

HOUSTON
NORTHWEST
MEDICAL
CENTER

THE
HEART
CENTER



Minutes count in a cardiac event.

As a physician, you understand
that better than anyone.

If one of your patients has a heart
attack, advanced cardiac care is much
closer than downtown Houston.



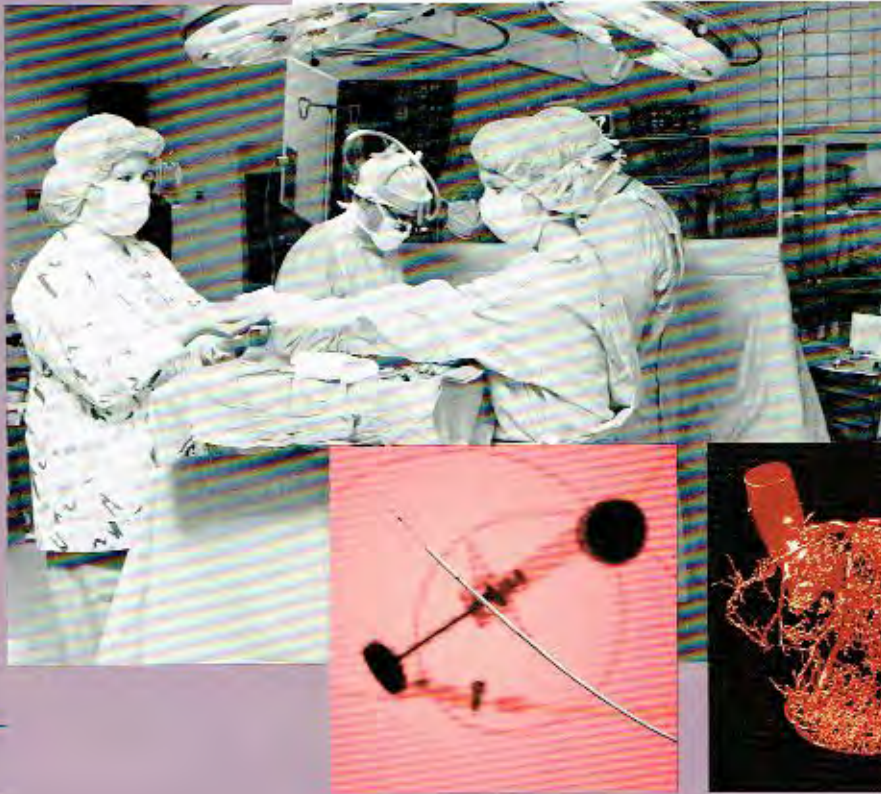
THE
Heart Center
HOUSTON NORTHWEST MEDICAL CENTER

MINUTES COUNT.

The Heart Center in Houston Northwest Medical Center is an advanced cardiac care facility with medical expertise and technological capabilities equal to that of leading

"We (The Heart Center physicians) have brought an extension of our 'medical center' philosophy to this community. We offer state-of-the-art cardiovascular services and front line cardiac care. When we first started, many of our patients felt they would rather go downtown. Now, many of them tell me they feel more comfortable staying here. Very few want to transfer."

*Vincent Aquino, M.D.
Chairman
Cardiology Section*



institutions, including high-profile teaching hospitals.

It's also closer to your patients, strategically positioned to serve the people who live in this area. At the onset of cardiac problems, your patients can reach The Heart Center quickly.

All tested and approved cardiac procedures that are performed at celebrated medical teaching institutions are also used in Houston Northwest Medical Center, using the same level of medical and technical expertise. These procedures range from open heart surgery to cardiac catheterization, PTCA and nuclear cardiology.

All of the cardiologists and cardiovascular surgeons on the

hospital's medical staff completed their training at top medical teaching institutions, enabling Houston Northwest Medical Center patients to benefit from the vast experience that those credentials represent.

Two new heart surgeons joined the medical staff in the summer of 1990, providing additional expertise and the ability to handle an increased number of patients.

In coming to Houston Northwest Medical Center, your patients have the added advantage of receiving personalized care normally reserved for community hospitals.

Primary care physicians who refer patients to Houston

Northwest Medical Center are fully involved in the treatment of their patients. Once patients are discharged from the hospital, responsibility for their care returns to the referring physician.

