

Summer 2016

Thank you for your recent gift supporting one of our Heart & Vascular programs. Your donation makes a tremendous impact on the lives of our patients as they face serious heart and vascular conditions.

Heart & Vascular Funds

Cardiac Cath Lab - Providence-
Providence Park Hospital (PPPH)

Cardiac Cath Lab Education Fund
- PPPH

Cardiology Fund - St. John Hospital &
Medical Center (SJHMC)

Cardiovascular Hybrid Lab - SJHMC

Cardiovascular Services - St. John
Macomb-Oakland Hospital (SJMOH)

**Edmund T. Ahee Cardiology Research
Fund** - SJHMC

**Gretchen C. Valade Structural and
Endovascular Heart Endowment**
- SJHMC

Heart & Vascular Center of Excellence
- St. John Providence

Heart Institute - PPPH

**Interventional Cardiology Fellowship
Fund** - PPPH

**Interventional Cardiology Fellowship
Fund** - SJHMC

Non-Invasive Cardiology Fund -
PPPH

**Robert R. Wolfe, DO, Memorial
Fund** - SJMOH, Madison Heights

Strand Cardiology Endowment Fund
- SJHMC

You play a role in helping our patients

Chuck's story

What first seemed like a mild case of indigestion soon turned life-threatening for Chuck Marineau of St. Clair Shores.

Last November, Chuck drove to Houghton Lake for a hunting trip. But after just one day in the deer blind, he headed home.

"I first thought it was something I ate," says Chuck, 50. "Then the feeling moved toward the middle of my chest and my throat. I couldn't sleep at night. I knew something wasn't right."

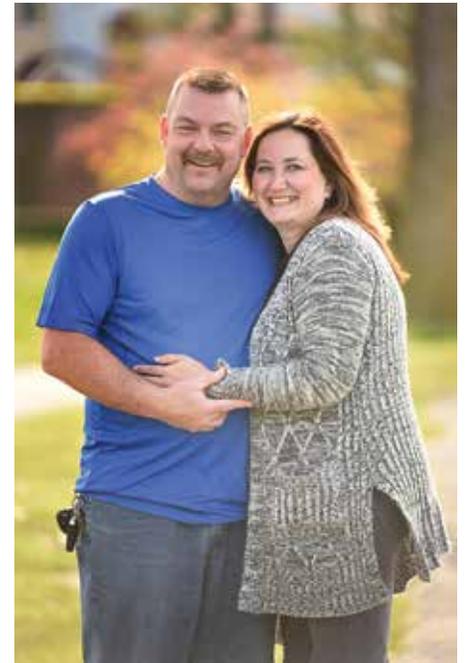
Chuck's wife promptly brought him to the St. John Guild Emergency Center where a series of cardiac tests were run. Blood work indicated he had already suffered a heart attack. Chuck was taken to the W. Warren Shelden Heart and Circulatory Center, where it was quickly determined he needed a heart catheterization. During the procedure, it was found that Chuck was experiencing spontaneous coronary artery dissection (SCAD) and needed immediate treatment.

SCAD is a rare condition caused by a sudden tearing in an inner layer of a coronary artery. Blood seeps between the artery layers, forming a blockage that can cause a heart attack, since blood cannot reach the heart muscle. Chuck had two arterial blockages—one at 100 percent and another at 90 percent.

"I felt reassured knowing I was in the best place for treatment," Chuck says. "The cardiac team quickly moved me to the catheterization lab and opened my arteries with stents. The entire medical team was very efficient—better than any NASCAR pit crew I've ever seen."

After a three-night hospital stay and three weeks of recuperation, Chuck returned to work. He attended several sessions of cardiac rehabilitation and has felt great since then. Chuck continues seeing his St. John Providence cardiologist for periodic checkups.

"I'm very thankful for the fantastic care I received," he says. "The doctor also put me on a low-sodium, low-fat, low-cholesterol diet. My entire life has changed, and I'm grateful to St. John for that."



