

Experience and excellence lie at the heart of El Camino Hospital's Norma Melchor Heart & Vascular Institute.

We offer a diversified approach to comprehensive cardiovascular care, from prevention and advanced diagnostic tools to minimally invasive and personalized treatment for each patient. Renamed in December 2012 to honor Norma Melchor, one of the hospital's most passionate supporters, the Institute is unique in its interdisciplinary cardiovascular program combining interventional and surgical treatments to best meet individual patient needs.



HEART MATTERS



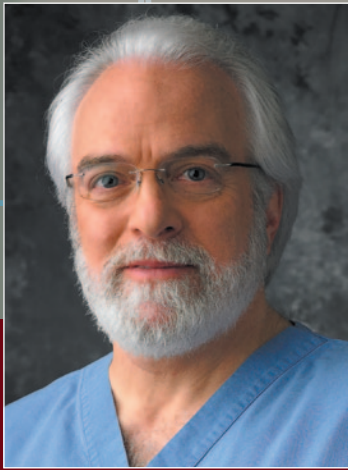
El Camino Hospital[®]
THE HOSPITAL OF SILICON VALLEY

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Norma Melchor Heart & Vascular Institute Dr. Dominic Curatola

**Innovative, collaborative,
visionary, dedicated.**

These terms only begin to describe the Norma Melchor Heart & Vascular Institute. By combining the talents and expertise of world-class specialists with leading edge technology and equipment, we lead the region with a fully integrated range of care for the prevention, diagnosis, treatment and rehabilitation of cardiovascular issues. Our dedicated goal is always to solve cardiac and vascular problems in the least invasive way in order to promote healing, limit complications and minimize risk. Depending on a patient's needs, treatment may be interventional or surgical, or a hybrid procedure that combines both. As Dr. Dominick Curatola, director of the Institute, comments: "El Camino Hospital is committed to continuing provision of the highest quality care to our patients."



Vascular Surgery Dr. Hardeep Singh Ahluwalia and Dr. Tej M. Singh

**El Camino Hospital offers
the full range of surgical
procedures associated with
large medical centers.**

Vascular surgery, which treats the veins and arteries around the heart, is practiced both at our Mountain View and Los Gatos campuses by experienced vascular and endovascular surgeons such as Drs. Ahluwalia and Singh. We are one of the few hospitals in the nation offering hybrid procedures, an approach combining surgical and catheter techniques to treat vascular disorders including aneurysms, abdominal aortic aneurysms and peripheral vascular disease (PVD). Two years ago, we proudly opened a comprehensive new vascular program at our Los Gatos campus, naming skilled vascular surgeon Dr. Hardeep Ahluwalia as medical director. "Whatever their needs, we have the capability to offer patients all the options," says Ahluwalia.



Education and Research Dr. James Joye

**What you don't know *can*
hurt you.**

Just ask Dr. James Joye, interventional cardiologist and director of research and education for the Norma Melchor Heart & Vascular Institute of El Camino Hospital. Every year, Joye sees many patients who have no idea that they were having a heart attack, not realizing that seemingly innocuous clues such as shortness of breath and flu-like symptoms can be warning signals. Heart health education leads directly toward positive and preventative lifestyle choices, beginning with not smoking, exercising regularly and avoiding unhealthy foods. A renowned endovascular specialist, Dr. Joye is noted for his minimally invasive approach to cardiac and vascular care. He is also a pioneer of endovascular techniques that target peripheral vascular disease, or blocked arteries of the legs.



Cardiothoracic Surgery Dr. Conrad Vial

**At the Norma Melchor Heart
& Vascular Institute, every
case is jointly reviewed by
at least two world-class
heart specialists.**

Cardiothoracic surgery generally refers to surgery performed upon the heart and large vessels, as well as surgery on areas inside the chest other than the heart. Our dedicated surgical teams, including cardiothoracic surgeon Dr. Conrad Vial, perform a variety of cardiothoracic procedures such as coronary bypass grafting and beating heart surgery (or off-pump coronary surgery), an approach that doesn't rely on stopping the heart during the bypass procedure. Our teams also specialize in valve surgery and aortic surgery. Dr. Vial, medical director of Cardiothoracic Surgery at El Camino Hospital, is particularly interested in cardiac valvular disease and minimally invasive cardiothoracic surgery.



