

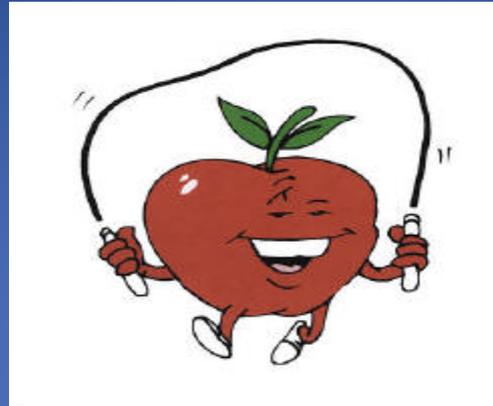


Community Risk Reduction



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Our mission is our purpose. The mission of Danbury Hospital is to enhance, through medical care, education, and research, the health and wellbeing of our communities in partnership with those we serve.

Get Active. Without regular physical activity, the body slowly loses its strength and ability to function well. By exercising for as little as 30 minutes each day you can reduce your risk of heart disease.

Control Cholesterol. Too much cholesterol in the blood is a major risk for coronary heart disease and stroke. Eat a healthy diet and exercise to maintain healthy cholesterol levels. Work with your doctor to control any hereditary factors.

Eat Healthier. A healthy diet is vital to overall health, and particularly heart health

- Eat vegetables and fruits—they're high in vitamins, minerals and fiber and low in calories.
- Eat refined whole-grain foods—they contain fiber that can help lower your blood cholesterol.
- Eat fish at least twice a week—oily fish containing omega-3 fatty acids (salmon, trout, and herring)
- Choose lean meats and poultry and prepare them without added fats.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils.
- Choose foods low in sodium—aim to eat less than 1500 mgs/day.

Manage your Blood Pressure. Hypertension is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you, and it often has no symptoms. Know your blood pressure to minimize your risk of heart issues.

Maintain a Healthy Weight. Obesity is recognized as a major risk factor for heart disease. You can reduce your risk for heart disease by successfully losing weight and keeping it off.

Reduce Blood Sugar. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. If you suffer from diabetes, work with your doctor to establish a plan to closely manage the condition.

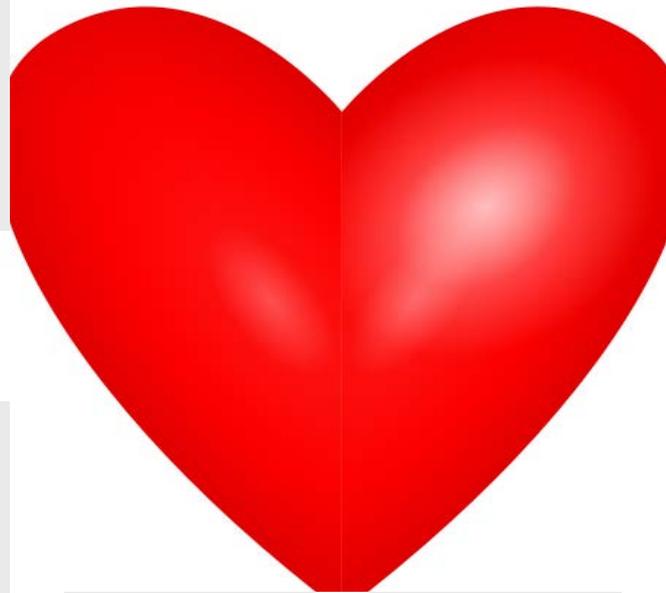
Stop Smoking. Smokers have a higher risk of developing many chronic disorders—which can lead to coronary heart disease, heart attack and stroke. Smoking also decreases your tolerance for physical activity, increases chances for blood clots, and decreases HDL (good) cholesterol.

ON AVERAGE,
2,200

Americans die of cardiovascular disease each day, an average of 1 death every 39 seconds.

90%

of women have one or more risk factors for developing heart disease.