Chuck and Karyn Marineau

**Your generosity helps patients like Chuck
receive the best possible heart care...thank you!**

Donor Favorites



Your gifts helped provide:

Cardiology Fund – St. John Hospital & Medical Center (SJHMC): Supports the program, service and equipment needs of the Cardiology department.

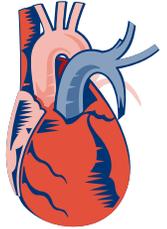
Cardiovascular Services – St. John Macomb-Oakland Hospital: Supports the program, service and equipment needs of the Cardiovascular department.

Gretchen C. Valade Structural and Endovascular Heart Endowment – SJHMC: Helps provide technology advances, equipment upgrades and expansion. May also be used for clinical trials and for training and education for physicians and staff.

Heart & Vascular Center of Excellence – St. John Providence: Supports the purchase of state-of-the-art technology and helps establish and enhance heart and vascular programs at all SJP hospitals.

Heart Institute – Providence-Providence Park Hospital: Supports priority needs, including capital expenditures, technology improvements, program support and Fellows assistance (honorariums, awards, stipends, medical conference expenses).

- An HD15 Pure Wave ultrasound system for Providence-Providence Park Hospital (PPPH). Plaque build-up in the limbs can be viewed on the ultrasound monitor, and a physician can thread a catheter through to enhance blood flow. This procedure can help patients with critical limb ischemia avoid tissue death and limb loss.
- A Medtronic Arctic Front Cardiac CryoAblation system at St. John Hospital & Medical Center (SJHMC) for the treatment of drug resistant atrial fibrillation. Using this catheter technology decreases the risk of blood clots and minimizes the amount of fluoroscopy radiation.
- A transformed Cardiovascular Intensive Care Unit at PPPH, Southfield, where functional and aesthetic enhancements bring the unit's environment in line with the excellent medical care patients receive.
- A Volcano SyncVision Catheter Cardiovascular intervention system for heart catheterizations at SJHMC. It allows physicians to simultaneously navigate arteries using x-ray angiography and an intravenous ultrasound image and delivers the most accurate measurements for stent placement. The new system reduces radiation exposure for patients and staff.
- An Angiojet™ thrombectomy system for the cardiac catheterization lab at St. John Macomb-Oakland Hospital to break up clots causing obstruction of blood flow in the artery.
- A new transesophageal echocardiography (TEE) probe at PPPH. The probe contains an ultrasound transducer at its tip and is placed down the throat into the esophagus to get a clearer view of the heart's anatomy and valves and to look for clots without having to penetrate the chest wall and ribs.
- A stress test treadmill system for St. John River District Hospital.



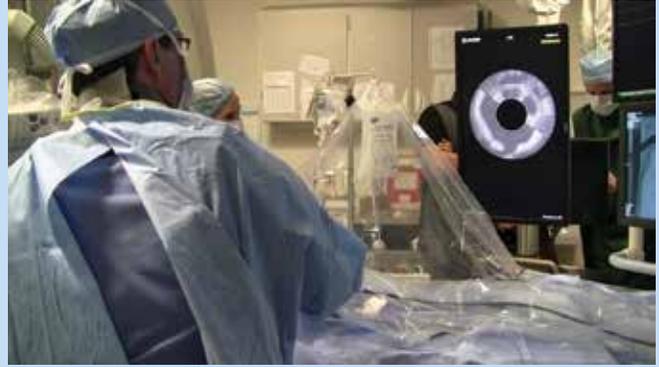
- The Outpatient Cardiac Rehabilitation Center at SJHMC with state-of-the-art treadmills, dynamap monitors, a flat screen TV with DVD player and cardiac rehab DVDs, and a complete Cardiac Monitoring System to track patients' stats during sessions.

Exceptional Care and Technology

- Providence-Providence Park Hospital (PPPH) has been recognized 12 times as a Truven 50 Top Cardiovascular Hospital in the category of Teaching Hospitals with Cardiovascular Residency Programs.
- PPPH was named among the nation's 50 Best Hospitals for Coronary Artery Bypass Graft (CABG) Surgery and Valve Surgery by Healthgrades, the leading online resource for comprehensive information about hospitals and physicians.