During its six years of operation, The Heart Center and its highly qualified, highly experienced staff have developed a cardiac care facility with a fine record of achievement. If you're considering referring one of your patients for cardiac care, consider The Heart Center in Houston Northwest Medical Center.

CARDIAC CATH AND PTCA

Cardiac cath and PTCA (balloon angioplasty) are two of The Heart Center's most widely used procedures. In fact, the cardiologists and Cath Lab staff performed more than 1,290 cath

open heart operating suites, which are available in the rare event emergency surgery becomes necessary.

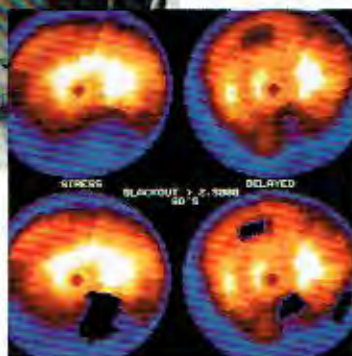
The Cath Lab's staff is experienced in all tested and approved cath procedures, including right and left heart catheterization, coronary and peripheral vascular angioplasty and pulmonary angiography. Recovery time for a cath patient is brief – in fact, an outpatient program has been designed for same day admission and discharge for routine studies. PTCA patients generally stay between one and two days.

include implantation of temporary mechanical circulatory assist devices.

All of the four board certified heart surgeons trained at top medical teaching institutions. Qualified cardiac anesthesiologists complement the surgical team.

The surgical support teams are comprised of cardiopulmonary perfusionists, operating technicians and registered nurses, all of whom have been trained extensively in the science of open heart surgery.

During open heart procedures, the patient's vital signs are



"Downtown...sometimes a patient gets lost in the shuffle. Here he knows his surgeon. His surgeon meets with him every day until he goes home. At Houston Northwest Medical Center, a patient is a person to us...not just one among hundreds."

*Clifford Katten, M.D.
Chairman
Cardiovascular Surgery Section*

and 360 PTCA's last year, and have completed the third-most procedures done in the Houston region since 1988. PTCA has proven a practical alternative to bypass surgery for appropriate candidates.

Recent statistical analysis of The Heart Center reveals a PTCA success rate approaching 90% or better, in keeping with accepted national standards.

The number of failed angioplasty procedures requiring emergent coronary bypass surgery was less than 1/2 of 1%, well below the national average of 2%.

During each PTCA, a surgical team remains on stand-by in the

OPEN HEART SURGERY

Houston Northwest Medical Center's open heart operating rooms have medical technology equal to that of other leading cardiac care institutions. The rooms are available immediately for unscheduled or emergency patients.

These fully equipped surgical units are capable of procedures that include coronary artery bypass, valve replacement, repair of congenital defects persisting into adulthood such as atrial septal defects, carotid endarterectomy, repair of aneurysms and other vascular surgery. Additional capabilities

monitored on a modern computerized system. Surgical Intensive Care Unit (SICU) nurses observe the same information on a corresponding monitor, anticipating care the patient will need when brought to the post-op recovery unit. Once in SICU, a patient receives one-on-one care from a registered nurse for the first 16 hours. For the remainder of the patient's stay, that ratio changes to 2:1.

After SICU, patients are transferred to the Telemetry Unit, where trained nurses continuously monitor their cardiac status.

"The care patients receive here is very personalized, and their primary care doctor is able to participate in their care...(They) are cared for by the same surgeon who does their surgery. Our results are good. Our care is good. Our nurses are good. We have very competent people."

*H. Andrew Hansen, M.D.
Practicing Cardiovascular Surgeon*

NUCLEAR CARDIOLOGY

At The Heart Center, nuclear cardiology represents a valuable technology for testing patients. Here, two tests are requested more often than any other – thallium stress and multigated acquisition (MUGA) exams. In the thallium stress test, patients are injected with a radioactive isotope at the peak of their exercise performance. Using a General Electric Star Cam SPECT system, the cardiologist obtains scanned images of the patient's heart that allow quantitative assessment of relative blood perfusion to the myocardium and myocardial viability.

During a MUGA, a patient's blood cells are tagged with a radioactive isotope, and a series of computer images are made of the heart's movement, allowing the cardiologist to determine abnormal heart motion or function.