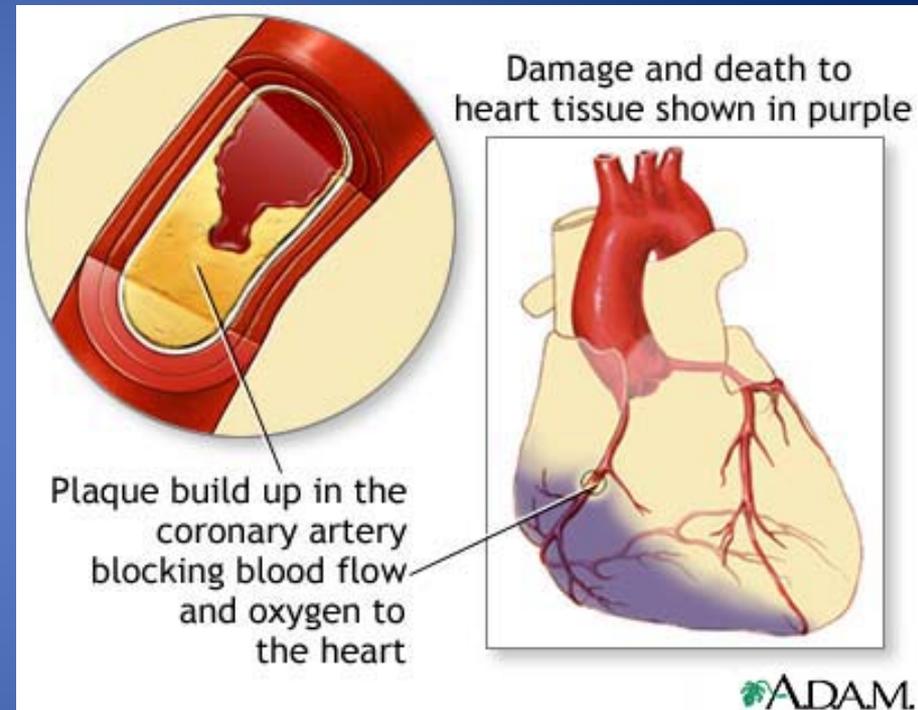
More women die of heart disease than the next **four** causes of death **combined**, including all forms of cancer.

