

HEALTH NEWS from

FALL/WINTER 2016

Northwest

Passion. Commitment. Experience.



Advancing **HEART CARE** *in Amarillo*

**Cardiothoracic Surgeon
Kevin L. Mayor, MD, FACS,
joins our team**

**BEST PRACTICES IN
STROKE CARE**



**TACKLE YOUR HEALTH
"TO-DO" LIST**

Compliments of

 **Northwest**

Northwest FROM THE CEO



This issue of *Health News* includes exciting information on major advances in cardiac care at Northwest.

On our cover, we introduce you to Cardiothoracic Surgeon Kevin L. Mayor, MD, FACS, who recently joined the Northwest Texas Physician Group. Dr. Mayor has 20 years of experience in cardiac, thoracic, vascular and trauma procedures, as well as heart failure management and minimally invasive robotic surgery. Our patients are already

benefitting from the advanced care he brings to our community.

Another exciting development at Northwest is the introduction of new technology for the treatment of coronary artery disease. Northwest cardiologists are among the first in the Panhandle to offer the new absorbable stent, a first-of-its-kind innovation that dissolves after it has done its job. Also, Northwest recently became the first in the state to introduce Corindus Vascular Robotics to radial, coronary and peripheral artery procedures.

In other news, we are proud to announce on the next page the opening of two new facilities to expand our outreach in the community. We also bring you a story on page 7 about our stroke program and how it is applying the most up-to-date guidelines.

At Northwest, we are the clear choice for safe, quality, comprehensive care. We hope you enjoy this issue, and wish you all the best this season.

Sincerely,

Mark W. Crawford, FACHE
Chief Executive Officer

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THE CLEAR CHOICE TWO YEARS IN A ROW



Northwest is proud to be recognized for the second straight year by *U.S. News and World Report* as a high performing hospital in the treatment of chronic obstructive pulmonary disease (COPD) and heart failure.

The ratings evaluate data from nearly 5,000 centers across multiple clinical specialties, procedures and conditions. Scores are based on a variety of patient outcome and care-related factors, such as patient safety and nurse staffing.

NOW AVAILABLE right in your neighborhood ...

Making safe, quality, personalized care even more accessible.

NORTHWEST EMERGENCY AT TOWN SQUARE NOW OPEN

ER is easier now that southwest Amarillo has the area's only hospital-licensed satellite emergency center. Located at Hillside and Soncy, Northwest Emergency at Town Square provides 24/7/365 emergency services and direct admission to Northwest if needed.

A dedicated pediatric ER and separate waiting area help put young patients at ease. The new center also offers diagnostic imaging and laboratory services, and treats a wide range of conditions from chest pain and stroke to abdominal pain and broken bones.

"Our connection to Northwest Texas Healthcare System sets us apart and helps ensure a smooth transition if hospital admission is needed," says Joseph Alvarado, Assistant Director of Emergency Services. Also, as a hospital-licensed facility, Northwest Emergency at Town Square is certified by the Centers for Medicare and Medicaid Services (CMS) as a Medicare and Medicaid Hospital Provider.

For more information about Northwest Emergency at Town Square, visit www.nwths.com/townsquare.



INTRODUCING THE NORTHWEST TEXAS PHYSICIAN GROUP AT CANYON

Northwest Texas Physician Group's newest location recently opened in Canyon at US-87 and Russell Long Boulevard. The Canyon clinic offers family medicine with on-site physicians and accepts most commercial insurance, as well as government-sponsored health plans. It is open Monday through Friday, and sees patients by appointment and/or on a walk-in basis.

"Our physicians take time with patients and focus on education, as well as treatment of illnesses," says David Bullard, Chief Executive Officer of Northwest Texas Physician Group. "We know patients have a choice, and we want to be their one choice for all of their primary care needs."

Physicians at the Canyon clinic are now accepting new patients. To find out more or to make an appointment, please call 806-452-5522.