All stress tests are supervised by at least one of the hospital's cardiologists. Stress studies and nuclear images are interpreted by the cardiology staff.

NON-INVASIVE CARDIOLOGY LAB & CARDIAC REHAB

The Non-invasive Cardiology Lab conducts diagnostic tests that include EKG, exercise stress testing, ambulatory holter recording and echocardiography, including color-flow doppler ultrasonography. A scanning service is available to physicians who have holters in their offices.

The Cardiac Rehabilitation Program uses monitored exercise and education to help patients develop approaches to life that will prevent or retard further heart problems. It is staffed by cardiac care nurses, exercise physiologists and professional support personnel.

SUPPORT SERVICES

Other areas of Houston Northwest Medical Center contribute vital services to complete the program of cardiac care.

- Emergency Department personnel are trained to administer t-PA or other thrombolytic agents to minimize

damage to the heart muscle after a heart attack. The Emergency Department is covered by a staff of board certified emergency physicians. Your patient's EKG can be faxed to the Emergency Department for immediate interpretation by a cardiologist.

- MICU is a 10-bed critical care unit staffed by nurses who hold advanced certification in critical care, cardiac life support and emergency care.
- The Pulmonary Function Lab is capable of bedside spirometry and complete pulmonary function studies, including arterial blood gases, spirometry and lung volumes.



**HOUSTON NORTHWEST
MEDICAL CENTER**

710 FM 1960 WEST
HOUSTON, TX 77090-9952

HOUSTON
NORTHWEST
MEDICAL
CENTER

THE
HEART
CENTER



Last year more than half a million people
died of a heart attack, according to the
American Heart Association.

Almost 80 percent of these heart attack
victims died before reaching the hospital,
and half of them died within two hours
of experiencing initial chest pains.

Minutes count when a heart attack occurs.



HOUSTON NORTHWEST
MEDICAL CENTER

The Heart Center in Houston Northwest Medical Center is an advanced cardiac care facility with medical expertise and technological capabilities equal to those of leading hospitals, including celebrated medical teaching institutions. Houston Northwest Medical Center has the added advantage of being in northwest Houston, placing highly competent cardiac care within minutes of your home. Those minutes can be critical to survival.

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Medical Center's
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Houston Northwest Medical Center's Heart Center provides sophisticated cardiac procedures that include open heart surgery, cardiac catheterization and angioplasty (sometimes called "balloon angioplasty" or "PTCA").

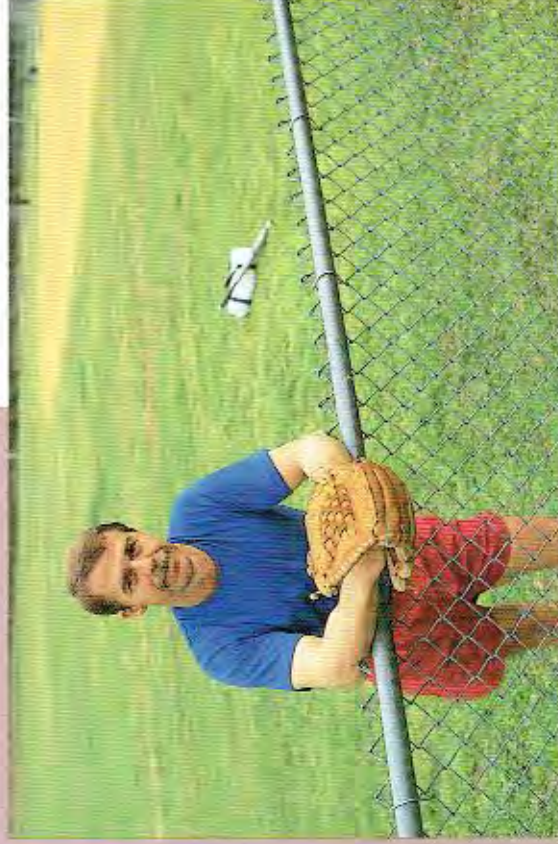
All of the cardiologists and heart surgeons on the hospital's medical staff trained at leading national teaching institutions, enabling Houston Northwest Medical Center patients to benefit from the vast experience those credentials represent.

While the hospital's staff provides highly sophisticated services, patients also receive the personalized care normally reserved for community hospitals.