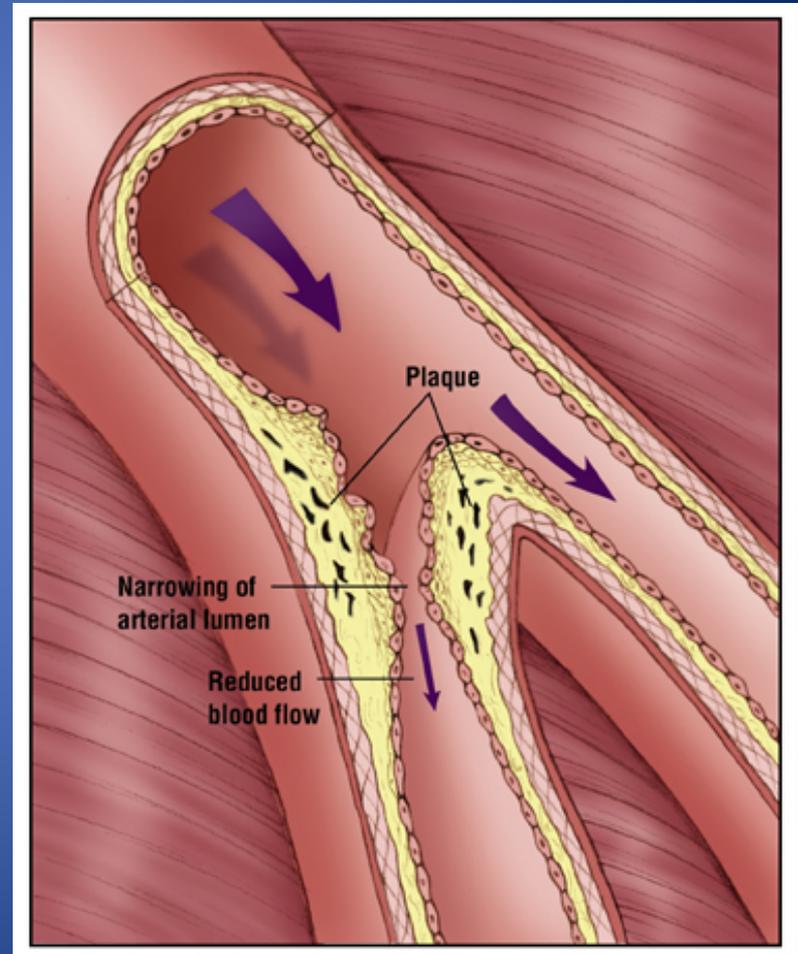
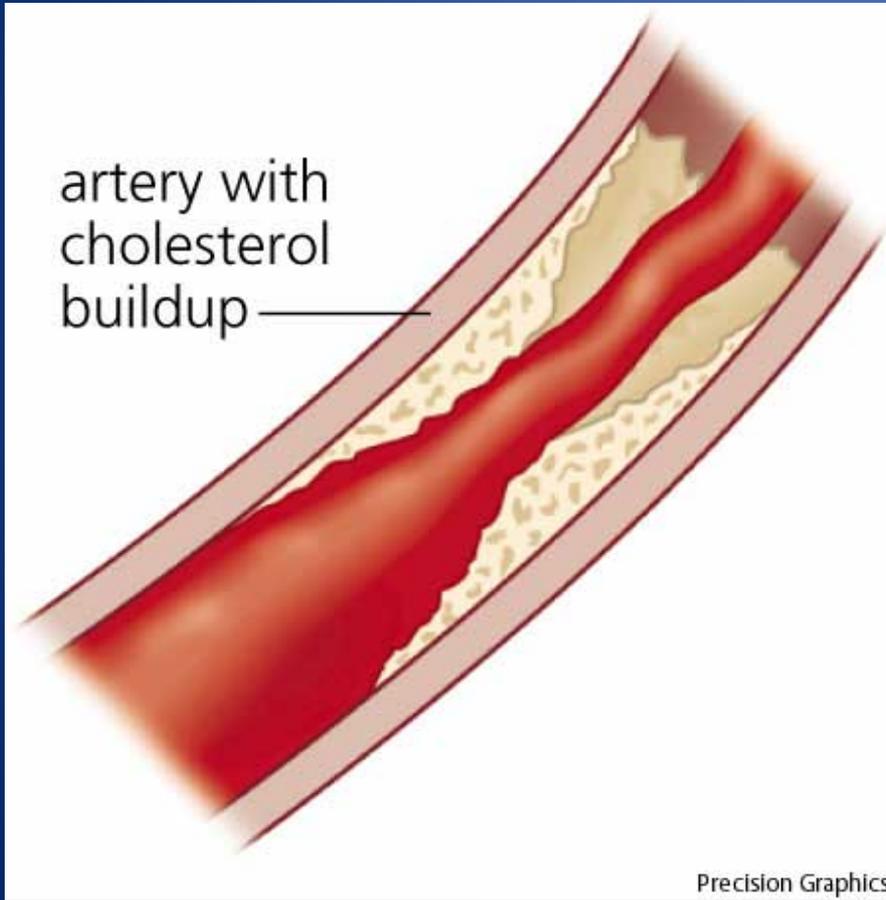
MORE THAN
82 MILLION

American adults are estimated to have one or more types of cardiovascular disease. That's one in three people.

Heart Disease is the **NO. 1** cause of death among women 20 and older, killing about one woman every minute.

- Pathophysiology
 - Death and necrosis of heart muscle due to inadequate oxygen supply.
 - Causes may include occlusion, spasm, microemboli, acute volume overload, hypotension, acute respiratory failure, and trauma.
 - Location and size dependent on the vessel involved.





