CENTRACARE Heart & Vascular Center

Making our mark in history
It is the mission of the CentraCare Heart & Vascular Center to enhance the lives of those we serve. We do this for all through the prevention, discovery and management of cardiac and vascular disease.
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Thanks to all who devoted time and effort in the creation of this publication.
Welcome to this presentation of the CentraCare Heart & Vascular Center. Our hope is to share with you information about the people, procedures and technology that we offer in striving to give the best care when patients and families need us.

We are a national trendsetter in cardiovascular care. Our STEMI program is rivaled by none, employing the cutting-edge belief that patients can go from ambulance to the catheterization lab in minutes if ST-elevation exists, saving myocardium and leading to survival rates not thought imaginable 10 years ago.

A strong heart failure team has enrolled more than 1,000 patients. Our goal is to combine the latest technology (i.e. biventricular pacemakers, left ventricular assist devices, home monitoring, etc.) and prescribe the best medicine practices to keep patients out of the hospital and functioning at the highest possible level.

In the Electrophysiology department, one of the fastest growing areas of cardiac disease, complex ablations, pacemaker and defibrillator implantations are an everyday occurrence advancing both the quality and duration of people’s lives.

Our catheterization laboratories continue to be active as we diagnose and treat thousands of patients annually for cardiac disease as well as peripheral vascular disease, both arterial and venous. Our ASD/PFO closure program is enrolling hundreds of patients in trials for atrial defects and migraines. We will be aggressively treating DVT and PE with thrombolytics to improve mortality rate and decrease long-term sequela of these diseases. In addition, we will join others offering percutaneous valve replacement for the appropriate patient.

The years to come will certainly bring changes and challenges for health care. We are grateful to all who have referred patients here and for your confidence in our program. We pledge to continue to provide the best care for our patients and to work closely with physicians in striving for excellent outcomes.

Sincerely,

Richard Backes, MD, FACC
CentraCare Heart & Vascular Center vice president
Dear friends,

Across the years, the CentraCare Heart & Vascular Center at St. Cloud Hospital has seen wonderful developments in the care of patients with heart and vascular disease. Advances in technology allow for less invasive approaches and therapies for disease management. With generational changes in our staff and physician group, we have had access to bright minds and skilled hands.

No longer the startup program out in Greater Minnesota, we have transformed, as a result of performing hundreds of thousands of diagnostic studies and thousands of interventional procedures, into one of the top programs in our state and region. Having performed our first heart catheterization in St. Cloud in 1983 and our first open heart surgery in 1988, that distant memory is the spark that has led to a 99 percent success rate for our STEMI program. Patients come from surrounding states to receive care in electrophysiology. No longer having to travel to the Twin Cities for follow-up care, our pacemaker and ICD patients number 3,700. Our cardiac surgical program excels and has been recognized for two consecutive years by Consumer Reports.

The metamorphosis continues as we plan for the future. For more than a quarter of a century, we have been providing best in class care for patients with cardiac disease. For more than a decade, we have broadened our program to treat peripheral arterial, venous and cerebral vascular disease. And now our second generation of talented physicians, nurses and technical staff are giving us access to the latest developments in the assessment of venous incompetence, varicose vein ablation and IVC filter placement for deep venous thrombosis.

Our history has made us who we are. What we do next will determine what we can be. Be it medical care, advancing technology or facility development, we have no plans to stop our march forward for the sake of those we serve. We are CentraCare Heart & Vascular Center, and like our parent company, CentraCare Health System, we “will be the leader in Minnesota for quality, safety, service and value.”

Best regards,

Bob Johnson, MPH
CentraCare Heart & Vascular Center executive director
Since its humble beginnings in 1983, the CentraCare Heart & Vascular Center at St. Cloud Hospital has evolved into a major comprehensive program providing excellent patient care for the people throughout Minnesota and its border states.
1983
First Cardiologist
First Diagnostic Heart Catheterization Performed
Cardiac Rehabilitation Offered to Patients

1984
Outreach Program Begins

1988
First Open Heart Surgery at St. Cloud Hospital
First Angioplasty Performed

1991
Five Cardiologists
500 Open Heart Surgeries Performed
500 Angioplasties Performed

1992
Program Named “Central Minnesota Heart Center”
Eight Outreach Sites
Electrophysiology Program Started

1993
Second Cardiac Surgeon
1,000 Angioplasties Performed
New South Building Opened

1994
Stent & Intravascular Ultrasound
Program Started

1996
Second Mobile Outreach Van
Nine Cardiologists

1998
First Peripheral/Renal Angioplasty Performed
3,000 Open Heart Surgeries Performed
Echo Lab Nationally Accredited
2,400 Angioplasties Performed

