

Health Connection

 **Trumbull
Memorial Hospital**
An Affiliate of ValleyCare Health System

A PUBLICATION OF TRUMBULL MEMORIAL HOSPITAL



Say hello
to our newest
doctors!
See page 3

www.TrumbullMemorial.net • Winter 2013

PAGE 4

**7 steps to
better sleep**

PAGE 5

**Life after
stroke**

PAGE 7

**Orthopedic rehab
gets you moving**

PAGE 12

**Our pledge
to you**

Healthbriefs

> Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

> Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



> Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.



MEET OUR NEW DOCTORS

Trumbull Memorial Hospital (TMH) is proud to introduce two new doctors to our medical staff:

Waheed Malik, M.D.

Internal Medicine

340 Ridge Road, Suite 1, Newton Falls
(330) 872-0330

Waheed Malik, M.D., has established a practice in Newton Falls. He is board certified in internal medicine and is an employed member of the medical staff at TMH.

Dr. Malik completed an internal medicine residency training at Kingsbrook Jewish Medical Center in Brooklyn, N.Y., after receiving his medical degree from the Army Medical College in Rawalpindi, Pakistan. He finished his residency training in nuclear medicine and nuclear cardiology at the University of Iowa in Iowa City.

Dr. Malik is accepting new patients. To schedule an appointment, call **(330) 872-0330**.

Veronica Jean-Pierre, M.D.

Endocrinology

ValleyCare Health Center—Elm Road
2652 Elm Road, Bldg. C., Cortland
(330) 841-3010

Veronica Jean-Pierre, M.D., is board certified in endocrinology and metabolism and is an employed member of the medical staff at TMH. She received her medical degree from Wright State University School of Medicine in Dayton, Ohio. Dr. Jean-Pierre completed a residency in internal medicine and fellowship training in endocrinology and metabolism at Winthrop University Hospital in Mineola, N.Y.

Dr. Jean-Pierre is accepting new patients. To schedule an appointment or for more information, call **(330) 841-3010**.



Did you know?

You can find a complete list of Trumbull Memorial Hospital doctors online! Visit www.TrumbullMemorial.net and choose "Find a Physician" to get started.

A message FROM OUR CEO



DEAR FRIENDS,

At Trumbull Memorial Hospital (TMH), we began 2013 with renewed enthusiasm to build on our efforts to create a hospital that is a great place for patients to receive care, doctors to practice medicine and employees to work. We also reflected on our accomplishments in 2012.

ROBERT G. WOLLEBEN
Chief Executive
Officer

Expanded services, new technology and upgraded facilities are evidence of our commitment to invest in the future and serve you better:

- Last summer, we opened our newly renovated orthopedic floor with all-private patient suites, walk-in showers, new equipment and more for our patients' safety and comfort.
- Our new technology includes four CT scanners, lab blood chemistry equipment, a surgical lighting system and upgraded IT systems.
- Our 30-Minutes-or-Less ER Service Pledge started last spring to enhance services, reduce wait times and improve patient satisfaction.
- In April, we introduced Senior Circle, a program for people age 50 and better featuring educational, fitness and social activities. We are more than 400 members strong and growing.
- We also celebrated the first anniversary of Healthy Woman in September with an event featuring keynote speaker Elizabeth Smart, attended by 600 area women.

We'll continue to focus on patient care, responding with new services, technology and initiatives to elevate the level of care, improve patient safety and create positive outcomes.

Thank you for continuing to place your confidence in the doctors and staff at TMH. You can always reach me by email at Robert_Wolleben@vchs.net. I look forward to hearing from you.