- High blood Pressure
- Diabetes
- High Cholesterol
- Immediate Family History (age < 55-60)
- Smoking
- Gender: Males > Females
- Cocaine Use



- 52% of local residents over the age of 40 and diagnosed with heart attack wait at least two hours from the onset of symptoms, don't call 9-1-1 and arrive at the ED by private vehicle! Oh my!



Common Presenting Symptoms

- Chest pressure or discomfort
- Shoulder, neck, arm or jaw pain
- Difficulty Breathing
- Fainting
- Palpitations
- Sweating profusely
- Nausea
- Anxiety



- Onset of signs/ symptoms
- Denial of pain – must be something else
- Take antacid or other comfort measure
- Wait – it will pass
- Call private doctor
- Drive to hospital (don't want to “bother” emergency services/embarrassed)

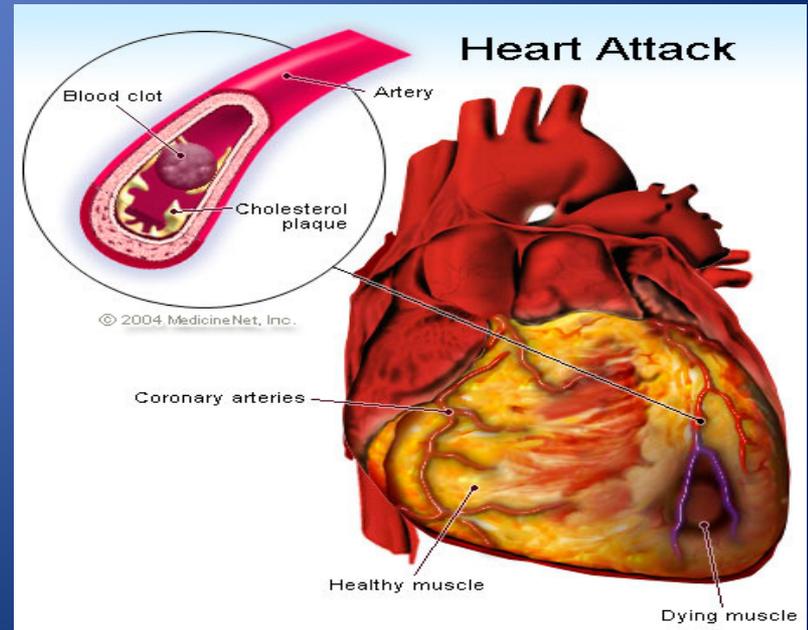


“Waiting is the hardest part”

- On average 2 hours elapses before patients experiencing chest pain or other signs and symptoms seek help



“Minutes Is Muscle”



What is the chain of survival?

- ✓ Early recognition of an emergency and activation of 9-1-1
- ✓ Early bystander CPR
- ✓ Early delivery of a shock with a defibrillator (AED)
- ✓ Early advanced life support



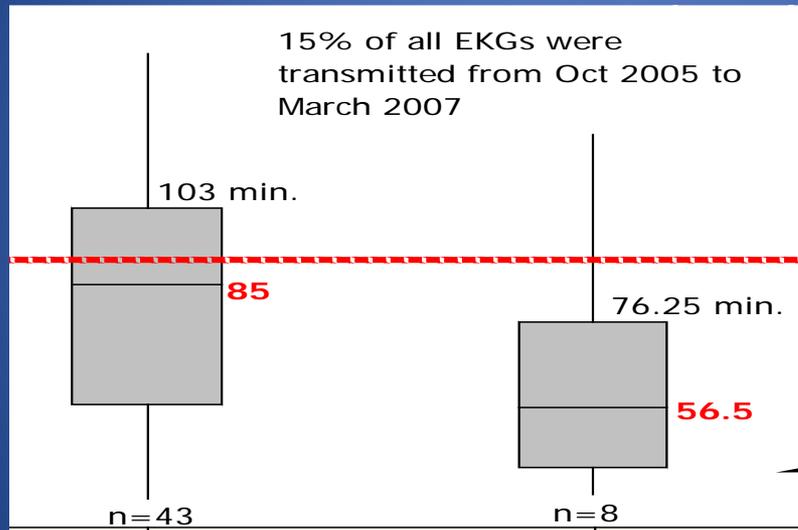
- **Person's problem or the type of incident**
("Tell me exactly what happened?").
- **Approximate age.**
- **Is he or she conscious?**
- **Is he or she breathing?**

