# State of the Heart: St Luke's Heart Care Brochure

Aurora Health Care

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St. Luke’s Heart Care is recognized as one of the top cardiac centers in the United States. This reputation is built on an ongoing tradition of cardiac innovation that began in the last century. St. Luke’s continues to be on the leading edge — more cardiac surgeries, heart transplants, cardiac catheterizations and angioplasties are performed here than at any other hospital in Wisconsin. And our reputation goes well beyond Wisconsin. Patients from all 50 states have traveled to St. Luke’s for advanced cardiac care in the last three years. St. Luke’s Heart Care is another way Aurora Health Care is improving the health care of Wisconsin.

Why do patients choose St. Luke’s for their heart care?

- Innovative physicians
- High volume of procedures
- State-of-the-art diagnostic and treatment technology
- Wide-range of treatment options
- Highly skilled nurses
- Tradition of cardiac care leadership

At The Forefront Of Heart Care...

Our heritage includes a record of more than 25 “firsts” in the state, region and nation. Some of the treatment options pioneered here include:

1956 1st heart pump in Wisconsin
1960 State’s 1st cardiac catheterization program
Our physicians & nurses are innovators

Choosing an outstanding heart specialist is one of your most crucial decisions. St. Luke's has attracted many of the nation's leading experts — more than 100 cardiologists and 20 cardiac surgeons.

St. Luke's has been a member of the prestigious National Cardiovascular Network (NCN), a not-for-profit organization of cardiologists, cardiovascular surgeons and Centers of Excellence located throughout the nation. NCN physicians and hospitals are a highly experienced group that has exceeded the most demanding credentialing standards in health care.

The majority of our more than 350 cardiac nurses have distinguished credentials and certifications in their area of expertise, such as Critical Care Registered Nurse (CCRN) and Advanced Cardiac Life Support (ACLS) provider. In addition, most of our cardiac nurses have more than five years of experience. To further ensure nursing excellence, a clinical nurse specialist or clinician supports nursing practice, education and research on each unit.

St. Luke's uses a leading-edge electronic medical record system to enhance treatment consistency and accuracy. This comprehensive system eliminates handwritten records and provides your treatment team with quick access to all your medical information — from appointment times to medical history — for more responsive care.

Use your head when it comes to your heart

When it comes to receiving high-quality heart care, more people choose St. Luke's Heart Care. We perform more heart surgeries, heart transplants, cardiac catheterizations and balloon angioplasties than any other hospital in Wisconsin. In fact, we are one of the nation's top volume providers of bypass surgery, coronary angioplasty and cardiac angioplasty — right here in your own backyard.

1961
Milwaukee's 1st pacemaker

1968
Midwest's 1st heart transplant
Effective treatment begins with reliable tests

Physicians order specialized heart tests when deciding the best course of treatment for their patients. Cardiac testing can help predict if a person is at risk for heart disease, as well as determine the severity of the disease.
Therefore, receiving superior diagnostic testing and having it interpreted by a highly experienced physician is crucial. St. Luke’s Heart Care provides a full spectrum of outstanding diagnostic services – from stress tests to ultrasound.

Invasive testing that doesn’t invade your life

Invasive cardiac testing means that the test is performed in the body, often through special tubes called catheters that are guided into the heart. Many of these tests are performed on an outpatient basis or require only a brief hospital stay.
For more than three decades, St. Luke’s Heart Care has been a diagnostic pioneer – performing over 12,000 procedures a year in our cardiac catheterization laboratories. That’s more than any other hospital in Wisconsin.

Our Invasive Cardiac Testing includes:
- Cardiac Catheterization
- Digital Cardiac Imaging
- Digital Subtraction Angiography
- Transradial Catheterization

Innovation speeds healing: Transradial Catheterization

Cardiac catheterization helps cardiologists assess diseased arteries that may be blocked. A catheter is a specialized tube that’s traditionally inserted through the groin and guided to the heart.