Heart Failure, Electrophysiology Dr. L. Bing Liem

Here's good news to take to heart.

Although a person with heart failure generally can't be cured, current treatments and healthy habits may help reverse symptoms and prolong life. Heart failure occurs when the heart's pumping capacity is diminished due to diseases or conditions that overwork the heart muscle. These issues include high blood pressure, diseases of the heart valves and muscle, diabetes and arrhythmias (abnormal heart beats). Our comprehensive program to treat heart rhythm problems features an electrophysiology lab that breaks new technological ground, using techniques such as cardiac ablation and mapping. Cardiologist Dr. Bing Liem, medical director of the Electrophysiology and Cardiac Rhythm Device Laboratory at El Camino Hospital, was the Bay Area's first physician to implant next-generation cardiac defibrillators, which monitor and correct heart rhythms.



Echocardiography Dr. Deepu S. Nair

Discovering the heart's mysteries through ultrasonic sound waves.

An echocardiogram is a noninvasive procedure employed to evaluate the heart's function and structure. Using a microphone-like transducer, sound waves at a frequency too high to be heard are sent through the body, where they bounce or echo off the heart. The resulting information is then relayed to a computer to be interpreted into moving images of the heart and heart valves. Several techniques of echocardiography may be used in detecting a number of diseases of the heart, from cardiomyopathy and pericarditis to congenital heart problems and coronary artery disease. El Camino Hospital cardiovascular specialist Dr. Deepu S. Nair, medical director of Echocardiography, takes special interest in cardiac imaging modalities including computed tomography and nuclear medicine as well as echocardiography.



Chest Pain Center and Cardiac Catheterization Lab Dr. Chad Rammohan

Studies show that Accredited Chest Pain Centers typically can reduce mortality by 37 percent.

A primary factor of that statistic: door-to-treatment times. Accredited by the Society of Chest Pain Centers, our Chest Pain Center consistently achieves times up to 30 percent faster than the 90-minute national standard. Accreditation reflects a level of excellence in patient care, expertise and rapid response to patients complaining of chest pain. "Our hospital was given high marks for both the quality of our facility and the knowledge and training of our staff," says Dr. Chad Rammohan, medical director of El Camino Hospital's Chest Pain Center and Cardiac Catheterization Lab. Of special note is our state-of-the-art hybrid cardiac catheterization lab, which enables us to detect and evaluate a variety of heart conditions and diseases.



Cardiac and Pulmonary Wellness Dr. Catherine Collings

Our Cardiovascular Pulmonary Wellness Center was one of the first nationally certified programs in the Bay Area.

The Center remains the only program in the South Bay awarded certification for both its cardiac and pulmonary rehabilitation programs by the American Association. Utilizing cardiac monitoring and fitness equipment, our team creates individualized patient plans combining education, medically supervised exercise programs and nutrition training. We offer patients the support they need to improve their health and well-being by reducing cardiac risk factors and the progression of heart disease and maintaining optimal physiological functions. Dr. Catherine Collings, cardiologist and medical director of the Cardiovascular Pulmonary Wellness Center, has a special interest in preventative cardiology and the treatment of heart disease in women.

PREVENTION MATTERS:

10 LIFESTYLE STEPS TO A HEALTHIER HEART

1. Don't smoke – or if you do, quit Smokers are 2-6 times more likely to suffer a heart attack than nonsmokers. Call 650-988-8225 to learn about El Camino Hospital's smoking cessation program.

2. Weigh in for a healthy heart Maintaining a healthy weight is important for a long, vigorous life. Overweight and obesity cause many preventable deaths.

3. Get moving Be more physically active: aim for 30 minutes of moderate-intensity activity daily.

4. Eat for heart health Choose a diet low in saturated fat, trans fat and cholesterol, and moderate in total fat. Include Omega-3 "good fats" several times a week. Call 800-940-7210 for a free 30-minute consultation with an El Camino Hospital dietitian.

5. Take your vitamins and supplements Along with your healthy diet, choose a multi-vitamin with 100% daily dose of Vitamin C, B and D.

6. Know your numbers Ask your doctor to check and assess your blood pressure, cholesterol and blood glucose. Don't have a doctor? Call 800-216-5556 to be referred to an El Camino Hospital affiliated physician.