Best wishes,

Robert G. Wolleben

Chief Executive Officer
Trumbull Memorial Hospital

Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently

used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

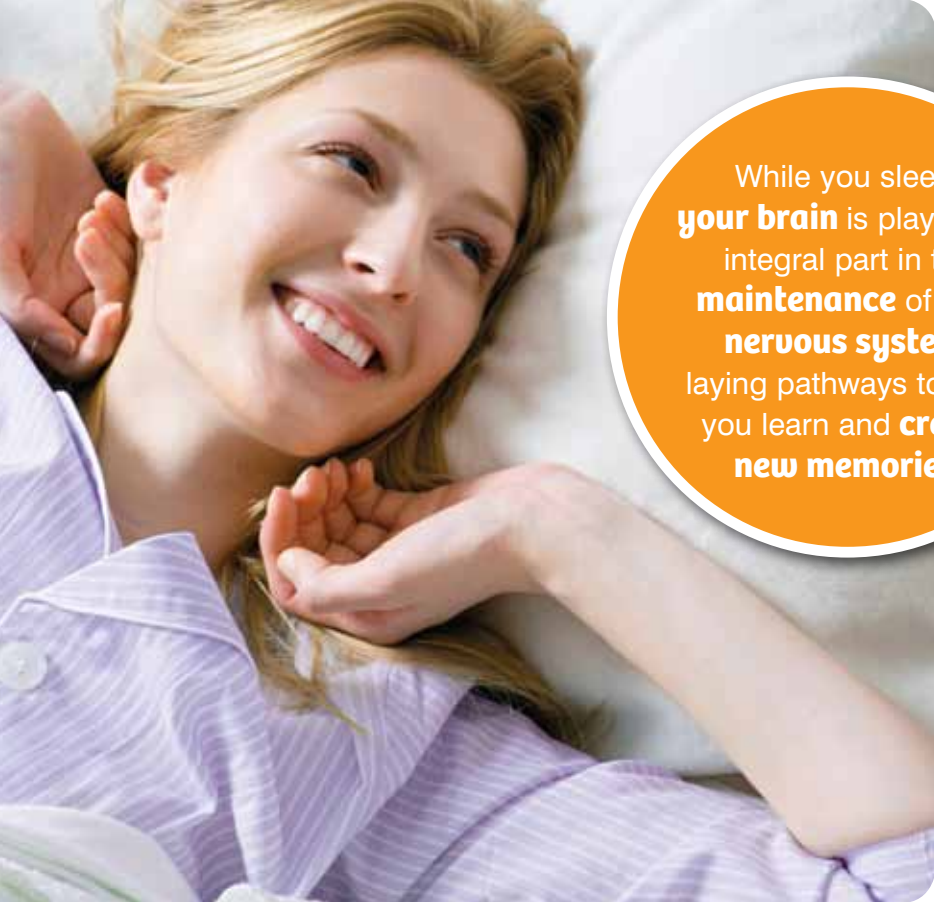
If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

- **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.
- **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.
- **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.
- **Relax.** Read a book or soak in a nice, warm bath before going to sleep.
- **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.
- **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.
- **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.



Coping with stroke

➤ You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

➤ **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

➤ **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

➤ **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

HealthWise QUIZ

How much do you know about medication management?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 According to the FDA (U.S. Food and Drug Administration), splitting pills:**
 - a. is safe for all medications
 - b. can affect the way a medication is absorbed
 - c. should never be done unless the pills are approved for splitting and you have your doctor's OK
 - d. both b and c
- 2 Which tip is not recommended for storing medication?**
 - a. Store it in a cool, dry place.
 - b. Keep it in the original container.
 - c. Keep the cotton plug in the bottle.
 - d. none of the above
- 3 When talking with your doctor, you should let him or her know you take:**
 - a. vitamins
 - b. over-the-counter medicines
 - c. herbal supplements
 - d. all of the above
- 4 Which of the following drugs can interact with St. John's wort?**
 - a. blood thinners
 - b. antidepressants
 - c. pain medications (narcotics)
 - d. all of the above
- 5 When ordering medication online, you should only purchase from a website that:**
 - a. has an FDA seal of approval
 - b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
 - c. is based in Canada
 - d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)

Should you have a knee replacement?

Knee replacement is a major decision. You may want to consider it if you're experiencing:

- severe knee pain that limits daily activities
- moderate to severe pain while resting
- chronic inflammation that doesn't improve with rest or medications
- knee stiffness
- failure to improve with treatment such as non-steroidal anti-inflammatory drugs, cortisone injections, physical therapy or other surgeries
- complications or intolerance from pain medications



Get moving again!

The Center for Rehabilitation is located at ValleyCare Health Center—Elm Road, 2598 Elm Road, Building D, in Cortland.

A prescription from your doctor is needed to schedule an appointment for physical or occupational therapy. For more information, call (330) 841-2000.



Louise Casagrande is back on the move after knee replacement surgery.

Keeping pace

Knee replacements give one patient back her active life

➤ At 61 years old, Louise Casagrande of Cortland is a school improvement coach, an active grandmother, an avid tennis player and a frequent traveler. But when she started experiencing knee pain five years ago, all of her activities and interests took a back seat to the pain.

