



Committed to serving the needs of a wide variety of cardiac patients, JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL's new Cardiac Center offers a complement of non-invasive diagnostic tests as well as rehab and wellness programs.

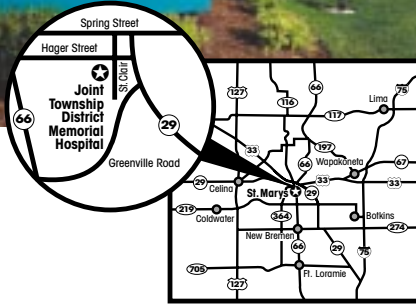


HEART ATTACK

THE EARLY WARNING SIGNS

Not all heart attacks begin with a sudden, chest-crushing feeling. Most start with mild pain or discomfort. In fact, the symptoms are so deceptive that people assume they will go away and wait too long to get help. If you or someone you're with experiences any of these signs of a heart attack, call 9-1-1 right away, in five minutes or less:

- Chest discomfort – feelings of uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes, or that goes away and comes back
- Upper body discomfort – pain or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath – with or without chest discomfort
- Other signs – breaking out in a cold sweat, nausea or light headedness



OUR MISSION

is to always provide
— now and in the future —
high-quality, low-cost, sensitive healthcare
that is properly housed, equipped and staffed
to meet the primary, acute and rehabilitative health
service needs of the Grand Lake Region.

For more information contact:



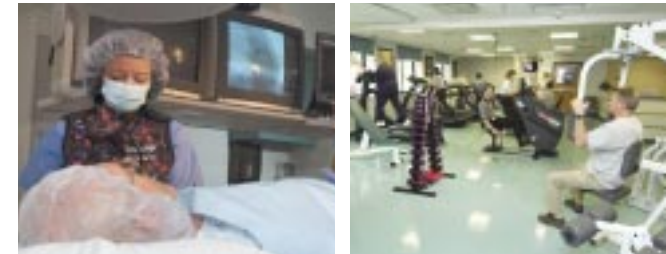
JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL™

AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM

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HMC 17354

QUALITY CARDIAC CARE



LOW-RISK CATHETERIZATION LAB
ADVANCED DIAGNOSTICS
REHAB & WELLNESS PROGRAM



JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL™

AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM

WELCOME TO OUR STATE-OF-THE-ART CARDIAC CARE CENTER



DIAGNOSTIC TESTING INCLUDES:

- Transesophageal echocardiogram
- Exercise stress test
- Nuclear stress test
- Echocardiogram
- EKG

CARDIOPULMONARY REHAB AND WELLNESS PROGRAM

Patients who have suffered a heart attack find reassurance in Joint Township Hospital's commitment to helping them get back on their feet. Operating in newly expanded and updated facilities, cardiopulmonary rehab allows patients to begin an exercise program during which they are closely monitored by the medical staff.

Once they "graduate" from this phase, they may decide to participate in the Cardiac Center's wellness program. Here, they perform aerobic exercise and strength training routines in a bright, friendly, health-club environment, but with one key advantage: the comfort of knowing that their activity is being supervised by medical professionals. In fact, the lifesaving benefits of the wellness program are now available to patients with medical conditions such as cancer, stroke, and diabetes.



Karen Ellerman, RN

Nita Niekamp, RN

Mary Beth Mielke, RN



QUALITY CARDIAC CARE

The finest in cardiac health care is now available close to home. The new Cardiac Center at JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL brings together state-of-the-art equipment and a skilled medical staff to provide area residents with the latest in services for the prevention, diagnosis and treatment of heart disease. Best of all, these services are available in a friendly and caring environment that's convenient for patients and their families. And as always, JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL is committed to keeping patients' costs as low as possible.

The Cardiac Center provides a low-risk cardiac catheterization lab and a cardiac services unit that provides non-invasive diagnostic testing as well as cardiopulmonary rehab and a wellness program.

LOW-RISK CATHETERIZATION LAB

The low-risk catheterization facility serves patients whose treatment plan does not include angioplasty. Using advanced imaging technologies, highly skilled medical professionals view pictures of the heart and arteries on a monitor to discover if – and where – blockages exist within blood vessels. Armed with this information, physicians can then decide on the appropriate treatment



As a commitment to our community, the new Cardiac Center is dedicated to total heart healthcare.



strategy, whether it be medical treatment or another procedure that includes angioplasty or stenting.

Dr. Timothy Markus serves as the hospital's medical director for cardiac catheterization. A practicing cardiologist for 17 years, he brings to the new lab facility the finest credentials and outstanding experience.

PERIPHERAL VASCULAR LAB

Non-cardiac patients may also benefit from the sophisticated equipment being used for cardiac catheterizations. Peripheral radiology procedures, including angiograms and intervention, can now be performed in the catheterization lab at The Cardiac Center. It is a wonderful example of JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL's commitment to serving the community by addressing its health needs with the best in services and facilities at the lowest possible cost.

For your specific medical needs, please consult your physician before accessing the services of the Cardiac Center.

To learn more about the CARDIAC CENTER, call us at 419-394-3335 extension 2419 or visit us online at www.grandlakehealth.org/cardiaccenter.