1999
Heart Center Facility Expands
16 Outreach Sites

2000
Major Remodel of Heart Center
3,900 Angioplasties Performed

2001
Cardiac Procedure Recovery Unit
Designed and Built
2004
Clinical Research Department Started
Enhanced External Counterpulsation Therapy Implemented
ST-Segment Elevation Myocardial Infarction - St. Cloud
(STEMI-SC) Program Officially Initiated

2005
Cardiac Care Unit Became Part of
Central Minnesota Heart Center
Women @ Heart Project Launched
Smoke Free Communities Grant Awarded

2006
Cardiovascular CT Scanning Began
21 Outreach Sites

2007
Take Heart-St. Cloud Program Initiated
First PFO Closure Performed
Holistic Services Offered
Heart Failure Management Program
Officially Established
2008
Quarter Century of Cardiac Care
20 Cardiologists
2 Cardiac Surgeons
27 Outreach Sites
5,400 Open Heart Surgeries
9,000 Angioplasties Performed
Top 10 percent of Hospitals Nationwide for Cardiac Surgery
Recognized Repeatedly as a Thomson 100 Top Cardiovascular Hospital

2009
Electrophysiology Outreach Started in Grand Forks, ND
Heart Center Cardiologist Placed in Willmar
Construction Began on a New 14-Bed Cardiac Care Unit and a 9-Bed Cardiovascular Thoracic Unit

2010
Ultra-High-Sensitivity Nuclear Cardiology Scanner Installed
Dual-Source (128-Slice) CT Installed to Replace 64-Slice Unit
Cardiac MRI Available

2011
Name Changed to “CentraCare Heart & Vascular Center”
Fifth Electrophysiologist Recruited for 2012
Third Cardiothoracic Surgeon Started
31 Outreach Sites
First Venous Ablation Performed
2,000 STEMI Patients
The CentraCare Heart & Vascular Center at St. Cloud Hospital is the largest, most advanced and experienced cardiovascular center in Central Minnesota. Our staff consists of 15 cardiologists, five electrophysiologists, two pediatric cardiologists, three cardiac surgeons and more than 350 staff. Physicians of the CentraCare Heart & Vascular Center see patients in consult and for follow-up, totaling 29,000 visits annually.
The CentraCare Heart & Vascular Center has been able to attract great physicians by virtue of its advanced technology and facilities, wonderful geography and focus on patients and families. This very skilled and competent team is available 24 hours per day, 365 days per year, to serve you and your loved ones.
In an environment where teamwork is so important, our administrative leaders work collaboratively with patients, families, physicians and other CentraCare Health System programs to help assure success on all fronts. Working to create a technological platform and venue to care for patients, to build operational efficiency, to manage costs and to support all in providing compassionate care, these leaders are with us to serve the whole team.

“Given that we don’t care for the patient directly, we’d better be caring about and supporting those who do.”

Bob Johnson, CentraCare Heart & Vascular Center, executive director
Providing care in St. Cloud and throughout Minnesota

PHYSICIAN ASSISTANTS

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Heart & Vascular Center Outreach Services

Heart services offered in multiple communities throughout the region

CentraCare Heart & Vascular Center (CCHVC) has a unique relationship with two area communities, Brainerd and Willmar. Since 2008, CCHVC has formally collaborated with the Brainerd Lakes Health System to develop a heart and vascular program for patients in that area.

Since 2010, the Heart & Vascular Center has been collaborating in Willmar with Rice Memorial Hospital, Affiliated Community Medical Center and the Family Practice Medical Center to expand heart and vascular services in that area.

By arrangement, full-time cardiologists of CCHVC have resided in both communities.

We continue to expand

In days gone by, doctors made house calls to deliver care at home. CentraCare Heart & Vascular Center continues this time-honored practice by bringing cardiovascular care to dozens of community hospitals and clinics. Without this important care, thousands of Minnesotans would need to travel hundreds of miles each year to receive the care they need. Our dedicated cardiologists, nurses and technical staff drive nearly a half million miles each year in response to this outreach need.

As our new name reflects, the work of the CentraCare Heart & Vascular Center has expanded beyond Central Minnesota. Through an ever-growing outreach program, cardiology services are delivered throughout the state. In fact, we provide services like electrophysiology and diagnostic interpretive services to patients in North and South Dakota, Iowa and Wisconsin.