From a stay in intensive care, through monitoring in telemetry, to education and exercise in cardiac rehabilitation, a Houston Northwest Medical Center patient has access to every facet of front-line cardiac care.

Since it was established in 1983, Houston Northwest Medical Center's cardiac service and highly qualified, experienced staff have developed into a cardiac care facility with a notable record of achievement.

Houston Northwest Medical Center provides you and your family with modern cardiac care on a very personal level. And, we're just minutes away...perhaps *critical minutes*.



Craig Jenkins, Age 42
Electrician
Heart Attack, May 1989

"I was playing softball and began having chest pains, but never thought it was a heart attack. You know, denial is a main factor with heart attack victims. If you think there is the slightest possibility, go to the hospital. It's better to be wrong than to be dead."

Patient & Visitor Guide



Houston
Northwest
Medical
Center

STAYING WITH US

Your nurse is here to help. Rely on our nurses. They are highly skilled professionals, trained to do the very things you need during your stay. Nurses carry out your doctor's orders. They also develop a nursing care plan designed to provide you with individualized attention. As a result, you receive the best possible nursing care.

If, for some unforeseen reason, your nurse is unable to help you, please ask for the charge nurse or the Patient Liaison at extension 2332.

You needn't get up. Our rooms are designed with your comfort and safety in mind. That includes your bed. Two button panels on the bed allow you to adjust your bed, call the nurse and adjust your color television.

A few tips to make your stay easier. There are many common things that you can do to make your stay go more smoothly. Wear your identification band. **Use the "call" button** on your bed to summon a nurse. (Please, don't send a visitor to the nursing station.) Wear non-skid slippers and avoid wet floors. Before you get in or out of a wheelchair, please call your nurse for help. If you have valuables with you, we suggest that you send them home.

Here's how our telephone system works. Family and friends can dial direct to all patient rooms, except intensive care areas. Your direct dial number is listed on your phone. There's no need to go through the hospital operator.

Local calls are free. Just press "9," wait for the dial tone and dial



your number. You are responsible for long distance calls. To make a long distance call, press "0," the area code and the number you are calling. The operator will ask you for your method of payment (collect or credit card), and will connect your call.

For **hearing impaired patients**, amplified telephones and teletypewriters are available by either calling the hospital operator or asking your nurse.

We have a strict "controlled smoking" environment. We're concerned about both your health and that of your fellow patients. That's why we have a strict "controlled smoking" environment. Smoking is not allowed in any intensive care unit, the Emergency Department, Hemodialysis, Endoscopy, Pediatrics, recovery rooms, surgery or any area in which oxygen equipment is in use.

If you're a patient:

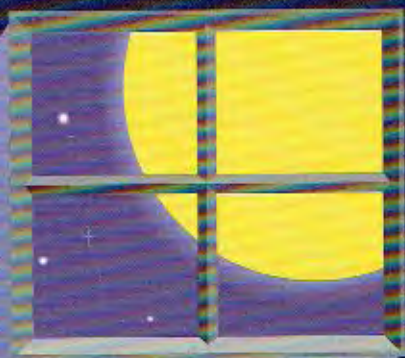
- Smoking is allowed only in designated areas. There are designated smoking rooms on most nursing units. If you do not have a designated smoking room, you will not be allowed to smoke. Smoking is allowed in the Snack Shop located on the hospital's first floor. You will not be allowed to smoke unless you are alert, sitting in a chair and are physically responsible for your actions.

If you're a visitor:

- You cannot smoke in any room – even a designated patient smoking room. You may smoke only in the Snack Shop on the hospital's first floor or outside. There is a covered patio for smokers near the Emergency Department.

Hospital employees are authorized to ask patients and visitors to





IF YOU HAVE SLEEPING PROBLEMS...



Sleep studies are performed in the UTMB Sleep Laboratory designed to resemble a bedroom in someone's home. The relaxing environment helps patients experience sleep patterns they know at home, providing useful, accurate information.

...YOU'RE NOT ALONE.

Sleep problems affect millions of people and range from an inability to sleep to an inability to stay asleep. Sleep problems are more than just a nuisance; they can affect your health and quality of life. Abnormal sleep patterns might be a part of a medical condition or a sign of a medical problem that can affect a person's health.

