



# CHEST PAIN CENTER

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**capitahealth**

Minds Advancing Medicine

[capitalchestpain.org](http://capitalchestpain.org)



## **ONE OF A KIND CHEST PAIN CENTER.**

The Chest Pain Center at Capital Health Medical Center – Hopewell, part of the Heart and Vascular Institute, is the region's only accredited Chest Pain Center. Accredited by the Society of Cardiovascular Patient Care, the Chest Pain Center meets high standards for patient care.

The Center treats heart attacks faster, meaning quicker, and more complete, recovery for patients. During a heart attack, muscle cells are dying, so



faster diagnosis and treatment means important heart muscle can be saved. It also means patients who are not having heart attacks get back to their lives faster.

Led by board certified cardiologist, Dr. Kristopher Young, the Chest Pain Center is part of Capital Health's comprehensive cardiology services.

**Signs and Symptoms of a HEART ATTACK**  
**Call 9-1-1**



## **FASTER DIAGNOSIS. FASTER CARE. HEART MUSCLE SAVED.**

Patients who come to the emergency room at Capital Health Medical Center—Hopewell with any heart attack symptom trigger a Chest Pain Alert. Team members immediately and quickly evaluate the patient, conduct testing, and decide if immediate treatment in our cardiac catheterization lab is needed.

The Center uses innovative bedside blood tests for troponin, a protein that enters the blood stream during heart attack. This increases the speed with which results are available. The sensitive tests used at Capital

Health also detect troponin levels earlier, and combined with other tests identify a heart attack quicker.

Patients diagnosed with a heart attack are immediately treated. Patients who are not may need further testing that can be done during their stay or soon after their emergency room visit as an outpatient.



# CHANGING THE WAY WE DELIVER CARE

## ***PRE-HOSPITAL ALERT***

Capital Health Medical Center – Hopewell runs a unique **pre-hospital alert** system. Paramedics can alert the hospital to mobilize the cardiac catheterization lab for patients arriving by ambulance who have an EKG done in their home that shows evidence of a heart attack. Our medical team will be ready and waiting to provide the care you need.

## ***OBSERVATION UNIT***

If you do not require immediate treatment, but need further testing and observation to find the cause of your symptoms or rule out a more serious condition, the Chest Pain Center offers an **observation unit** to monitor you without admitting you to the hospital. During your observation our specially trained staff will monitor your heart while performing repeated blood tests to check for heart muscle damage. If your blood work shows no damage, the physician may order a cardiac stress test. In most cases, stress testing is done prior to your discharge and the results are ready



before you leave. Patients with low risk of the heart being the cause of their symptoms leave the emergency department with a testing appointment.

All patients are given information to help lower their future risk and education about symptoms that may be the early sign of a heart attack.

# PREVENTING HEART DISEASE

As the number one cause of death in the United States, heart disease is something that touches everyone. Take time to learn the risk factors of heart disease and what you can do to lower your risk.

In addition to providing rapid care at the CPC, Capital Health conducts free blood pressure screenings, among other screenings, in the community; provides speakers about heart disease in the community; and offers community education programming to schoolchildren. Learn when upcoming programs are by visiting [capitalhealth.org/events](http://capitalhealth.org/events).



## ***CARDIOVASCULAR DISEASE RISKS***

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While there are some risk factors that cannot be changed, there are modifiable risk factors as well, meaning there are things you can change to lower your risk!

The information below from the American Heart Association can help you identify your risk factors.

### ***RISK FACTORS YOU CAN'T CHANGE***

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- Age — The majority of people who die of heart disease are 65 or older.
- Gender — While men are at a greater risk, more women die from heart disease.
- Heredity (including race) — If your parents had heart disease you are more likely to as well. According to the American Heart Association, "African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease. Heart disease risk is also higher among Mexican Americans, American Indians, native Hawaiians and some Asian Americans. This is partly due to higher rates of obesity and diabetes."