Casagrande had to give up playing tennis, biking and other activities she enjoyed. Her knees became bowed and shorter. She had trouble climbing stairs, walking and standing for even short periods of time. Casagrande was also afraid to hold her young granddaughter for fear of dropping her. Last but not least, her trips to Disney World—the place where Casagrande and her husband were married and visit every year—became less enjoyable. “It was embarrassing,” she recalls. “I couldn’t keep up and felt like I was holding everyone back.”

Personalized care

Casagrande first attributed her pain to

a strained muscle or tendon. When the pain worsened and over-the-counter medications didn't help, she knew something was wrong. At a friend's recommendation, Casagrande went to board-certified orthopedic surgeon Michael Jones, D.O., of Northeast Ohio Orthopedics and an independent member of the Trumbull Memorial Hospital (TMH) medical staff. X-rays and an MRI revealed that knee cartilage had worn away, leaving bone rubbing against bone.

In July 2012, Casagrande had joint replacement surgery by Dr. Jones, who replaced both knees with a longer-lasting implant available in this area only at TMH. Using MRI before surgery, Dr. Jones produced custom cutting blocks to precisely fit Casagrande's unique anatomy and provide accurate alignment of the implants. For Casagrande, this meant a less invasive surgery, more stability and better mobility. “The implant is ideal for younger, more active patients who



Louise Casagrande (with her husband, Joe) thinks her new knees are amazing, and she wishes she would have had surgery sooner!

undergo total knee replacements to improve their quality of life and function,” says Dr. Jones.

“The care I received at Trumbull was second to none. I don’t know why anyone would go anywhere else,” says Casagrande. She attended classes to learn about the procedure, how to prepare and what to expect after surgery, rehabilitation and recovery. After her discharge, she continued therapy at Hillside Rehabilitation Hospital for a week, where she says she received “fabulous care.”

Enjoying life again

With her knee pain behind her, Casagrande made her annual trip to Disney World with her husband, children and grandchildren just three months after her surgery.

“We started when the park opened, spent all day riding the roller coaster and other rides, and closed down the park,” says Casagrande. “It’s something I couldn’t do the last several years until having the surgery.” ●



Mark your calendar!

Better Living with Arthritis event planned for May 2013

Trumbull Memorial Hospital, in partnership with The Arthritis Foundation, will host the second annual Better Living with Arthritis event in early May. Participants will hear and learn from area keynote speakers on a variety of arthritis-related topics. Displays, an exercise demonstration, health screenings and information, and other activities are planned.

Watch for more details about this free community event and plan to join us in May.

The road to recovery

What to expect after orthopedic surgery

When you need recovery care for orthopedic surgery or another injury or medical condition, a full line of physical rehabilitation services to meet your therapy needs is close by at ValleyCare Health Center–Elm Road.

The professional, caring staff at the Trumbull Memorial Hospital (TMH) Center for Rehabilitation has a diversity of clinical skills and provides one-on-one physical therapy and occupational therapy to help you achieve the quickest recovery possible. Experienced, certified and licensed therapists work closely with you and your doctor to develop individualized care plans specific to your medical and personal needs. The ultimate goal is to help you reach your highest level of function and regain independence as quickly as possible so you can get back to spending time on the activities you enjoy most.

- Other specialized programs and services include:
- > aquatic therapy in a therapeutic pool or underwater treadmill to reduce stress and pain on joints, improve range of motion and strengthen muscles
 - > lymphedema treatment provided by specially trained occupational therapists
 - > work conditioning and industrial rehabilitation
 - > speech therapy
 - > senior wellness

The TMH Center for Rehabilitation is easily accessible, with plenty of close parking. Van transportation is available within a 25-mile radius of the facility for a nominal fee for those without transportation to their therapy appointments.

Insurance plans that cover TMH also cover the TMH Center for Rehabilitation at ValleyCare Health Center–Elm Road.

Just desserts

Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

- **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.
- **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.
- **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:** Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal. Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



'V' is for vitamin

Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A,

leading researchers to hypothesize that those pills may not be a good match for today's childhood diets.