If you or someone you know suffers from a sleeping problem, **The Sleep Laboratory at The University of Texas Medical Branch at Galveston (UTMB)** can help. The **UTMB Sleep Laboratory** will diagnose, treat and provide follow-up treatment for a wide variety of sleep disorders.

Some of the symptoms associated with sleep disorders include:

- excessive daytime sleepiness
- frequent night awakenings
- morning headaches
- memory loss
- inability to concentrate
- hyperactivity in children



Sleep disorders are not confined to one age group. Even young children have disturbed sleep patterns. Hyperactivity is a symptom of sleep disorders in children.

WHO CAN HAVE A SLEEP DISORDER?

Anyone. These problems are not confined to any age group or gender.

WHO CAN BENEFIT FROM A SLEEP EVALUATION?

People who are aware of sleep problems and those who might have a sleep disorder but don't recognize it. Many people who experience the daytime symptoms of disturbed sleep patterns don't realize they have a sleep-related disorder.

SOME OF THE PEOPLE WHO CAN BE HELPED INCLUDE:

The snorer.

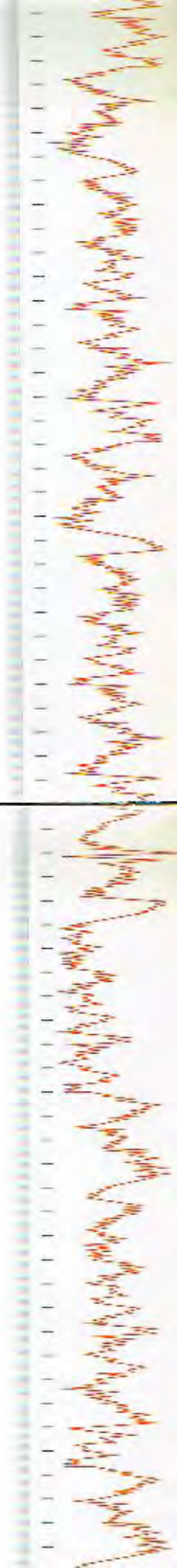
Snoring can interfere with quality of sleep and could be a sign of sleep apnea, a serious medical disorder.

Those who have difficulty staying awake during the day.

Persistent daytime sleepiness signifies the nighttime sleep is being interrupted.

Those who find it hard to fall asleep and / or stay asleep.

Stress, illness, injury and even psychological problems can account for sleep disorders. In any medical condition, these can be treated only after their causes are identified.



How Do I

LIVE WITH CONSTANT HIP OR KNEE PAIN?

Do you have a special health interest? See the topics below to help you find features, classes and Health Forums about that interest.



CRITICAL MINUTES

Fiber can help the fight against heart disease!
Page 10.



FITNESS

Get in shape at the Fitness Center in HNMC.
Page 8.



NUTRITION

Good dietary habits can reduce the risk of cancer.
Page 3.



BACKWORDS

Get your "Back on Track" with a series of classes for better back health.
Page 2.



CONCERNING WOMEN

Inside, we address issues concerning women, their health and their children.
Pages 4-5.



ARTHRITIS

Consider Yoga as a treatment!
Page 2.

Why live with constant knee or hip pain?

Tenet Houston HealthSystem

Hospitals will be holding a series of informative lectures to help you learn what you can do about hip and knee pain. We'll discuss some of the latest treatments and most common causes of knee and hip pain and give tips about medication, diet and exercise. It's a chance to learn from the experts. Don't miss these important lectures. They could be your first step toward pain-free living.



HEALTH FORUM

Hip and Knee Pain: a New Perspective

January 12, February 9 or March 3, 11:30 a.m. or 7:30 p.m.

Don't mistake hip and knee pain as something that affects only the elderly. No race, age or sex is without risk for this potentially crippling but treatable medical problem.

Find out how you can cope with hip and knee pain with a modified diet and an appropriate conditioning program. Be informed of what kinds of medications and treatment regimens exist.

Join the orthopedic outcomes manager/clinical nurse specialist, a pharmacist and a physical therapist for an informative panel discussion on prevention and treatment.

Call 281-580-0000 to register.

Free of charge.

Houston Northwest Medical Center

Tenet Houston HealthSystem

710 FM 1960 West • Houston, Texas 77090

Is Breast Cancer at an Epidemic Level?