Increasingly, St. Luke’s cardiologists are inserting catheters in the wrist (transradial catheterization). This approach offers many benefits – there’s less chance of complications, less bleeding, a shorter hospital stay and faster recovery. It’s just one example of St. Luke’s dedication to making cardiac procedures quicker, safer, more comfortable for patients, and more effective.
Technology provides alternatives to surgery

Numerous advancements have been made in non-surgical treatments for heart disorders over the past few years and St. Luke's remains at the forefront of technology.

- Percutaneous Transluminal Coronary Angioplasty (PTCA)
- Stenting
- Atherectomy
- Laser Procedures
- Percutaneous Transluminal Valvuloplasty (PTV)
- Percutaneous Femoro-Femoral Cardiopulmonary Bypass (PFCB)
- Peripheral Transluminal Angioplasty (PTA)
- Thrombolytic Therapy
- Percutaneous Myocardial Revascularization (PMR)
- Radioactive Stenting

St. Luke’s new, state-of-the-art cardiac catheterization laboratories are fully digitized, making cardiac imaging extremely sharp. These enhanced images help your physician make the most accurate diagnosis and offer the least invasive treatment options.

"People on the leading edge are ahead of the medical journals by six months. As a physician who works in heart care, I'm always looking for new treatments, new therapies, new ways to diagnose. Today patients are demanding it ... and they should. One of the things I like about St. Luke's is that long before it becomes common at other places, I can offer my patients the newest options because I have the latest innovations and technology. Technology for my patients can mean a safer procedure, a quicker recovery and possibly less pain. St. Luke's is a national technological leader in heart care."

— Masood Akhtar, M.D.
Electrophysiologist

1989
One of 12 centers nationwide to perform atherectomy procedure

1990
State's 1st hospital to send patients home with semi-automatic defibrillator system
Experienced surgical teams provide innovative options

Patients travel from around the world to have their highly specialized cardiac surgery at St. Luke's because of our state-of-the-art technology and experienced surgical teams.

- Coronary Artery Bypass Surgery
- Heart Valve Surgery
- Heart and Lung Transplantation
- Peripheral Vascular Surgery
- Ventricular Assist Devices
- Transmyocardial Laser Revascularization (TMLR)

TMLR: A new path to angina relief

St. Luke's Medical Center was the first heart center in America to offer transmyocardial laser revascularization (TMLR) to restore blood flow to damaged heart tissue. For patients with debilitating angina who do not respond to medications and other surgical treatments, TMLR offers decreased pain and a better quality of life.

During the procedure, the surgeon uses a laser to create small channels in the heart muscle. After surgery, the heart immediately incorporates the channels into its circulatory system. TMLR channels remain open over time. While surgeons often implant stents (small support structures) into the arteries to prevent re-narrowing after balloon angioplasty and bypass surgery, this step is unnecessary with TMLR.

St. Luke’s is the first Milwaukee hospital to offer both CO₂ and Holmium lasers for TMLR treatment. The Holmium laser offers surgeons the flexibility to treat areas of the heart that the CO₂ laser can not reach.

Transplant Clinic is a lifesaving leader

As Wisconsin's leading provider of heart transplant services, our team features cardiologists dedicated to transplant patients. Experienced coordinators take patients through the process of evaluation, list registration, surgery and ongoing medical care after transplantation. Many patients receive ventricular assist devices (VADs) as a bridge to transplant and may be able to remain at home while awaiting a heart.
Heart units specialize for superior care

Our heart units are staffed by exceptional health care professionals and equipped with cutting-edge technology. The amount of caring given in these units is one of the unique features. Listening, coaching and patient education enhance the care of the patient's physical needs.

- **Cardiovascular and Coronary Intensive Care Units** – Exclusively dedicated to caring for cardiac patients, our Intensive Care Units specialize in one-on-one care with a lower patient/staff ratio than the average recovery unit. Patients and their families receive all the benefits of a team solely focused on heart care with access to the best technology and expertise available.

- **Post-Angioplasty Unit** – Caring for more than 3,000 patients a year, approximately 1 nurse is assigned to only 4 patients. All nurses are ACLS certified as well as provided with continuing education to promote a skill level close to that of a critical care nurse.