What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's eating habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



Be kind to your kidneys

Help prevent kidney disease

➤ You may not think about them often, but tucked away underneath your rib cage, on each side of your spine, your kidneys labor away, filtering about 200 quarts of blood daily to rid it of waste and excess water to make urine. Your kidneys also release hormones that, among other functions, help regulate blood pressure and calcium, and trigger red blood cell production.

Damage to the kidneys can impair their filtering ability and may lead to what's called kidney disease or chronic kidney disease, and ultimately kidney failure. The most common culprits in kidney damage are high blood pressure and diabetes. People with kidney disease are also more likely to develop heart disease.

Unfortunately, early kidney disease doesn't have any symptoms. When it's advanced, a person may have to urinate more or less often, feel tired, lose his or her appetite or vomit, experience swollen hands or feet, feel itchy or numb, have difficulty concentrating or feel sleepy, have darkened skin or have muscle cramps.

The lack of early warning signs is exactly why prevention is so important.

Keeping kidney disease at bay

To help prevent kidney disease, keep these suggestions in mind:

- If you have diabetes, monitor your blood glucose level closely and work to keep it within your doctor's recommended range.
- If you have high blood pressure, be sure to have regular checkups and ask your doctor about home monitoring. You may need to take blood pressure medication to



The most common culprits in **kidney damage** are **high blood pressure and diabetes**. People with kidney disease are also more **likely to develop heart disease**.

keep it below 130/80 mm Hg.

- If signs of kidney damage are already present, ask your doctor about taking medication to prevent further damage. Regular testing for the presence of protein in your urine and creatinine in your blood can tell your doctor how well your kidneys are functioning.
- Follow a healthy eating plan—a low-fat diet full of fruits and vegetables and whole grains. If you already have kidney disease, you may need to limit your protein intake.
- Quit smoking.
- Use care when taking painkillers such as ibuprofen, naproxen and high-dose aspirin. Long-term use can cause kidney damage.
- Seek medical attention right away if you have symptoms of a bladder infection (for example, cloudy urine, burning when urinating, constant urge to go to the bathroom, fever). Left untreated, infections can result in kidney damage. ●



Talk with your doctor

Make an appointment with your doctor if you are experiencing any symptoms of kidney disease.



▲
Ned and Debbie Gold are excited for ski season. Hillside Rehabilitation Hospital made it possible for them to return to the slopes.

Dual mishaps, dual recoveries

Couple is back on the slopes, thanks to Hillside Rehabilitation Hospital

➤ Local attorney Ned Gold and his wife, Debbie, look forward to ski season every year. The couple, who suffered separate ski accidents, is fortunate to be able to still enjoy the slopes together, thanks to the rehabilitation experts at Hillside Rehabilitation Hospital.

A pair of harrowing ordeals

On February 2, 2007, Ned took off down a slope at a ski resort in western New York. He had skied the run many times before, but this time, he was distracted, and when he hit the moguls going 30 mph, he knew he was in trouble. As Ned flipped over numerous times, “I could hear my bones breaking,” he says.

His list of injuries was astounding: 10 broken ribs, a collapsed lung, a ruptured spleen, a fractured skull, a crushed nose, a broken scapula, a separated shoulder, a crushed wrist and internal bleeding.

After being treated at hospitals in Springville and Buffalo, N.Y.—where he was placed in a medically induced

coma—Ned was transferred to Trumbull Memorial Hospital and spent one week in the intensive care unit before arriving at Hillside for inpatient physical therapy.

Debbie suffered her own accident while skiing in Angel Fire, N.M., on January 2, 2012. Another skier hit her from behind and she fell, suffering two torn rotator cuffs, muscles torn off the bone and a fractured humerus.

The accident left her unable to move her left arm. “I was unable to do things I’d normally do at home—cooking, cleaning and doing my own hair,” she says.

Debbie was in a sling for eight weeks before going to Hillside for outpatient therapy.

Optimal recoveries

Ned was told he would spend a month at Hillside for inpatient therapy, but thanks to intense therapy sessions, he went home after two weeks. “I can’t say enough good things about Hillside,” Ned says. “When I came here, I was barely conscious, and now I have my life back. My physical therapist lightly pushed my limits, and every day I felt better and those limits were pushed further.” Just 10 months later, Ned was back on the slopes.

