

Achieving excellence IN CARDIOLOGY



at Lawrence Memorial Hospital of Medford
and Melrose-Wakefield Hospital

YOU CAN USUALLY tell when it is happening to you. The pain in your chest is unlike any other you have experienced. Some heart attacks are sudden, painful and intense — where there is no doubt what's happening. But many heart attacks start slowly, with mild pain or discomfort. Often victims are not sure what is wrong and may wait too long before getting proper help.

When it comes to heart attacks, every second counts. Having world class cardiac care close by is critical to saving your life and reducing damage to your heart. Both Lawrence Memorial Hospital of Medford (LMH) and Melrose-Wakefield Hospital (MWH) cardiac services offer the most advanced treatment and diagnostic options that save lives. Our highly trained and experienced cardiologists and cardiothoracic surgeons are board-certified and trained at the world's leading teaching hospitals. Hallmark Health has the latest in diagnostic technologies, the region's only multi-million dollar Cardiac & Endovascular Center and an unwavering commitment to personalized care that makes us the leading provider of cardiac care in the region.

"Hallmark Health is a tremendous asset to the local community," explains Salil Midha, MD, chief of cardiology at MWH. "We were the first hospital in the area to introduce many life-saving cardiac procedures. Our medical staff follows the best, nationally recognized treatment protocols. We are known for our expertise at providing emergency cardiac procedures as well as helping patients maintain their heart health."

"Our emergency angioplasty services save lives and are close by," adds Carl Turissini, MD, director of angioplasty at MWH. "The key to surviving a heart attack is to get care as quickly as possible to avoid damage to the heart muscle. We provide expert

care right here where every second counts, rather than facing an unnecessary ambulance ride into Boston."

In addition to angioplasty, Hallmark Health's cardiologists and cardiothoracic surgeons specialize in:

- Pacemaker implants
- Cardiac catheterizations
- Electrocardiograms
- Nuclear medicine stress testing
- Echocardiography
- Holter monitoring.

Both LMH and MWH have nationally certified cardiac rehabilitation programs that meet the strict standards of the American Association of Cardiovascular and Pulmonary Rehabilitation. The programs provide rehabilitation to patients who have experienced stable angina, a heart attack, cardiac surgery, balloon angioplasty, stent placement or heart transplant to get them back on the road to recovery.

David Pladzewicz, MD, chief of cardiology at LMH, explains, "Our patients can be certain they are getting the most sophisticated cardiac care possible. We provide local access to an academic medical center standard of care for most cardiac problems."

Dr. Pladzewicz also points out that LMH has a critical care coverage system where cardiologists are available round the clock, seven days a week for inpatients who may suddenly experience cardiac issues. These cardiologists offer the most advanced treatments and medications to manage the care of heart patients. LMH is also an affiliated clinical teaching site in cardiology for the Tufts University School of Medicine.



Saif Midha, MD, (l.), chief of cardiology at Melrose-Wakefield Hospital and cardiologist David Criss, MD during surgery in the state-of-the-art operating rooms of the Cardiac & Endovascular Center at Melrose-Wakefield Hospital.

“With the advances that we have in imaging and diagnostic testing, we can more easily identify whether patients have blockages or not,” Dr. Pladziewicz explains. “These images are precise and provide three dimensional, high-definition pictures of the heart so we can readily determine if a patient needs cardiac catheterization or less invasive treatment.”

Community education is another key component to the cardiology program. Our physicians, nurses and therapists are committed to helping people achieve their maximum heart health. Throughout the year they provide many educational programs at both hospitals and in the community to increase knowledge about how to stay healthy and decrease the risk of heart disease. These seminars, such as the Healthy Heart lecture series, teach people about heart disease, its risks and how to prevent heart disease through regular physical activity, healthy eating habits and stress reduction.

In addition our cardiology nursing staff, as well as staff from other Hallmark Health departments and local first responders have provided CPR training for more than 850 area high school students. Participants also receive a kit to take home to train family members in CPR.

i For more information

For more information about Hallmark Health’s cardiology services, visit www.hallmarkhealth.org and select “Medical Services.”



Cardiologists at Lawrence Memorial Hospital of Medford (LMH) frequently collaborate on cases for the best cardiac diagnosis. Above, David Samenuk, MD, FACC, (l.), Laurence Conway, MD and David Pladziewicz, MD, chief of cardiology at LMH, frequently assemble as a team to study the cardiac images of patients.

Hallmark Health offers the highest level of DIAGNOSTIC CARDIAC IMAGING in a community setting

Our cardiologists take advantage of the most recent advances in cardiac imaging in a community hospital setting. Coronary Computed Tomography Angiograms (Coronary CTA) use superior CT technology to obtain high-resolution, three dimensional pictures of the heart. Hallmark Health uses state-of-the-art CT scanners to perform these studies.

CT angiography is a minimally invasive exam that helps physicians diagnose and treat blockages in the coronary arteries. A CTA exam can be performed much faster (in less than one minute) than a cardiac catheterization often sparing the patient from further invasive cardiac testing.

CTA exams can show the extent and severity of atherosclerosis in the coronary arteries and help in planning coronary bypass. These exams can also help invasive cardiologists make repairs to diseased coronary arteries or planning medical treatment.

i For more information

For more information on Hallmark Health’s imaging services, or to schedule an appointment, please visit www.hallmarkhealth.org and select “Medical Services” or call (781) 338-7111.