- **Basic First Aid, Keep person calm, Send an employee outside to direct emergency services**

- Many patients are treated with emergency angioplasty
- Recent national guidelines set a goal of door-to-balloon time of less than 90 minutes



ECG transmission from the field saves time and lives in real life



90 Minute goal

30 minutes saved when ECG's transmitted from the field

Ambulance Transfer
No ECG transmission

Ambulance Transfer
ECG transmission

First 99 AMI treated at Danbury

Sudden Cardiac Arrest (SCA)

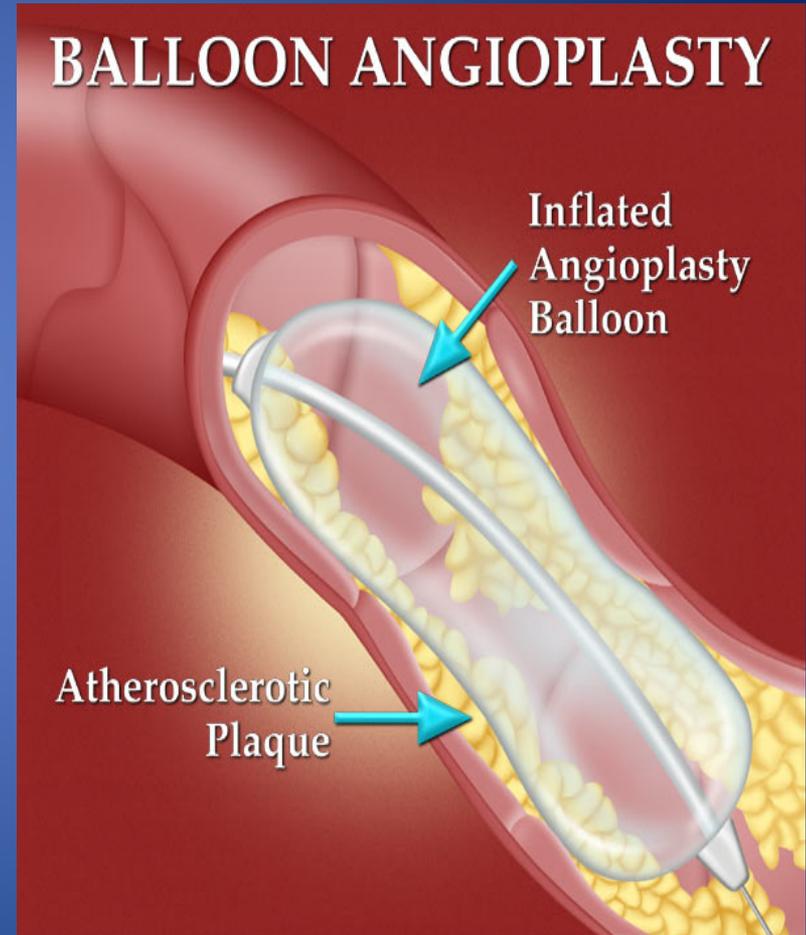
- Most common cause of death in the US
 - an estimated 350,000 deaths annually
 - a leading cause of disability and health care costs
- a condition in which the heart suddenly and unexpectedly stops beating
 - ventricular tachycardia or ventricular fibrillation usually cause sudden cardiac arrest

- The Praxair Regional Heart and Vascular Center at Danbury Hospital provides full-service cardiac and vascular care including diagnostic testing, medical treatment, interventional and non-interventional cardiac and vascular procedures, electrophysiology, and minimally invasive and open-surgical procedures to evaluate and treat cardiovascular diseases.