*Discover why Northwest is the **clear choice** for cardiac care*

When you need a cardiac procedure or treatment, it's important to know you're in good hands. The Heart Hospital of Northwest is answering that call, with advanced technologies and procedures that are at the forefront of cardiac care.

Northwest recently became the first in the state to have a new robotic system for the treatment of coronary artery disease, and it is among the first to provide a new absorbable stent, an innovative treatment option. The Heart Hospital also recently welcomed Cardiothoracic Surgeon Kevin L. Mayor, MD, FACS, who provides advanced heart and vascular services right here in Amarillo. ►



Our new robotic system

The new CorPath® System from Corindus Vascular Robotics offers a more precise way for interventional cardiologists to treat coronary artery disease using PCI, or percutaneous coronary intervention.

PCI is a non-surgical, catheter-based procedure to place a stent – a small tube – in a blocked artery that helps restore blood flow. With the robotic system, the doctor sits at a console and guides robotic arms while watching images on screens that display detailed images and measurements to ensure the precise placement.

“It’s the precision that really distinguishes this system,” says Ginny W. Ginithan, RT(R), MA.M, Director of Cardiac and Imaging Services, who notes that it helps reduce procedure time and improve outcomes.

The Absorb® cardiac stent

Another exciting advancement is the recently introduced Absorb bioabsorbable cardiac stent, the first FDA-approved stent of its kind.

The Absorb stent is similar in design to traditional metal devices and it functions like traditional stents. The difference is that unlike a permanent implant, the absorbable stent gradually dissolves over time and the artery is left clear and open.

Expanded care options

Having Dr. Kevin Mayor on the cardiac team and in the hospital full-time has broadened Northwest’s capabilities to provide advanced procedures like aortic valve surgery, mitral valve surgery, off-pump coronary artery bypass (for the treatment of coronary artery disease), atrial fibrillation surgery and cardiac trauma care, notes Ginithan. Dr. Mayor also has extensive experience in heart failure management.

Other advanced services

Implantable defibrillators and pacemakers continue to provide potentially life-saving treatment options for patients with arrhythmias, or abnormal heart rhythms. Additionally, LifeVest, a lightweight, wearable defibrillator, can offer critical support for patients who are not candidates for surgery.

Northwest’s advanced, comprehensive services also include non-invasive testing, assessment, diagnosis, planning and intervention, and cardiac rehabilitation to ensure patients’ optimal recovery. ■



Meet Dr. Mayor

Cardiothoracic Surgeon Kevin L. Mayor, MD, FACS, brings 20 years of experience to his new position at the Heart Hospital, where he is on-site full-time to provide advanced cardiac, thoracic, vascular and trauma procedures, including cardiothoracic trauma care and robotic surgery.

Dr. Mayor is board-certified with the American Board of Thoracic Surgery and previously owned Mayor Heart & Lung Surgery, LLC, in Kansas City for 10 years. He also served as Chief of Cardiothoracic Surgery at a major medical center in Kansas City.

“I’m excited to join the community and expand the treatment options for patients in Amarillo,” Dr. Mayor says. “New innovations in heart care offer many compelling advantages, and I look forward to further establishing Northwest as the Panhandle’s premier cardiac facility.”



The Heart Hospital at Northwest is an Accredited Chest Pain Center. Learn more about our cardiac services at www.nwth.com/heart.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.

What's on your health "to-do" list?



Maintaining healthy habits is important, but it can sometimes be hard to do in the hustle and

bustle of everyday life. As you get ready to end the year and begin a new one, it's a good time to take stock of your health, notes **Harry Cazolla, MD**, of the newly opened Northwest Texas Physician Group at Canyon. Here are some reminders to help you and your family stay healthy.

Q: I haven't had my flu shot yet. Is it too late?