Concerning[®] W·O·M·E·N



This year, 180,200 women will be told they have breast cancer, and the bad news won't be reserved for women. 1,400 men will also have to face this disease in 1997 according to American Cancer Society estimates.

The incidence of breast cancer among Americans has been climbing for the past 40 years. In fact, the most recent studies have detected a 4% increase each year between 1982 and 1987. Today, 1 in 9 U.S. women will have to face the fearful prospect of dealing with breast cancer. Compared to the early 1960s when the same group had a 1-in-14 chance, it's easy to understand why cancer researchers could view this disease as an epidemic.

There is good news to be reported. Thanks to early detection through the regular practice of mammograms, mortality rates are dropping among white women and (for the first time) young African American women. While modern lifestyles are producing more breast cancers, modern medicine is producing improved treatment options and providing patients with higher chances of survival, especially those whose cancers are discovered early.

Incidence is greater, but so are the prospects for survival!

Today, the five-year relative survival rate for localized breast cancer is 97 percent. Fifty years ago, it was 72 percent. As research continues, the list of trends and behaviors linked to the development of breast cancer lengthens, allowing us to take steps toward prevention. Known risk factors include age, family history, late menopause, long exposure to postmenopausal estrogens, oral contraceptives, having first children late in life or not having children at all. Higher socioeconomic status and high fat/low fiber diets are also important risk factors to consider. Physical inactivity and alcohol consumption are also being investigated as possible links to breast cancer.

Early detection remains the best way to extend survival of breast cancer. Mammography can discover abnormalities in the breast before they develop symptoms, providing physicians with more treatment options and patients with higher chances of survival. Women over 40 should make it a personal practice to have a breast examination by a health professional once a year. The Women's Atrium in Houston Northwest Medical Center has an active Breast Health Services program that has consistently identified cancerous breast lumps during their earliest stages. For more information on our mammography capabilities, call 281-440-2535.

Even though we know a great deal about risk factors, awareness has yet to manifest into practical prevention. If you want to know how you can reduce your chances of getting breast cancer, turn to page 3 to find out how the proper diet could be your best defense.

CARING SUPPORT

*New to The Women's
Atrium in HNMC...*

*The Breast Cancer
Support Group!*

*First and third Tuesdays
of the month, 7 p.m.*

*The Women's Atrium
Conference Room C.*

Join friends, family and breast cancer patients who have been affected by breast cancer. Talk about your experiences and hear about those of others. Learn that you're not alone and get a different perspective on what you, or someone you love, is going through. For information call 281-440-2535.

Support and information:

Cancer Care
Counseling Hotline:
800-813-HOPE

National Cancer
Institute,
International Cancer
Information Center:
<http://www.icic.nci.nih.gov/>

Breast Cancer
Information Clearinghouse
<http://www.nysernet.org/bcic/>



Convenience. Efficiency. Security.

The Internet is expanding rapidly throughout the world, and as it grows, it fundamentally changes the way industry conducts business.

For healthcare, Internet and intranet-based applications can reverse downward spiraling profit margins by reducing operational and administrative costs while providing critical patient medical services and information faster and at more access points than before.

dbMed® was formed by physicians, hospital and computer experts to effectively use high security Intranets and Internet technology to improve patient care and reduce the cost of administering patient information. The company's unique combination of healthcare and computer industry expertise has enabled it to revolutionize information transfer and communication in healthcare.

Often in medicine, the most expedient method of communicating information is also the most expensive. At the very least, phone calls, faxing and courier delivery include salaries for the individuals involved in the process. Communication delays are inherent in these processes. Phone lines may be busy. Callers are put on hold, and faxes never arrive. Couriers are delayed by traffic.

But a high security Intranet can communicate the same information without these built-in problems. Furthermore, the information is immediately and simultaneously available to an unlimited number of doctors and providers, eliminating multiple transmissions of the data to the patient's many providers.

Through this and other dbMed® participants in the industry can send and receive patient medical information while reducing and eliminating rework, duplicating effort and miscommunicating.