◆ PAGE 14
The CentraCare Heart & Vascular Center Research Department supports and participates in many clinical trials in the areas of heart failure, electrophysiology, interventional cardiology and prevention. We are one of the few sites in Minnesota that offer patients participation in clinical trials and access to novel cardiovascular drugs and therapies. The goal of this research is to find better ways to prevent, diagnose and treat heart disease in order for patients to experience greater quality of life. Clinical trials also give us more information about preventing or reducing heart disease in healthy people.

Cardiologists and electrophysiologists participate in research as principal investigators in a field of interest, a sub-investigator supporting a fellow colleague or as a resource to patients enrolled in a clinical trial. The department employs four clinical research nurses and a research assistant.

The CentraCare Heart & Vascular Center currently is active in more than 30 open trials. Several of these clinical trials include:

- the Premium Migraine/PFO trial that is evaluating the incidence of headache reduction in subjects with migraines and PFO using the Amplatzer PFO Occluder compared to medical management.
- the Dal-Outcomes II- Phase 3b, Multi-Center, Double-Blind, Placebo-Controlled Study to evaluate the effect of Dalcetrapib 600 mg. on cardiovascular events in patients with stable coronary heart disease (CHD), CHD risk equivalents or at elevated risk for cardiovascular disease.

A list of clinical trials that are currently enrolling can be found on www.centracare.com.
Experts in the field
when you need
the best possible care

Cardiac Surgery
Since 1988, the cardiac surgery program at the CentraCare Heart & Vascular Center (CCHVC) has been a gift to thousands of Minnesotans. The comprehensive array of services, from coronary artery bypass surgery (CABG) to valve repair and replacement, has allowed countless individuals and families to avoid the extensive travel and stress of leaving Central Minnesota and border communities for the Twin Cities.

In July 2011, John Castro, MD, joined the CCHVC, adding new skill and ability in cardiothoracic and vascular surgery. Having completed his fellowship at the University of Minnesota, Dr. Castro has performed more than 600 procedures. Combining his experience with that of Drs. John Teskey and Edgar Pineda, who have performed thousands of coronary bypasses, valves and related procedures, greatly expands the services offered at the CCHVC.

Mortality data for 2011 show a 65 percent lower in-hospital mortality and 42 percent operative mortality for major procedures (CABG, Valve, CABG + Valve) at CCHVC compared to national averages.

CCHVC 2011 Mortality Rates Compared to National Average

Mortality data for 2011 show a 65 percent lower in-hospital mortality and 42 percent operative mortality for major procedures (CABG, Valve, CABG + Valve) at CCHVC compared to national averages.
The CentraCare Heart & Vascular Center cardiac surgery program received the top three-star rating, meaning it performed above the national average, and was recognized in the September 2010 and 2011 issues of Consumer Reports magazine. The rating was based on overall performance, complications and other quality measures. The data are from July 1, 2009 through July 30, 2010, and come from the Society of Thoracic Surgeons, which gathers information from more than 90 percent of the roughly 1,100 surgical groups in the United States that perform cardiac surgery.

Five-star rated by HealthGrades for coronary bypass surgery for 10 consecutive years (2003-2012).

Five-star rated by HealthGrades for valve surgery in 2012.

Recipient of the HealthGrades Cardiac Surgery Excellence Award™ for two consecutive years (2011-2012).
Here when you need us most

Treating more heart attacks than most Twin Cities hospitals

The CentraCare Heart & Vascular Center’s cardiac catheterization lab provides invasive and interventional diagnostic and therapeutic procedures in an effort to discover, manage and control cardiac and vascular disease for patients throughout the region.

The catheterization lab includes four procedure rooms. Procedures include coronary angiograms, angioplasties, IVUS, fractional flow reserve, atherectomy, venous ablation, cardiac stenting and PFO/ASD closures as well as inferior vena cava (IVC) filter implants and removals. Additionally, peripheral angiograms and angioplasties are performed in carotid arteries, upper and lower extremity arteries and abdominal arteries (renal and mesenteric).

Patient safety comes first at CCHVC, including close monitoring of kidney function by measuring patient creatine levels before and after PCIs, and minimizing radiation exposure by reducing fluoro time during PCIs.

The revascularization success rate for stented lesions at CCHVC is 99.7 percent compared with the national average of 98.8 percent.

* Data comparison outcomes for hospitals included in the ACC-NCDR Cath PCI Registry for FY10 through FY11.
** For patients with LOS >= 1 day
For nearly 30 years, the CentraCare Heart & Vascular Center has aggressively treated the full spectrum of cardiac disease. For the past 14 years, it has expanded to treat peripheral arterial, venous and cerebral vascular disease as well. Today, we are a full-fledged vascular center that provides comprehensive vascular services to our patients. Services also include long-term patient care and counseling such as monitoring for disease recurrence and encouraging lifestyle modification.