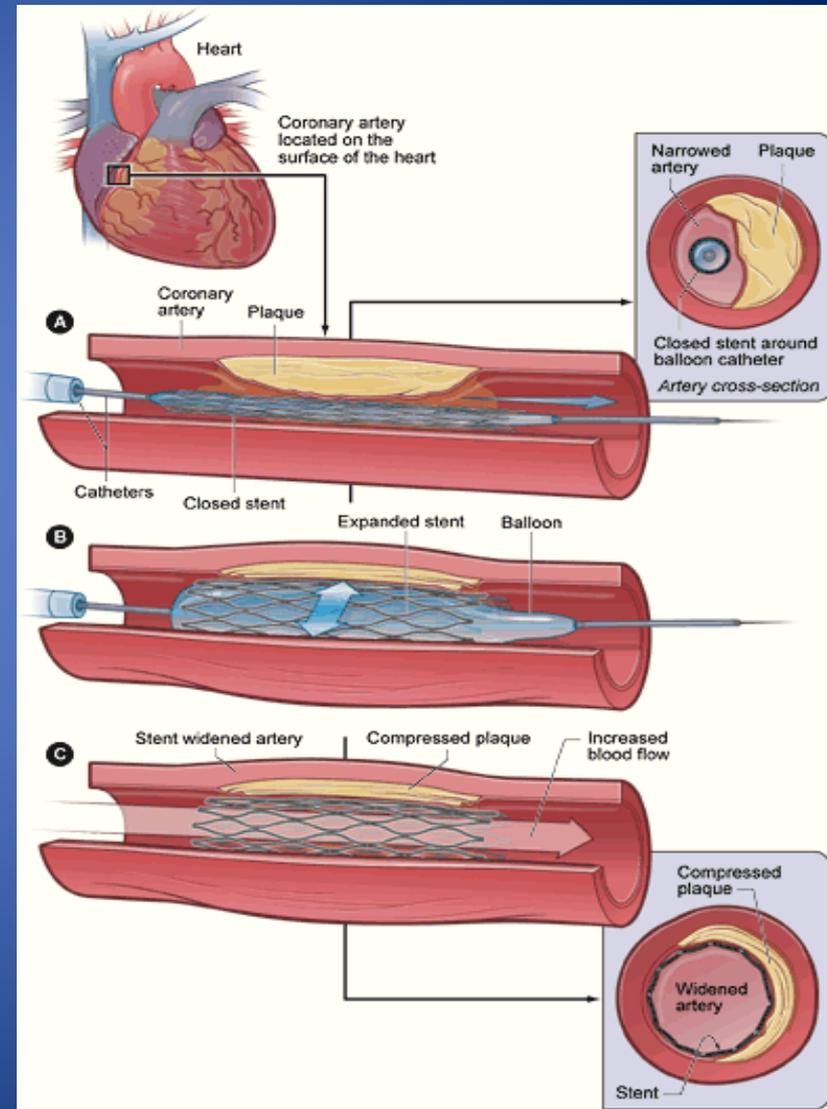
Balloon Angioplasty

- Inflation of a balloon within the coronary artery to crush the plaque into the walls of the artery
- Reduces the narrowing in the artery and restores the normal size of the artery