Doing the Right Thing



Robert Eckels
County Judge

Public Safety/Homeland Security

Youth and Family Services

Healthcare/Community Outreach

Transportation

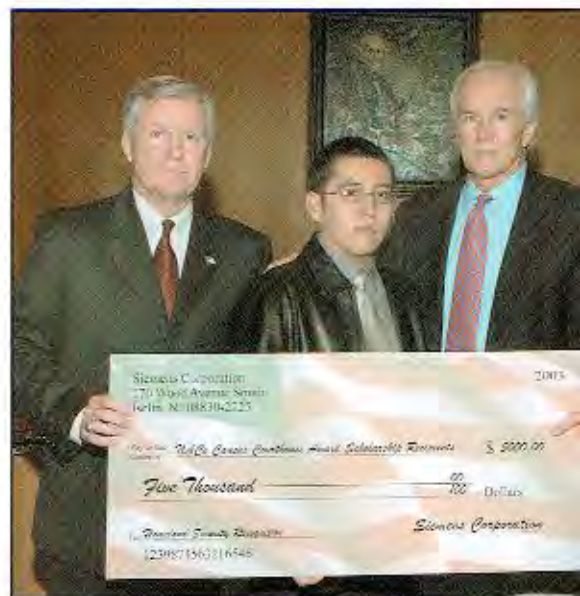
Flood Control



Healthcare

Harris County Commissioners Court works closely with the Harris County Health Department and the Harris County Hospital District (HCHD) to ensure our citizens receive the best health care possible. The County has been aggressively seeking ways to provide better health care services to the uninsured and under-insured in our community.

- Gateway to Care, the program arm of the Harris County Community Access Collaborative, along with the Greater Houston Partnership, and other committed individuals have helped to add another Federally Qualified Health Center in the County. Harris County will continue to work hard to bring federal health care dollars to the region and increase the number of Federally Qualified Health Centers in the County.
- Currently, a comprehensive study of our region's health care delivery system is underway. The Access to Care study, conducted by the Lewin Group, was made possible through a grant from the Harris County Healthcare Facilities Development Corporation and a partnership with Save Our ERs, the Mental Health Association of Houston, and the Greater Houston Partnership. The results of the study will provide options to improving access to care and reducing fragmentation within the health care delivery system, resulting in better care for everyone.
- Harris County Commissioners Court recently approved the concept of a visionary blueprint for the future of the Harris County Hospital District. The 2015 Strategic Plan would add nine new health clinics, a new hospital, and three specialty clinics to help meet the health care needs of the community.
- In an effort to relieve emergency room overcrowding at Ben Taub General Hospital, an Urgent Care Center was opened on-site to divert the approximately 30% of patients with non-emergent conditions who present themselves daily to the emergency room. The program has been so successful at reducing long wait times and reserving the ER for true emergencies that clinic hours have been expanded and plans to add more exam rooms are in progress.



Community Outreach

Harris County knows that to serve its citizens go at it alone. Working with the private sector, agency initiatives are priorities for the County. Through resource and relationships, Harris County achieves positive results. Success can only come from teamwork and cooperation.

- Judge Robert Eckels awarded scholarships to five area youths. The National Association of Counties (NACo) awarded Judge Robert Eckels the prestigious *Caucus Courthouse* award. Included in the award was \$5,000 in scholarship funds for deserving youths. Judge Eckels shared his award with the four other members of the County's Commissioners Court, and each of them will receive a \$1,000 scholarship.
- Tort Reform hasn't stopped Santa Claus. Suits for Pilgrim Cleaners and the Coalition for the Homeless in Houston/Harris County, has distributed over 20,000 items of clothing to the area's less fortunate over the last three years. Represented by attorney John O'Quinn, sued Houston for the clothing. Judge Robert Eckels ordered the defendant, represented by attorney Jack Rains, to donate clothing to the Coalition for the Homeless. With the help of Houston's legal community, the 5th Circuit Court drive helps the homeless to transition back into the community.
- Judge Robert Eckels' Do the Write Thing Challenge encourages students on the right track to a better life. As part of the Do the Write Thing Campaign to Stop Violence, the Do the Write Thing Challenge challenges upon 7th and 8th grade students to write about their experiences with or violence in their lives, and it challenges them to make a commitment to solve the problem. Thirty-seven schools from sixteen school districts in Harris County joined the challenge with over 3,000 entrants. Judge Eckels replicated the Do the Write Thing Challenge in six major Texas cities: Austin, Corpus Christi, Dallas, El Paso, Odessa, and San Antonio.