We provide non-invasive diagnostic studies of the carotid arteries, aorta, renal mesenteric arteries and upper and lower extremities, including duplex ultrasound, ankle brachial indices, as well as peripheral CTA. Additionally, we provide percutaneous revascularization procedures for the treatment of peripheral arterial disease in all arterial distributions, including angioplasty, stenting, thrombolysis, thrombectomy, atherectomy, as well as endoluminal treatment of aneurysms.

Diagnostic and therapeutic options for the treatment of venous disease of the extremities are provided, including ultrasound assessment of venous incompetence, varicose vein ablation and IVC filter placement for deep venous thrombosis.

Also provided is interventional therapy for DVT with combined mechanical thrombectomy and thrombolysis.

Five-star rated by HealthGrades for coronary interventional procedures for three consecutive years (2010-2012).
The CentraCare Heart & Vascular Center’s (CCHVC) rapid transfer program saves lives. The program is called STEMI-SC for ST-Segment Elevation Myocardial Infarction-St. Cloud. One phone call to the STEMI-SC number triggers a step-by-step protocol that results in prompt transfer of the patient with a myocardial infarction to the cardiac catheterization laboratories at the CCHVC.

Over the past two decades, treatment of ST-Segment Elevation Myocardial Infarction has included primary percutaneous coronary intervention (PPCI) when possible, despite trends toward a pharmacoinvasive approach. Most transfer programs continue to use complicated protocols which include fibrinolytic therapy often resulting in transfer delays and an increased risk of bleeding and stroke.

At the CCHVC, clinical research, absent of fibrinolytic therapy, was applied to a 25-hospital network over a 100-mile radius. From April 2004 to January 2008, 1,000 patients ages 21 to 90 who presented with symptoms consistent with myocardial infarction were included in this single-center registry.

Prior to transferring to the CCHVC cardiac catheterization lab, on-site and referral patients receive chewable aspirin, heparin, Plavix (clopidogrel) and/or Effient (prasugrel). The average time between admission to the first hospital and insertion of a balloon or aspiration device in the catheterization lab was 56 minutes for patients admitted to St. Cloud Hospital and 110 minutes for patients transferred from the referral sites. Despite inherent transfer delays, there was no difference in mortality rates between patients at St. Cloud Hospital and the referral sites. The PPCI success rate was 99.4 percent.

The complication rates were:
- In-hospital stroke: 0.7%
- Reinfarction: 2.0%
- Major bleeding: 2.7%

By following a PPCI protocol, without fibrinolytic therapy, our registry demonstrated excellent survival rates and low-morbidity in the treatment of transferred and on-site patients.

Since the formal program began in 2004, more than 2,500 heart attack patients have been transferred to the CCHVC from 27 hospitals within 100 miles of St. Cloud. The overall in-hospital mortality rate has decreased dramatically and one-year survival rates of patients maintained with the STEMI-SC registry are 94.5 percent.

IOPS Registry
In March 2012, the CCHVC initiated a new post-STEMI (ST-Segment Elevation Myocardial Infarction) follow-up program called the IOPS (Improved Outcomes Post STEMI) Registry. The intent of the registry is to optimize patient follow-up after STEMI. The goal is to improve patient care, patient satisfaction and patient quality of life.

By adhering to a one-year standardized, multidisciplinary approach, it is our hope that the CCHVC will optimize patient treatment and possibly lower our already low 5.5 percent mortality rate at one-year follow-up.
Recovery at its best

Cardiac Care Unit
The 14-bed Cardiac Care Unit (CCU) provides patient- and family-centered care to adults experiencing critical or potential cardiac problems.

CCU provides care for a variety of cardiac medical and surgical diagnoses with cardiac monitoring and arrhythmia detection. The unit focuses on assessing, treating and managing cardiac conditions to stabilize each patient's medical condition.

Direct patient care is provided by critical care-trained registered nurses and patient care assistants under the medical direction of the admitting and consulting physicians. Discharge planning and patient education are integral components of achieving optimal patient outcomes. A multidisciplinary team approach is used in meeting these outcomes. Dietary instruction is provided by registered dietitians. Discharge risk level is evaluated by registered nurses, and planning for discharge is coordinated between social services, case managers, medical staff and primary caregivers.

Telemetry
Telemetry is a 36-bed unit that provides cardiac monitoring to medical and surgical cardiac patients with arrhythmia. Direct patient care is provided by registered nurses under the medical direction of admitting and consulting physicians.