7. If you drink, do it conservatively Studies show that moderate red wine consumption can actually be heart healthy. But consume moderately: 1-2 drinks per day for men, 1 drink per day for women.

8. Watch the caffeine Limit daily caffeine intake to less than 300 milligrams, the equivalent of 2-3 cups of coffee. Consider an alternative: green tea has less caffeine and is rich in antioxidants that may improve artery flexibility and help prevent plaque buildup.

9. Sleep problems away Sleep deprivation can lead to chronic health problems, including diabetes and cardiovascular disease. Getting 8 hours of quality sleep nightly also improves your ability to lose weight. Trouble sleeping? Call 408-866-4070 to

learn more about El Camino Hospital's Sleep Disorders Program.

10. Breathe deeply Take time to stretch, breathe and clear your mind. This helps you focus and lowers your stress level, blood pressure and heart rate. Heart Matters, a program offered by El Camino Hospital's Cardiovascular Pulmonary Wellness Center, includes cognitive and behavioral tools for managing stress. Call 650-988-8241 for details.

A PATIENT'S STORY: A STRONG SPIRIT AND CARDIO REHAB KEEP TALL CHIEF HEALTHY AND HAPPY



Tall Chief might seem like an unusual name for a man just under 5'3" and 70 years old, but it's a title that suits this dynamic human being.

A Native American and member of the Osage nation, Tall Chief appreciates the adventure of life. He competed as a professional drag racer for 27 years, while maintaining a job in the laser industry in northern California – and enjoyed hang gliding and other thrilling activities for fun.

"I'm not afraid of anything," he declares.

But when Tall Chief was hang gliding about 13 years ago, he experienced some odd symptoms that sent him to cardiologist Dr. Brandon Wong at El Camino Hospital.

"I felt this lump in my throat and almost a feeling of indigestion," Tall Chief remembers. "I finished up

my hang gliding for the day and decided it was best to head toward home and swing by my favorite hospital, El Camino Hospital."

Tall Chief has been a patient at El Camino Hospital for 46 years. "I just like it there because it's clean, professional and everyone is treated equal," he says.

Dr. Wong admitted Tall Chief and inserted a camera into his heart to reveal the news: Tall Chief had been having a heart attack most of that day, caused by a blocked artery. By placing a stent in the blocked artery, Dr. Wong was able to relieve the condition.

In 2012, Tall Chief began experiencing the same troubling symptoms. This time Dr. Wong put him through a routine stress test to monitor his heart, resulting in a triple bypass surgery performed by cardiac surgeon Dr. Tomomi Oka the very next day.

Within a week after surgery, Tall Chief was impressing his medical team with his remarkable recovery. The next few months required 36 cardio rehab visits to help him make the transition back to hang gliding and running with his wife three times a week. He is grateful to the team of doctors and nurses who helped him regain his strength and health.

"I would recommend El Camino Hospital to anybody," Tall Chief says.

HEART DISEASE: WHAT YOU NEED TO KNOW

KNOW THE SIGNS OF A HEART ATTACK

Surviving a heart attack depends on getting to the hospital in time. Symptoms can differ in men and women, so it's important to know the warning signs. With this information, you can save your life, or someone else's.

TYPICAL IN MEN AND WOMEN

- Discomfort, pressure or pain in the center of the chest: This may last for a few minutes, or go away and come back
- Discomfort in one or both arms, shoulders, back, neck or stomach
- Difficulty breathing and/or lightheadedness
- Heartburn, nausea, vomiting and abdominal pain
- Cold sweats or clammy skin
- Pounding heart or change in heart rhythm
- Paleness

MORE COMMON IN WOMEN

- Unusual upper body pain or discomfort in one or both arms, back, shoulders, neck, jaw or upper stomach
- Shortness of breath
- Breaking out in a cold sweat
- Unusual or unexplained fatigue
- Lightheadedness or sudden dizziness
- Nausea

TOP RISK FACTORS FOR HEART DISEASE

- Hypertension (high blood pressure)
- High LDL or "bad cholesterol"
- Smoking
- People of South Asian descent are four times more likely to have heart disease

If you notice any of these symptoms in yourself or another person, call 911 right away.