrocardiogram (EKG)
- Event/Telemetry/Holter Monitors
- Exercise Stress Test
Team approach for better heart failure care
Heart Failure Clinic helps patients feel better, longer

“Many heart failure patients can’t breathe or do the activities of daily living,” says Dr. Ron Oren, board-certified heart failure specialist with St. Luke’s Hospital – Cardiology. “If we can help them feel better and become more independent, that’s a big deal.”

Heart failure occurs when your heart muscle doesn’t work as well as it should, leading to symptoms including fatigue, fluid retention, and shortness of breath. “It’s a very common illness,” explains Dr. Oren. “In fact, it’s the most common reason adults are hospitalized.

Dr. Oren says heart failure is not curable. But he adds, “It can be a manageable illness through a combination of diet, exercise, home health surveillance techniques, and medication therapy. Our goal is to manage the disease to prevent further heart damage and improve the patient’s quality of life.”

To that end, Dr. Oren has developed a team approach to heart failure that emphasizes continuity of care. The same doctors and nurses who treat patients when they’re hospitalized also see them on an outpatient basis.

“It starts in the hospital,” says Erica Bernard, one of three nurse coordinators with the Heart Failure Clinic. “We meet with the patient and family before discharge to ensure a smooth transition from the hospital to home. Then we make frequent follow-up phone calls to make sure they’re doing the things they need to do to manage the disease.”

Adds Nurse Coordinator Amy Schweer, “We get to know each patient and they get to know us. It’s a relief to patients having one consistent person to call, regardless of the issue.”

Dr. Oren says this intensive, expert-level nursing care is the key to success in treating heart failure. “Our nurse coordinators teach patients how to live with their illness. By managing their symptoms, we help people do more with their day-to-day activities and improve their prognosis for the future.”

HEART FAILURE FAST FACTS

Heart failure is the LEADING CAUSE OF HOSPITALIZATION among U.S. adults age 65 and up.

Our Heart Failure Clinic PROVIDES SPECIALIZED, HIGH-LEVEL NURSING CARE AND EDUCATION for patients diagnosed with heart failure.
Heart failure occurs when the heart cannot pump enough blood to meet the body’s needs. It is a chronic condition that requires lifelong management. At our Heart Failure Clinic, patients get the dedicated medical attention and high-level nursing support they need to keep them at their healthiest and out of the hospital. Our unified care team approach means the same doctors and nurses who see you at the clinic also provide your care when you are in the hospital and monitor your self-care at home.

Experienced heart failure physicians, advanced practice providers, nurse coordinators, dietitians, social workers, and pharmacists work together to create a custom treatment plan. Our goal is to help you better understand your condition, improve your health, and enjoy a better quality of life.

“We’ve had good success keeping people out of the hospital,” notes nurse coordinator Amy Becker. “Education is a big piece of that. We spend a lot of time talking about how to monitor their symptoms at home.”

“The nurse coordinators are such good explainers. They do a phenomenal job!” says Sue Halter, advanced practice nurse with the Heart Failure Clinic. She adds, “By focusing on the total patient, not just treating individual symptoms, we’re able to help patients feel better, longer.”

Find out more about UnityPoint Health Heart Failure Clinic. Visit unitypoint.org/heart or call (319) 364-7101.

Ron Oren, MD, director of the Heart Failure Clinic, is the only area physician BOARD-CERTIFIED in both CARDIOVASCULAR DISEASE and HEART FAILURE & TRANSPLANT CARDIOLOGY.
Don’t let varicose veins slow you down
Vein Clinic offers comprehensive treatment options for long-term relief

Varicose veins are enlarged, wormy-looking veins usually found in the legs or feet. They affect one in four American adults, primarily women. And while some people may view them as largely a cosmetic concern, varicose veins can cause pain, restrict activity, or even lead to more serious health problems.

“Varicose veins are actually symptoms of vein disease, or venous insufficiency,” explains Dr. Richard Kettelkamp, St. Luke’s Hospital – Cardiology. “Your veins aren’t carrying blood back to the heart the way they should and the blood ends up pooling in the veins. For some people it’s not a problem, but for others, venous insufficiency causes pain, swelling, heaviness in the legs, or burning or itching sensations. In some cases it can also result in wounds that won’t heal.”