Services include inpatient cardiac rehabilitation visits (Phase I), formal cardiac education classes and diagnostic work-up available through the CentraCare Heart & Vascular Center.

Telemetry has received the Star of Excellence Award for nine consecutive years for patient satisfaction.*

Cardiovascular Thoracic Unit
The new 9-bed Cardiovascular Thoracic Unit (CVTU) allows patients to transfer from the Intensive Care Unit the day after surgery directly into a specialized unit that provides care for post-surgical, cardiovascular and thoracic patients. Staff care for this patient population, gaining proficiency in recognizing subtle changes before they arise.

*This recognition is given nationally to hospital departments that achieve the 90th percentile in patient satisfaction as determined by Press Ganey.
The CentraCare Heart & Vascular Center (CCHVC) offers a variety of the most up-to-date technologies used for diagnosis of heart and vascular disease.

**Nuclear Cardiology**

Accredited by the American College of Radiology

The most recent technological advancement in nuclear cardiology at CCHVC is a high-sensitivity scanner for MPI which offers an advanced imaging technique for the diagnosis and/or management of coronary artery disease. This new technology delivers higher resolution images in less than one-third of the scanning time. The ability to significantly reduce radiation dose is another important advantage of this technology. (Photo upper left)

More than 6,800 scans, on average, are performed each year. Technological advances in nuclear medicine scanning hardware are expected to drive this modality forward. In the future, simultaneous rest and stress imaging and coronary flow reserve index calculation will provide even more physiological information than ever before.

**Mobile Nuclear Medicine**

Accredited by the American College of Radiology

Mobile nuclear medicine services began in 2000 as the demand for cardiology services increased significantly in the area. Since that time, the CCHVC has provided nuclear medicine testing in the mobile environment for nearly 15,000 patients. The program now performs an average of 3,000 scans per year.

Today, the mobile nuclear service area encompasses approximately one quarter of the entire state of Minnesota, affiliating with more than 20 other health care organizations.
Providing the highest quality care with the latest technology

**Stress Testing**
An excellent stress testing lab, staffed by registered and masters-prepared technicians, plays an integral part in the diagnosis of coronary artery disease. The stress lab offers a full array of stress test procedures including pharmacologic stress testing and exercise treadmill testing, both with and without advanced imaging techniques. Recently, cardio-pulmonary stress testing was added to the service line. On average, more than 4,400 stress tests are performed each year.

**Cardiovascular CT**

*Accredited by the American College of Radiology*

The cardiac CT department opened in 2005. This exciting new modality boasts the ability to obtain exquisite images of coronary anatomy, including the ability to differentiate hard (calcified) plaques from soft plaques.

Because of rapidly improved technology in the past five years, the CCHVC replaced its CT scanner in 2010 with a new, state-of-the-art system. Today, extremely high resolution images of the heart are routinely obtained in a scan that is approximately one fourth of a second in duration using very small amounts of radiation.

The CT program performs, on average, more than 700 cardiac scans per year. Because of this modality’s unique ability to obtain so much information so quickly, the operating hours for cardiovascular CT have recently been extended allowing its use for more emergency room patients.

**Cardiac MRI**
Cardiac magnetic resonance imaging (MRI) was initiated in 2010 and is a collaboration between the CCHVC and St. Cloud Hospital Imaging Services. Today, cardiac MRI procedures are performed routinely each week.

**Echocardiography**

*Accredited by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL)*

The CCHVC echocardiography laboratory has been accredited by the ICAEL since 1997. It employs highly skilled, nationally registered technologists who provide services to 13 other facilities throughout Central and Western Minnesota, plus interpretive services for many facilities that use our digital network to transfer cardiac ultrasound studies. More than 12,000 cardiovascular ultrasound procedures are performed annually for patients of all ages. In this past year, we have added lower extremity venous insufficiency studies and 3D echo/TEE to our menu of services.

Overall patient satisfaction scores are consistently higher than the 90th percentile, according to Press Ganey.
Heart failure is the fastest growing heart problem in the United States. About five million Americans suffer from this disease. It is the No. 1 reason people age 65 and older are hospitalized. The Heart Failure Management Program at the CentraCare Heart & Vascular Center helps patients and their families manage heart failure and improve their quality of life. The program aims to:

- Educate and support patients and their families;
- Help patients manage their heart failure symptoms;
- Help patients manage their risk factors, such as cholesterol, blood pressure and weight;
- Assist patients in managing medications;
- Reduce patients’ visits to the emergency department;
- Prevent hospitalizations;
- Increase patients’ tolerance for activity.