- St. John Hospital & Medical Center (SJHMC) and PPPH have been honored with the prestigious 3-Star Rating for CABG by the Society of Thoracic Surgeons. Nationwide only 12% of heart centers attain this highest rating of clinical excellence. St. John River District Hospital and St. John Macomb-Oakland Hospital earned a 2-Star Rating.
- SJHMC is home to the Gretchen C. Valade Cardiovascular Hybrid Operating Room, Michigan's first certificate of need hybrid OR. This anchor of the Minimally Invasive Structural Heart Program is where advanced non-surgical and minimally invasive surgical cardiovascular procedures and sophisticated diagnostic tests are done.
- PPPH was the first U.S. hospital to enroll a patient in the IC-HOT (Evaluation of Intracoronary Hyperoxemic Oxygen Therapy) study of a system that uses supersaturated oxygen to reduce damage caused by heart attacks. SJHMC and St. John Macomb-Oakland Hospital are also taking part, making it the first interventional cardiology clinical trial involving all three hospitals in the SJP Heart & Vascular Center of Excellence.



- SJHMC was the first hospital in the Midwest to use an image-guided device designed precisely to remove plaque from blocked arteries in the leg caused by peripheral artery disease. The device, Avinger's Pantheris™ lumivascular atherectomy system, allows physicians to see and remove plaque simultaneously with a special catheter to restore blood flow.
- PPPH is the first facility in southeast Michigan to utilize new MultiPoint Pacing Technology on specific cardiac resynchronization therapy defibrillators and pacemakers. It is designed to deliver electrical pulses to multiple locations within the heart's left side to resynchronize contraction of the lower chambers in heart failure patients.
- SJHMC was the first hospital in southeast Michigan and one of just 50 nationwide to implant the Nanostim™, a wireless, non-surgical cardiac pacemaker, only available in the U.S. through the LEADLESS II international clinical study. It is smaller than a AAA battery, less than 10% the size of a conventional pacemaker, so comfort is improved and complications are reduced.



Heart disease strikes someone in the U.S. every 42 seconds and accounts for 1 in 7 deaths



Cardiovascular disease kills 17.3 million people in the world annually—more than the population of Michigan and Indiana combined!

(Source: American Heart Association)

On the Horizon

- A new Electrophysiology Lab with cutting-edge technology is coming to St. John Hospital & Medical Center thanks to an exceptional gift from Gretchen Valade. The new area will feature advanced fluoroscopic equipment and mapping technologies, allowing for faster, safer procedures for diagnosing and treating abnormal heart rhythms with better outcomes.
- Providence-Providence Park Hospital will acquire a new cardiac rehab telemetry system, which includes a portable device for patients to wear during exercise, allowing staff to monitor heart rhythms and rates and input relevant data on a receiving video display unit. Other additions coming: a new MARS Holter monitor system—a small, wearable device for continuously monitoring patients' heart rhythms outside of the hospital, and a weightless radiation protection system that eliminates the need to wear lead aprons during long procedures.

Thank you!

312 caring donors
contributed 1,286 gifts



totaling \$2.9 million
to SJP Heart & Vascular
programs
in the past 20 months



**Heart disease and stroke cost the U.S.
nearly \$317 billion yearly
in medical costs and lost productivity**

(Source: American Heart Association)

Heart attacks differ for women and men

Heart disease is the #1 killer of men and women. Unfortunately, women are less likely to believe they're having a heart attack and more likely to delay treatment. The most common heart attack symptom for both sexes is severe chest pain or pressure. But women are more likely to experience lesser-known symptoms such as jaw or neck pain, shortness of breath, dizziness, light-headedness/fainting, nausea/vomiting, upper back pain or extreme fatigue. When women have a heart attack, they tend to be about 10 years older than men. Women are more likely to have other conditions such as diabetes, high blood pressure and congestive heart failure—making it more vital to get treatment fast.

(Source: American Heart Association)

**86 million Americans
are living with
cardiovascular disease
or the after-effects of stroke**

(Source: American Heart Association)

St. John Providence Foundations
313-343-7480
www.stjohnprovidence.org/foundation