Abby Pumroy has had varicose veins for years. She attributes them to her long career of teaching everything from kindergarten to high school Spanish and language arts. Pumroy says, “I taught for many, many years and I was always on my feet.”

When her legs started hurting, Pumroy told her cardiologist, Dr. Kettelkamp. “He could see my legs were swollen,” she recalls. “He told me about the procedures available at the Vein Clinic and said it would be a good option for me.”

The Vein Clinic offers a comprehensive, non-surgical approach to venous insufficiency. “We always start with non-invasive treatment,” says Dr. Kettelkamp. “There are many things patients can do themselves. Going for walks is good, weight loss can be effective, stop smoking, elevate your legs whenever possible and wear compression stockings.”

But if self-care does not provide enough relief, Vein Clinic doctors use sclerotherapy or
Ablation treatment to seal off the affected vein, routing blood flow to other, healthier veins. Both procedures are performed in the office and patients can return to their normal activities the same or next day.

During sclerotherapy, the doctor injects a chemical into the varicose vein. The chemical irritates the vein so it scars from the inside out and eventually collapses.

Ablation involves applying a heating element—either radiofrequency or a laser—through a thin catheter inserted in the vein. The targeted tissue collapses on itself, causing the vein to close shut. “Ablation works very well,” says Dr. Kettelkamp. “And when we combine it with ongoing non-invasive treatments like exercise and weight management, it’s very successful for the long-term.”

Pumroy had procedures on veins in both legs. Today she says, “I have not had discomfort in my legs since then. Before, I couldn’t take long walks. Now I’m good to go, thank goodness!”

Pumroy suggests anyone having problems with varicose veins contact the Vein Clinic. “If you’re having issues and they can give you the comfort you need, definitely do it!”

To schedule an appointment with the Vein Clinic, call (319) 739-2036 or (800) 982-1959.

Richard Kettelkamp, MD, cardiologist

VEIN CLINIC

Approximately ONE IN FOUR American adults will have varicose veins at some point in their life.

Women are FOUR TIMES as likely to be affected as men.

Varicose veins usually develop between the AGES OF 20 AND 35 and increase with age.

The Vein Clinic offers comprehensive NON-SURGICAL TREATMENT for vein disease, including ablation—using radiofrequency or laser treatment—and sclerotherapy.
Heart failure can have many causes. Among them is pulmonary hypertension (PH)—high blood pressure in the arteries connecting the heart and lungs. The abnormally high pressure causes the heart’s right ventricle to become enlarged and lose its ability to pump enough blood to the lungs.

The UnityPoint Health® Hypertension Clinic provides specialized care for PH patients, starting with a thorough evaluation and diagnosis.

“There are multiple causes for PH,” says Dr. Ron Oren, St. Luke’s Hospital – Cardiology. “Properly diagnosing the cause is key to choosing the right treatment. Fortunately, our program provides the advanced diagnostic testing services and complex therapies usually only available in larger medical centers.”

“Ten years ago there was only one therapy for PH,” adds Dr. Oren. “Today there are 17. New, more effective, and easier-to-use therapies are being developed all the time.”

Nurse Practitioner Amy Becker works closely with patients, from providing education to monitoring their symptom management. “I also look for assistance programs to help with the cost of medications,” she says, “and I work with our patients, whether they’re at the clinic or in the hospital.”

For more information, visit unitypoint.org/heart or call (319) 364-7101.

PULMONARY HYPERTENSION PROGRAM

Pulmonary hypertension (PH) is a broad term that applies to any condition that raises the blood pressure in the arteries in your lungs. This abnormally high blood pressure forces your heart’s lower right chamber to work harder, eventually causing the heart muscle to weaken and fail.

PH can have many causes. Appropriate treatment varies depending on the cause. We offer advanced diagnostic testing and the latest FDA-approved therapies to develop the right treatment program for you.