The program currently has a panel size of more than 1,000 patients and has achieved positive results including:

- Maintaining re-admission rates that are, on average, 3.2 percent below the national mean of 24 percent (FY 2010 through the second quarter of FY 2012).
- Improvement in core measures, documentation of ACE/ARB and LV function, utilizing an integrated clinic and hospital approach.

The care team

The team of specialists includes a cardiologist, advanced practice providers and registered nurses with special training in heart failure management. The team assesses, treats and coordinates a plan of care for each patient. Patients are seen every three months after their initial visit. Staff also provide telephone support as needed.

Heart failure research

The Heart Failure Management Program uses the latest research to manage heart failure. As a member of the Heart Failure Consortium in Minnesota, it actively takes part in research studies with many other hospitals. Experimental therapies are offered to patients who have tried standard therapies without success.
Improving quality of life

Pilot project helps transition patients home, reduces readmissions

St. Cloud Hospital is working to reduce readmission rates through an ongoing pilot project aimed at patients with chronic heart failure. As one measure in the value-based care equation, readmission rates will affect the hospital’s reimbursement beginning in October of 2012.

With a focus on the transition of care between hospital and home, this pilot includes interventions such as medication reconciliation by a pharmacist at admission and discharge, consistent disease-specific education delivered throughout the hospital stay and the introduction of a transitions coach. The transitions coach provides information and guidance to the patient and family for an effective care transition, improved self-management skills and enhanced patient-provider communication. This set of interventions is being piloted in Telemetry and St. Cloud Hospital Medical Unit 2.

This project is the result of a partnership between a number of entities including: St. Cloud Hospital; CentraCare Heart & Vascular Center; St. Cloud Hospital Home Care; CentraCare Clinic; CentraCare Health System - Melrose; CentraCare Health System - Long Prairie; St. Benedict's Senior Community.

Heart failure is the No. 1 reason people age 65 and older are hospitalized.

Five-star rated by HealthGrades for treatment of heart failure for three consecutive years (2010-2012).
Electrophysiologists treat patients throughout the Midwest

The CentraCare Heart & Vascular Center (CCHVC) electrophysiology team consists of five board-certified electrophysiologists, one of whom is a board-certified pediatric cardiologist. Staff come from backgrounds in critical care and emergency trauma and are certified in Advanced Cardiac and Pediatric Advanced Life Support. All cardiovascular technologists are certified.

The CCHVC electrophysiology procedure rooms are equipped with the latest technology. Each room has biplane X-ray allowing the team to perform basic to complex EP procedures and accommodates any emergency. Pediatric EP procedures along with device implants also are performed.

Many patients from Minnesota and neighboring states, such as Iowa, North Dakota, South Dakota, Wisconsin and Nebraska, are referred to CCHVC for specialty care.

John Schoenhard, MD, PhD, recently joined the electrophysiology team.

Ann Dunnigan, MD, FACC, FAAP
Simón Milstein, MD, FACC, FHRS
Mevan Wijetunga, MD, FACC, FHRS
Keith Lurie, MD
Pacemaker, Implanted Cardioverter-Defibrillator programs offer specialized care

**Pacemaker/ICD program**
Follow-up monitoring, done by professionals who are specially trained and dedicated to this unique patient population, is critical for patients to receive maximum clinical benefit from their devices. It also is essential for the prevention and management of potential adverse outcomes related to their heart conditions.

**Clinic statistics**
The pacemaker/ICD program monitors more than 3,700 patients with implanted devices. Devices include pacemakers, Implanted Cardioverter-Defibrillators (ICDs) and implanted loop recorders. For fiscal year 2011, the pacemaker/ICD program conducted 17,291 device-monitoring evaluations. Monitoring includes a combination of remote (home) monitoring and in-clinic (in person) visits. Pacemaker/ICD staff visit 14 outreach sites each month seeing 15 to 20 patients at each site.

![Device Implant Volume Graph](image)
Since the beginning of the Take Heart St. Cloud program in December 2005, the survival rates for patients admitted to St. Cloud Hospital after sudden cardiac arrest (SCA) have more than doubled, from 8.5 percent to 19 percent. Using therapeutic hypothermia, the hospital cooled 262 patients.

Take Heart St. Cloud was designed to show how cardiac arrest survival rates in America can be significantly increased through a system-based, community-wide approach to faster and better treatment.

Due to its success, Take Heart was implemented statewide — Take Heart Minnesota.