- **Medical and Surgical Care Units** – These units specialize in post-heart attack, arrhythmia ablation and internal defibrillator care. Unit nurses typically have more than 10 years of experience to ensure that you receive the most responsive care.

- **Same Day Cardiac Area** – This comprehensive outpatient area provides everything from pre-admission patient education to diagnostic tests and private recovery rooms. A care coordinator is assigned to each patient from before the procedure through recovery, minimizing the number of staff the patient interacts with.

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**Guided Imagery: Managing Pain, Stress with the Mind**

One of the most innovative programs at St. Luke's is also one of the simplest. By helping patients through “focused relaxation” techniques, we use the power of the mind to reduce pain, manage stress and increase comfort before and after heart surgery.

Patients who choose to use our Guided Imagery program receive prerecorded cassette tapes or CDs that combine a story, relaxation instructions and soothing music. They learn how to use Guided Imagery techniques, the tapes and tape recorder before their scheduled surgery. We encourage patients to use the tapes before and after surgery.

A St. Luke's study found that Guided Imagery patients used approximately 50% less pain medication and were more comfortable after surgery than those who didn't use the technique.

Patients like the program so much that many continue Guided Imagery well after their surgery. They tell us it has a positive impact on their ability to sleep and recharge.
† Congestive Heart Failure Clinic – The Heart Failure Clinic uses a multi-disciplinary team approach to improve the patient’s quality of life and minimize time spent in the hospital. Our team approach also ensures continuity of patient care.

† Clinical Research Trials – There are a number of clinical trials in progress investigating improved methods of congestive heart failure, transplant, PVD, and cardiac surgery.
We set the pace in heart rhythm treatment

Heart rhythm problems affect millions of people and can be fatal. In fact, abnormalities in heart rhythm are responsible for over half of all cardiac-related deaths. The Institute for Cardiac Rhythms is an internationally renowned program dedicated to creating public awareness of heart rhythm disorders. The Institute offers links to cutting-edge technology in controlling and curing rhythm problems.

- Electrophysiology Studies
- Pacemakers
- Automatic Implantable Cardioverter Defibrillator
- Semi-automatic External Defibrillator
- Ablations

Ablations: Leading the Charge on A-Fib Treatment

More than 2 million people have atrial fibrillation (A-Fib), a rhythm disorder in which the upper chamber of the heart quivers at nearly 600 beats per minute. Nearly 250,000 people will be diagnosed with A-Fib this year. While it is the most commonly diagnosed irregular heartbeat, it has also been the most difficult to treat. Left untreated, people with A-Fib are at a greater risk for stroke.

A new ablation procedure holds promise for treating people with this disorder. The procedure involves inserting electrode catheters into the heart to monitor the extra heartbeats. Then radiofrequency energy is sent through the electrode to eliminate the abnormal area to prevent it from causing any more irregular heartbeats. Our staff works closely with Sinai Samaritan Medical Center — a pioneer in A-Fib ablations.
We know that heart health involves the whole person, mind and body. Often, patients need to change their lifestyle through nutrition, exercise and stress management. Or they may require specialized assistance to live the fullest life possible at home.

That is why St. Luke’s Heart Care provides a full compliment of programs designed to keep patients well.

- Nutrition Services
- Pharmaceutical Services
- Pastoral Care
- Cardiac Rehabilitation
- Cholesterol Testing
- Smoking Cessation
- Respiratory Care Services
- Cardiac Social Services
- Guided Imagery
- Wellness Profile
- Fitness Testing

St. Luke’s is able to meet all of your heart care needs because of its considerable investment in staff, technology and facilities. Our tremendous resources and capabilities are unparalleled throughout the state and, in fact, throughout most of the world.

The early detection of health problems in your company’s leaders is another way to successfully manage your company’s assets. Our Executive Physical Program combines the best in cardiac and cancer diagnostic procedures with an in-depth health review, screenings, tests and a thorough examination. To minimize time investment, all aspects are covered in one visit.