While PH cannot be cured, The Pulmonary Hypertension Clinic can help manage your condition through a combination of medication therapies, diet, exercise, and home health monitoring techniques. Our goal is to ease your symptoms and improve your quality of life.
AWARDS & RECOGNITION

We are acknowledged as one of the finest cardiac specialty centers in the nation. National awards and recognition include:

50 Top Cardiovascular Hospitals
Our reputation has been independently confirmed six times by Truven Health Analytics, most recently as one of the nation’s 50 Top Cardiovascular Hospitals. Truven’s study measures performance in key performance areas: risk-adjusted mortality, risk-adjusted complications, core measures, percentage of bypass patients with internal mammary artery use, 30-day mortality and readmission rates and more.

Get With the Guidelines Award
In 2016, St. Luke's received the Get With The Guidelines – Heart Failure Platinum Plus Performance Achievement Award from the American Heart Association and is one of only 223 hospitals nationwide to receive the honor. The award recognizes the commitment and success in implementing a higher standard of care for heart attack patients.

Stroke Silver Performance Achievement Award

Blue Distinction Center for Cardiac Care
St. Luke's has been selected as a Blue Cross and Blue Shield Association (BCBSA) Blue Distinction Center for Cardiac Care. By meeting these requirements, St. Luke's demonstrates better outcomes and consistency of care, and provide greater value for plan members.

Becker’s Top 100 Hospitals with Great Heart Programs
St. Luke’s was named to Becker’s list of 100 Hospitals & Health Systems with Great Heart Programs.

The Joint Commission
St. Luke’s has earned the Gold Seal of Approval™ for Disease-Specific Care Certification from The Joint Commission for its heart failure program. St. Luke’s has also been recertified as a Primary Stroke Center.

Bronze Performance Achievement Award
St. Luke's has received the Get With The Guidelines Heart Failure Bronze Performance Achievement Award from the American Heart Association. The recognition signifies that St. Luke's has reached an aggressive goal of treating heart failure patients.

Chest Pain Accreditation
St. Luke's received Chest Pain Center Accreditation from the Society of Cardiovascular Patient Care (SCPC), an international organization dedicated to eliminating heart disease as the number one cause of death worldwide.

Cardiovascular Rehabilitation Program Certification
St. Luke’s Cardiac Rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, which recognizes outstanding programs that follow best practices in patient care and program management.
Arrhythmia Management Center of Excellence
Cardiac Pacemakers
- Leadless Pacemakers
Implantable Cardioverter Defibrillator (ICD)
- Subcutaneous ICD
Cardiac Resynchronization Therapy (CRT)
- Pacemaker CRT
- ICD CRT
Implantable Cardiac Monitors
Electrophysiology Studies
Arrhythmia Ablation with 3D Mapping
- Atrial Tachycardia / Fibrillation
- Ventricular Tachycardia
- Lead Extraction
Structural Heart Center of Excellence
Transcatheter Aortic Valve Replacement (TAVR)
Transcatheter Closure of Paravalvular Leaks
Valvuloplasty
Transcatheter Closure of Left Atrial Appendage
Transcatheter Closure of Septal Defects
- Atrial Septal Defect
- Patent Foramen Ovale
- Ventricular Septal Defect
Coronary and Peripheral Therapeutics Center of Excellence
Coronary Angiography
Coronary Intervention
- Coronary Stenting and Angioplasty
- Coronary Atherectomy
- Intra-coronary Ultrasound and Fractional Flow Reserve Testing
- Chronic Total Occlusion
Right Heart Catheterizations
Peripheral Angiography
Peripheral Intervention
- Peripheral Stenting and Angioplasty
- Peripheral Atherectomy
Advanced Imaging and Diagnostics Center of Excellence
Echocardiography
- Adult 2D / 3D Transthoracic and Transesophageal Echocardiograms
- Pediatric 2D Transthoracic Echocardiograms
- Fetal Echocardiograms
- Stress Echocardiograms
Cardiac Computed Tomography Angiography (CTA)
Cardiac Stress Testing
- Nuclear Perfusion Testing
Cardiac Monitoring
Cardiac Holter Monitors
Cardiac Event Monitors
Mobile Cardiac Telemetry
Tilt Table Testing