I will be forever grateful to all who helped me and the care that I received from the CentraCare Heart & Vascular Center and St. Cloud Hospital.”
Bob Kempenich, cardiac arrest survivor
Pediatric cardiology at CentraCare Heart & Vascular Center offers a wide range of services for infants, children and adolescents with congenital heart disease. Board-certified pediatric cardiologists staff the clinic on a daily basis. Non-invasive evaluation using echocardiography (transthoracic, transesophageal and fetal), ECG and MRI, exercise stress testing and 24-hour or 30-day arrhythmia monitoring are available.

In addition, pediatric electrophysiology services are available for those individuals with arrhythmias that require vigorous study, including electrophysiologic evaluation in state-of-the-art electrophysiology labs where pacemaker and/or defibrillator placements can occur.

In the future, we look to expand the fetal echocardiography program by partnering with perinatology services in St. Cloud, increasing outreach clinics in greater Central Minnesota and continuing to grow the adults with congenital heart disease clinic.
Cardiovascular Health and Prevention Services

Cardiovascular Health & Prevention Services offers a comprehensive approach to cardiovascular disease management. Staff includes a cardiologist as medical director, exercise physiologists certified as American College of Sports Medicine clinical exercise specialists, registered and licensed dietitians, Mayo Clinic-certified tobacco treatment specialists and a holistic services specialist. The program's focus is to ensure that every patient has the necessary tools to improve his or her quality of life and reduce risk factors for heart and vascular disease.

Participation in an outpatient cardiac rehab (OPCR) program has proven to reduce morbidity and mortality by 27 percent following an acute heart event. Emphasis on exercise, nutrition and stress management encourages patients to adopt positive lifestyle changes through education. The graphs below reflect changes in diet and exercise habits pre- and post-OPCR participation. Best practice studies show improved utilization with a combination of automatic referral and physician recommendation for participation. Our goal is to maximize the utilization rate to meet the needs of cardiovascular patients in Central Minnesota.

Changes in Exercise Habits

Services Provided
- Inpatient Cardiac Rehabilitation
- Outpatient Cardiac Rehabilitation
- Maintenance Rehabilitation Program
- Enhanced External Counterpulsation
- Nicotine Dependence Counseling
- Nutrition Counseling
- Holistic Services

N=1,715 patients for the last three fiscal years at CCHVC

Post Rehab Compliance
Patients reported following recommendations at least 80 percent of the time.

Average number of sessions in OPCR = 14
More than 24,010 OPCR visits from 2008-2011
Cardiovascular Health and Prevention Activities

The CentraCare Heart & Vascular Center is proactive in the prevention of heart disease, the primary cause of death in the United States. Its expanded services include primary prevention programs for patients, employees and the community. Community programs have been offered to groups ranging from pre-school age to nursing home residents. Examples of services provided are: weight management, blood pressure intervention to area firefighters, grocery store tours and lifestyle presentations. A Workplace Wellness Program for CentraCare Health System employees includes individual counseling for exercise, nutrition and stress management.

Tobacco cessation is a CMS core measure and an important initiative being monitored by CentraCare Health System. According to the Hospital Quality Alliance, St. Cloud Hospital has 100 percent compliance in addressing smoking cessation in acute myocardial infarction patients.

Primary Prevention Programs

CME Opportunities:
The CCHVC offers an Annual Cardiology Seminar in February. This day long program focuses on providing education, information and updates for staff working with cardiac patients. A speaker also provides education to the community as part of this event. In-house presentations for ongoing education are provided as well, on a quarterly basis. Many staff within the CCHVC have served as program mentors for outside facilities.

More than one in 10 deaths from cardiovascular disease are attributed to smoking.
Certified tobacco treatment specialists are available (after in-patient counseling) for individual consult, group session and to see inpatients throughout the hospital.
Donors are a gift to the
Heart & Vascular Center

Philanthropy’s impact on a patient’s life is immeasurable.

Mark Larkin, CFRE
CentraCare Health Foundation,
executive director

Stephanie Lang
CentraCare Health Foundation
CentraCare Heart & Vascular Center
senior development officer

The CentraCare Health Foundation engages the philanthropic community in partnership to improve health and health care. Without the support of our generous benefactors, many projects and services would not be possible.

Gifts from donors like you constantly build our commitment to innovation, provide state-of-the-art technology and top-notch facilities and help us deliver the highest-quality health care.

To keep advancing, we need your support — your help will make a difference for future generations of patients.

For more information about giving options and ways to give to the CentraCare Heart & Vascular Center, please call (320) 240-2810 or e-mail foundation@centracare.com.

Your investment will give hope and save lives for generations.
Roger and Betty Duininck made a generous gift to the Caring for Generations Campaign designating a portion of their dollars to the CentraCare Heart & Vascular Center.