Each executive receives a written report of all medical findings and an individualized lifestyle report.

The company receives an aggregate summary report for all employees in the program with suggestions on how to manage potential health risks.

For more information, call 1-888-664-6476.
Our resources help you make informed decisions

Sometimes, it is hard to know where to turn when making health care choices for yourself or a family member. St. Luke's Heart Care offers several convenient services to help you get the information you need to make an informed choice. Our experienced staff is available to answer your questions.

- **Find A Cardiac Physician** – Call 1-800-78-HEART for the name of a cardiac physician near you.

- **Search Our Web Site** – [www.aurorahealthcare.org](http://www.aurorahealthcare.org) has a wealth of information about heart care, events and services available at St. Luke's Medical Center.

- **Cardiac Second Opinion Program** – Once you decide you want a second opinion, St. Luke’s Heart Care is ready to help. A cardiac nurse will take your call any time – day or night. The nurse will arrange for you to see the St. Luke's cardiac physician who is appropriate for your individual situation. We will even take care of obtaining any previous test results or records from your doctor.

  During your appointment, the physician will review your condition with you and discuss appropriate treatment options. Whatever you decide, there is never any obligation to come to St. Luke’s for treatment or to use a St. Luke’s physician.

  So before committing to undergo any heart procedure, find out about your options. Call us at 385-2663 or 1-888-973-2663. After all, if there is a less painful, less invasive solution, don’t you want to know about it?

- **The Karen Yontz Women's Cardiac Awareness Center** – A resource center dedicated to helping women and their families prevent heart disease through education and lifestyle management.

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"Sometimes we just guide them through the situation. Sometimes they don't need a second opinion, just another person to talk with. Many times, when they call the Second Opinion line they're unhappy with the care they've gotten. I take the time to sit and listen and explain. I try to keep it personalized, in a comfortable setting and direct. I want people to know the options they have for heart care so they can make the best choice."

— Mia Stone, Regional Cardiac Program Manager Second Opinion Nurse
When the care you need is not available at your community hospital, St. Luke's Heart Care makes the transition easy for you, your physician and your family. With one call to our Tertiary Access Program, your physician can transfer you to St. Luke's for advanced treatment.

One call sets everything in motion — from acquiring medical records and obtaining a bed to mobilizing the treatment team. Your referring physician will be kept well informed about your treatment through several weekly updates.

When you arrive, the Tertiary Access Program coordinator will meet with your family to provide any assistance they need including information on discounted lodging and area maps.

**Key components of the program:**

- Highly specialized, innovative tertiary care for patients
- Timely, accurate communication between referring and attending physicians and the program coordinator
- Ease of patient transfer to the next level of care
- Support services for family including temporary housing, transportation, financial assistance and pastoral care

If you have questions regarding the services available at St. Luke's and how to access these resources, contact the Tertiary Access Coordinator at 1-888-444-0289.
Superior service from arrival to departure

The superior service of St. Luke’s Medical Center begins as soon as you drive up to our front entrance. We are dedicated to making your stay easier on you, your family and visitors. Our friendly staff and volunteers are always available to help you and your guests. Our many services will make your stay more pleasant.

- Free patient valet parking at hospital main entrance, entrance to the Health Science and St. Luke’s Physician Office Buildings
- Concierge services at main entrances
- 24-hour security
- Free covered parking in attached parking ramp
- Wheelchairs available at main entrances
- Free Communi-Care Express Van service for patients
- Translation services
- Flexible visiting policy
- Numerous Information Desks
- Gift shop, hair stylist and TYME machines

These are only a few of the services available. Chances are, if you or your family need something during your stay, our staff can help you find it.

For more information, visit our website at www.aurorahealthcare.org

From I-94
- Exit on 35th Street and go south about 3.5 miles to Oklahoma Avenue.
- Turn left on Oklahoma Avenue.

From I-43
- Exit on 27th Street and go north about 2 miles to Oklahoma Avenue.