As for Debbie, “After two months of hard work and the dedication of the Hillside staff, I was able to get full mobility back to my arm,” she reports. “It’s such a wonderful facility.” ●

 **Hillside Rehabilitation Hospital**
 An Affiliate of ValleyCare Health System of Ohio



Get back on track

To learn more, call Hillside Rehabilitation Hospital at **(330) 841-3873**.



Debbie Gold skiing in Angel Fire, N.M., shortly before her accident

Get moving, mama!

➤ You're tired and easily winded these days, and probably the last thing on your mind is exercising. Sure, there are more hurdles to conquer now as your body adapts to pregnancy, but there are many benefits of being a mother-to-be who works out.

For starters, it can keep your weight gain in check. It can also help alleviate those aches and pains related to pregnancy and temper constipation and swelling. Exercising also reduces your risk of gestational diabetes, improves your mood and sleep, may shorten labor, increases your energy level and helps you recover more quickly from pregnancy.

So what are you waiting for? It's time to get started!

Exercise safely

When choosing to exercise while pregnant, it's important to get the OK from your doctor. Some conditions, such as preterm labor, may make it more difficult for you to exercise safely. Pregnant women should also avoid working out in hot conditions, certain yoga poses (such as those that have you lie flat on the back later in pregnancy), contact sports, high-impact sports and activities that increase your risk of a fall (such as skiing or horseback riding).

Your best bets

So what can a pregnant woman do? Plenty! Why not try these?

- **Swimming** provides a great cardiovascular workout without beating up your joints. It also has the bonus of keeping you cool while you exercise.
- **Walking** is a simple—and free—way to keep moving.
- **Cycling** can give you a great workout while taking the stress off of your joints, but it can present a fall risk. Consider exercising on a stationary bike instead.
- **Stair-climbing machines** can really help you raise your heart rate; just make sure to hold onto side rails!



Warning signs

Make sure you drink plenty of water when you exercise and discontinue your activity if you feel unwell. Call your doctor if you experience:

- breathing problems
- chest pain
- contractions
- dizziness
- headache
- loss of amniotic fluid
- loss of fetal movement
- pain or swelling in the legs
- vaginal bleeding
- weak muscles

- **Aerobics** provides a great workout for the heart. If you've never taken an aerobics class or you're feeling a little more unsteady on your feet these days, take a class specifically geared for pregnant women.
- **Running or jogging** can keep you in good form, especially if you've previously incorporated this exercise into your routine. If you're just starting to run or jog, make sure to talk with your doctor.

Remember, unlike when you may exercise to lose weight, your workout goal when you're pregnant is not to shed pounds, but rather to stay active and maintain optimal weight gain during this special time in your life. ●

Health Connection is published as a community service of Trumbull Memorial Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

Copyright © 2013 Trumbull Memorial Hospital

WINTER 2013



www.TrumbullMemorial.net

70TMH



Chest pain?

We're here to help

Chest pain is the most common symptom of heart attack. Early recognition, combined with quick diagnosis, early intervention and treatment by medical professionals, can result in a successful outcome and save lives.

The Trumbull Memorial Hospital (TMH) Chest Pain Center, with its interdisciplinary team of professionals, expedites care for patients who arrive at the hospital with chest pain or other heart-related conditions. Advanced care from doctors, nurses

and specialists continues from the emergency room to the cardiac cath lab and operating room for life-saving interventions.

TMH is Trumbull County's only certified Chest Pain Center, having received accreditation by the Society of Cardiovascular Patient Care (SCPC). Hospitals with SCPC accreditation demonstrate adherence to strict guidelines and have a higher level of expertise in dealing with heart attack patients. ●



It's about time

30-Minutes-or-Less ER Service Pledge

When you're experiencing a health care emergency, every minute you wait in the ER can seem like an hour.

The 30-Minutes-or-Less ER Service Pledge at Trumbull Memorial Hospital (TMH) acknowledges the value of prompt service and our patients' time. Our doctors, nurses and other clinical professionals* are dedicated to offering quality care efficiently and quickly.

While our goal is for a clinical

professional to initially see each patient within 30 minutes of arrival, every patient's need is different. The most critical health emergencies always receive top priority. The total ER visit time varies depending on the patient's condition and the number of critically ill or injured patients needing immediate attention. ●

*A clinical professional is a physician, physician's assistant or advanced practice nurse.



Click for more

For more information about our Chest Pain Center or 30-Minutes-or-Less ER Service Pledge, visit www.TrumbullMemorial.net.