No. The flu vaccine should continue to be offered throughout the flu season. As long as flu viruses are spreading, the flu vaccine can provide important protection. Everyone six months and older should be vaccinated for the flu every season, with rare exceptions. If you have questions, talk with your doctor.

Q: I feel okay. Do I still need an annual physical?

Yes. Even if you feel all right, your annual physical is an opportunity for your doctor to check key measurements like blood pressure and cholesterol, and remind you about immunizations and recommended screenings to protect against diseases. For your kids, regular checkups ensure that they're developing in a healthy way and getting the vaccines and preventive care they need.

Q: Am I at risk for diseases that seem to run in my family?

It's important to share your family's health history with your primary care doctor and discuss any questions or concerns you have. Certain health issues may be hereditary. Your health can also be affected by your lifestyle and habits. Knowing what health issues your family members have faced can help you take steps to reduce your risks.

Q: I know I need to lose weight, but how can I get started?

You are already on the right track if you are taking an interest in achieving a healthy weight. More than one-third of U.S. adults have obesity,* which can contribute to heart disease and many other problems. Your primary care doctor can help you get started on a safe diet and exercise plan and can recommend other resources. ■



Dr. Cazolla is a Family Doctor and OB/GYN specializing in Gynecology and Adolescent Medicine. He is now accepting new patients at Northwest Texas Physician Group at Canyon, located at US-87 and Russell Long Boulevard. To make an appointment with Dr. Cazolla or another physician in the new Canyon office, call 806-452-5522.

*Centers for Disease Control and Prevention

Find effective stroke care at **Northwest**

Getting timely treatment for a possible stroke can make the difference between a healthy recovery and a potentially devastating outcome. The stroke program at Northwest is the Panhandle area's only primary advanced stroke center certified by The Joint Commission.

The stroke team at Northwest is proud to be participating in the voluntary Get With The Guidelines®-Stroke program established by the American Heart Association/American Stroke Association (AHA/ASA) to support better patient outcomes. It offers hospitals clinical tools and resources to promote best practices, and provides performance feedback to encourage continuous improvement.

Through its participation in the program, Northwest was recently awarded the Silver Stroke Award for applying up-to-date treatment and guidelines. "We're excited that we have this recognition from both the American Heart and Stroke Associations," says Stroke Coordinator Myrna Lawson, BSNRN. "We want to provide the best care we can."

One of the keys to successful stroke treatment is responding quickly. Emergency teams have a limited window of time to provide potentially life-saving care, explains Chief Medical Officer Brian Weis, MD.

"The more we can do to help people understand the urgency of stroke symptoms, the better," Dr. Weis says. If you think you may be having a possible stroke, call 9-1-1 immediately. ■

Northwest has a highly trained stroke response team that can quickly assess your condition and begin the treatment you need. To learn more, visit www.nwths.com/stroke.



**American Heart Association
American Stroke Association**
CERTIFICATION
Meets standards for
Primary Stroke Center



Act **FAST**... And Pay It Forward



THE SIGNS OF A POSSIBLE STROKE CAN BE SPOTTED **F A S T**

- F** Face droops
- A** Arm weakness or numbness
- S** Speech is slurred
- T** Time is critical – call 911 immediately

When you know the symptoms of a possible stroke, you can help get appropriate treatment quickly.



**Certified Advanced
Primary Stroke Center**

Northwest



The *Clear* Choice

We take your health to heart

The first in the region to bring new innovations and technology to get you back on your feet ... **Northwest Heart Hospital** is the clear choice for advanced cardiac care.

- **The first** in Amarillo to offer Absorb, the only fully dissolving heart stent
- **The first hospital in Texas** to use the new CorPath® robotic system for cardiac stent placement
- **The only** dedicated, specialty heart hospital in the Panhandle

Learn more about why Northwest Heart Hospital is the clear choice. Visit nwths.com/hearthospital

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WITH US!*

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HEALTH NEWS FROM
NORTHWEST TEXAS HEALTHCARE SYSTEM

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