## ***RISK FACTORS YOU CAN MODIFY, TREAT OR CONTROL BY CHANGING YOUR LIFESTYLE OR TAKING MEDICATION***

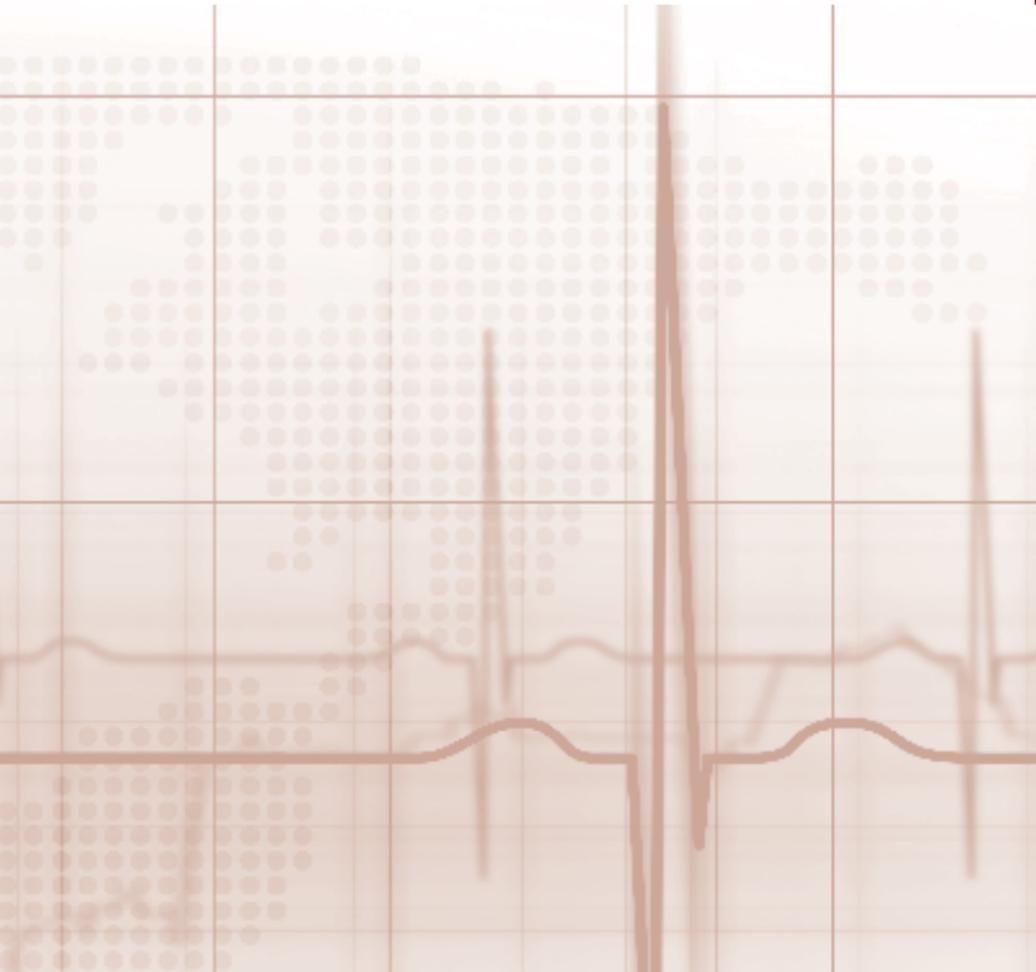
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- Tobacco smoke
- High cholesterol
- High blood pressure
- Diabetes mellitus
- Physical Inactivity
- Obesity

## ***CONTRIBUTING FACTORS***

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Other factors that have been identified as contributing to heart disease are stress, alcohol, diet and nutrition.



# KNOW THE SIGNS OF A HEART ATTACK AND CALL 9-1-1

People may or may not experience any or all of the following symptoms:

- Chest pressure, squeezing, feeling of fullness, discomfort, or pain
- Discomfort of other areas of the body: arms, back, neck, jaw or stomach
- Usually lasts more than 2 minutes
- Often increases with activity
- Nausea, fatigue, shortness of breath, anxiety, perspiration or cold sweat, indigestion, dizziness or lightheadedness.

We also know that symptoms can start weeks before a heart attack. Learn about Early Heart Attack Care and early warning signs and take the pledge to **call 9-1-1** on our website, **[capitalchestpain.org](http://capitalchestpain.org)**.

# Signs and Symptoms of a HEART ATTACK

## Call 9-1-1



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**CHEST PAIN CENTER**

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