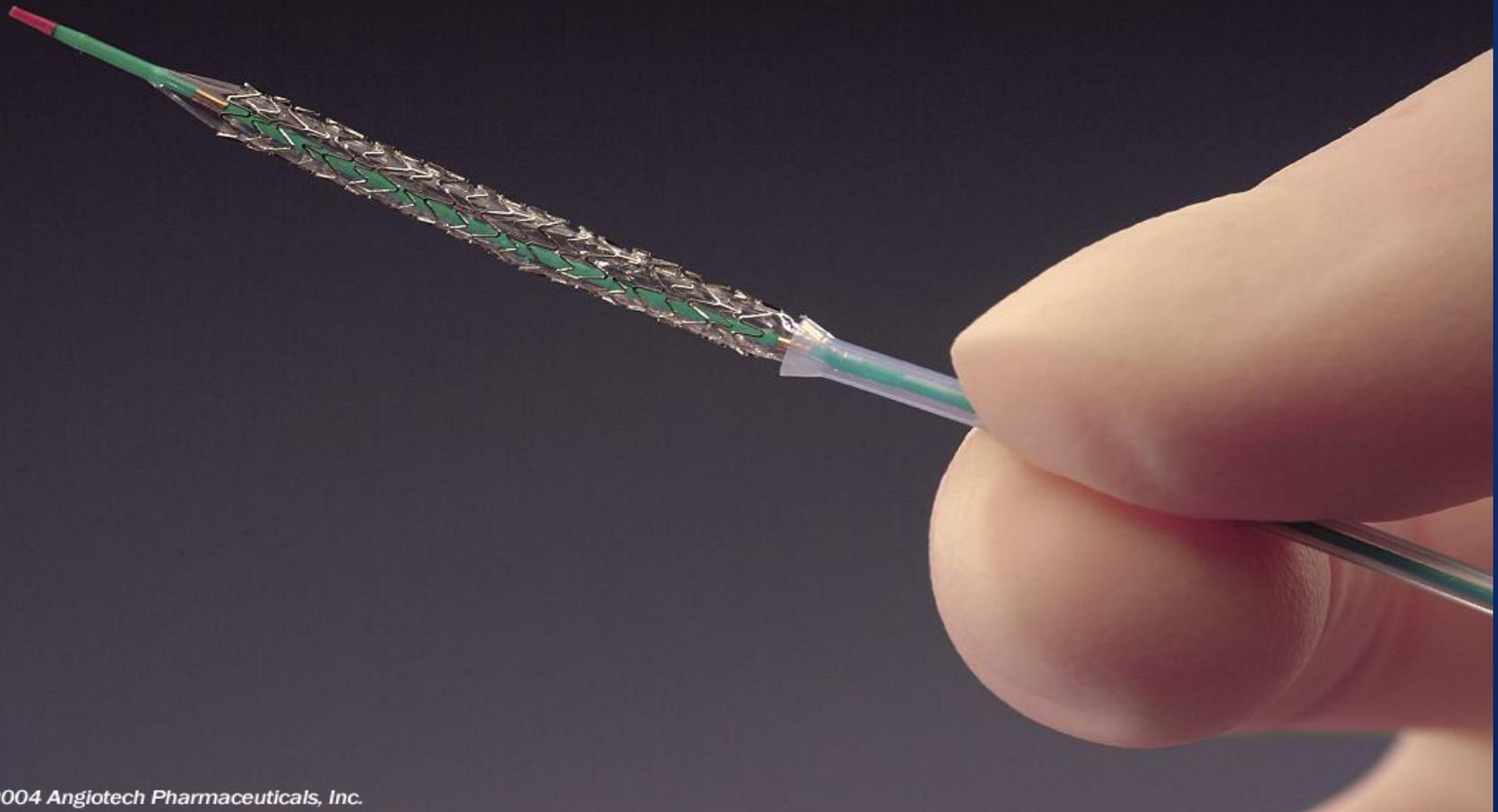


STENTING

- Tube placed in the coronary arteries after the balloon angioplasty
- Prevents constriction or closing of the artery during and after the procedure
- After a few weeks the inside lining of the artery grows over the stent



Coronary Stent



- **Coronary Artery Bypass**
- **Valve Repair and Replacement**
- **Minimally Invasive procedure**
- **Aneurysm/ Dissection Repair**
- **Ventricular Assist Devices**

