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Free Heart Smart Seminar and Screenings

SUGAR LAND—(January 11, 2012) — No one wants to think about the frightening possibility of facing a heart attack or a stroke. But if more people — family members, bystanders and the victims themselves — understood the warning signs better; they may help save more lives.

“Both a heart attack and a stroke can send warning signals hours, days, even weeks ahead of time,” says B. Keith Ellis, M.D., board certified interventional cardiologist and medical director of the Methodist Sugar Land Hospital Chest Pain Center. “Chest pain that’s triggered by exertion and relieved by rest may be an early predictor of a heart attack. In women, older adults and people with diabetes, symptoms may come and go, are often vague and may not be recognized.”

Too many people wait too long to get help, and more damage is done with each passing minute. The good news is new clot-busting heart attack drugs administered within one hour can stop a heart attack in progress. Stroke medication can stop and even reverse brain damage if given within three hours. “If you suspect either a heart attack or a stroke, seek emergency care immediately,” says Dr. Ellis.

Methodist Sugar Land Hospital has demonstrated the highest level of expertise in treating heart attack patients. Because of this expertise and delivery of care, Methodist Sugar Land Hospital has received Chest Pain Center Accreditation from the National Society of Chest Pain Centers (SCPC). The SCPC evaluation focuses on adherence to the following criteria:

- Reducing the time from onset of symptoms to diagnosis and treatment.

- Treating patients more quickly during the critical window of time when the heart muscle can be preserved.
- Monitoring patients when it is not certain that they are having a heart attack to ensure that they are not sent home too quickly or needlessly admitted to the hospital.

A key component of the hospital's accreditation is the speed with which heart attack patients are treated with percutaneous coronary intervention (PCI) in the Cath Lab. "PCI is critical to opening up the blocked artery and re-establishing blood flow," says Dr. Ellis. "The quicker that we can identify patients who are having heart attacks, transport them to the Cath Lab and begin the PCI, the better chance we have of saving lives and limiting damage to the heart."

To learn more about heart attack and stroke please join us for a free **Heart Smart Seminar & Screening** on Thursday, February 23 from 6 – 8 p.m. at Methodist Sugar Land Hospital – Conference Center. To register please call **281-274-7500** or email SLRSVP@tmhs.org. Refreshments, door prizes and free screenings for those attending the seminar. **Free screenings** include a free blood pressure screening and a lab test gift certificate that includes testing for glucose and lipid profile (including cholesterol, triglyceride, HDL, LDL, VLDL and risk calculation).

Photo Caption: Panel of heart experts: Dr. Imran Mohiuddin, *Vascular Surgeon*; Dr. Sherman Tang, *Interventional Cardiologist*; Dr. Kesavan Shan, *Diagnostic Cardiologist*; Dr. Uttam Tripathy, *Cardiovascular & Thoracic Surgeon*; Dr. B. Keith Ellis, *Interventional Cardiologist*; Dr. Earl Mangin, *Interventional Cardiologist*; Dr. Tapan Rami, *Electrophysiologist*; Dr. Mahesh Ramchandani, *Cardiovascular & Thoracic Surgeon*