“I have received excellent care at the Heart & Vascular Center,” Roger said. “The staff and care given there are extraordinary. I want to make sure that continues. We are proud of our community and for the health care that is available not only to the people of St. Cloud, but to all of Central Minnesota.”

In 2011, a generous estate gift, made through the CentraCare Health Foundation, was made by Celestine (Cel) and Mary Lieser to the CentraCare Heart & Vascular Center Heart Failure Program. Grateful for the care he received when he underwent a valve replacement surgery at the CentraCare Heart & Vascular Center at St. Cloud Hospital, Cel wanted to give back to others with heart disease.

Cel and Mary lived in Sauk Rapids for many years. Cel was an electrician for Cold Spring Electric and later at Electric Motors in St. Cloud. Mary worked for many years at Sauk Rapids City Hall. Mary died in October 2010, Cel in January 2011.

“They were good people who lived simple lives,” said Cel’s brother, Jerome Lieser from Paynesville. “Their generosity reflects the kind of people they were. They gave so others could benefit.”

“The CentraCare Heart & Vascular Center is so grateful for the kindness and generosity of its many wonderful patients and families,” said Bob Johnson, executive director. “The Liesers’ gift to the Heart Failure Program will help sustain it for years to come.”

“This gift is a wonderful example of the impact any one couple or person can have on the lives of people in Central Minnesota,” said Mark Larkin, executive director of the CentraCare Health Foundation. “We are able to deliver better health care and have a healthier community for the future because of estate gifts like these.”
The persons, foundations and corporations listed here have generously given to the CentraCare Heart & Vascular Center. We are truly grateful to our benefactors and make every effort to list them as they prefer. Please call (320) 240-2810 to correct any errors or discrepancies that appear in the following list. (Donors listed as of Feb. 24, 2012.)

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At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”
— Albert Schweitzer

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(†) Deceased
St. Cloud Hospital Construction Continues

Approximately 200 people have worked on-site each day to complete the 360,000-square-foot east tower addition to St. Cloud Hospital. The building opened in spring 2012. The $223-million east tower is home to:

- a 14-bed Cardiac Care Unit;
- a 9-bed Cardiovascular Thoracic Unit;
- a 28-bed Intensive Care Unit;
- 10 additional state-of-the-art surgical suites;
- a 14-bed Surgical Care Unit and 9 Surgical Progressive Care Unit beds;
- a new Family Birthing Center;
- 15 Medical Progressive Care beds;
- 8 additional Neuroscience patient rooms; and more.

The addition has 10 floors, (3 underground and 7 above ground). The new tower will house heart and vascular patients in private rooms to enhance their comfort.

The CentraCare Health Foundation’s Caring for Generations Campaign, publicly launched in October 2010, has raised $18.2 million from local benefactors, employees and physicians to help fund the $223-million project. The campaign aims to raise $21.7 million by December 2012.
“It has been a long time since I have felt this good” are the words of Mike Ennis after he recovered from open heart surgery. “I feel like I can participate in life again.”

The previous months were a different story. Mike had chest pain and felt too fatigued and out of breath for a man of 60. He always had lived an active life serving as a professional educator for 30 years, holding the position of principal of Discovery Middle School in Alexandria for most of that time.

Mike’s internist in Alexandria referred him to Cardiologist Jamie Pelzel, MD, of the Heart & Vascular Center. After meeting with Mike and running tests, he diagnosed his ischemic cardiomyopathy. The left side of his heart had been damaged, it was unclear if surgery would help or not.

Dr. Pelzel discussed Mike’s case with his colleagues at a weekly conference for difficult or complex patients. “The decision on which therapy to recommend was not an easy one,” Dr. Pelzel said. “That’s when it’s great to have a team of physicians and nurses who can work together to come up with a solution.”

The team decided Mike would benefit from coronary artery bypass surgery. Cardiac Surgeon Edgar Pineda, MD, from the CentraCare Heart & Vascular Center performed the surgery the following week.

Mike talks of the exceptional care he received at St. Cloud Hospital and the Heart & Vascular Center. “Dr. Pelzel and his nurse, Ann, were amazing,” Mike said. “They took as much time as I needed to explain my case, go through the options and help me decide what my best option was. Dr. Pelzel really encouraged me to have the surgery and I am so glad I did.” Mike was released from St. Cloud Hospital four days later.

Mike continues to enjoy collecting antiques and going to antique auctions with his wife, Lana. His biggest challenge these days is keeping up with his six grandchildren. “The kids are very active and thanks to my surgery I am able to spend quality time with them building memories.”
CENTRACARE Heart & Vascular Center

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