MVH Receives First Gold Seal of Approval

Miami Valley Hospital is the first hospital in the greater Dayton area to earn the Joint Commission’s Gold Seal of Approval for treatment of acute coronary syndrome (heart attack) and heart failure; and the first in the Dayton area to be recognized as a Primary Stroke Center.

“This certification means Miami Valley Hospital does the right things and does them well for acute coronary syndrome, heart failure and stroke patients,” says Charles A. Mowll, executive vice president, Business Development, Government, and External Relations, Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

“Miami Valley Hospital voluntarily pursued this comprehensive, independent evaluation,” says Bill Thornton, president and CEO. “We appreciate what our medical staff and employees are doing every day to give safe, high quality care.

The JCAHO surveys 15,000 healthcare organizations and programs in the United States.

MVH Receives National Leadership Awards

Miami Valley Hospital has been recognized for excellence in supply chain management and for clinical excellence by VHA Inc., a national health care provider alliance. MVH is one of only 13 VHA member hospitals nationwide to receive the 2005 VHA Leadership Awards.

MVH was recognized for clinical excellence in patient care through the hard work and dedication of doctors, nurses and the entire staff. Winning the award represents a milestone in efforts to continually improve quality of care and demonstrate our commitment to our patients and the community.

The supply chain award shows that MVH has improved processes for purchasing, distributing and managing materials and products needed to run the hospital. Results from this initiative have been a significant improvement in efficiency and effectiveness across the hospital.

Residents in Dayton’s southern suburbs heard good news recently when MVH announced plans to build a new full-service outpatient facility in their area to better serve the healthcare needs of the hospital’s southern neighbors. Plans call for construction of a 200,000 square foot facility at I-675 and Wilmington Pike in Centerville beginning in 2006 with a target completion date in 2007.

The facility will feature a full-service, 24-hour emergency care center, medical imaging services, cardiac diagnostic services, a breast center, cancer treatment center and laboratory services. A physician office complex will also be built.

“This development will relieve overcrowding at our main campus facility while allowing patients in our southern service area closer access to emergency care and other quality services offered by MVH,” says Mary Boosalis, executive vice president and chief operating officer.

According to the Ohio Department of Health, the MVH Shaw Emergency and Trauma Center saw more than 90,000 patient visits in 2003, making it the busiest adult emergency department in Ohio. Outpatient visits at the main campus totaled more than half a million in 2004.

“MVH has owned property at I-675 and Wilmington Pike since 1986,” says Boosalis. “In the last 20 years, the south Dayton area and its population have grown considerably. Because of this, we are prepared to move forward and expand our commitment to delivering excellent patient care and services to the region.”

The facility will serve residents in Centerville, Washington Township, Kettering, Bellbrook and Sugarcreek Township, as well as other communities in Montgomery, Greene, Warren and Clinton counties.

For more information, contact Joann Ringer, project administrator, at 208-2366.

New Healthcare Facility Plans Announced

The Direct Connect between Your Heart and Sleep

By Alison Bour

About one third of people who have sleep apnea also have high blood pressure. The opposite is true as well — one third of those with high blood pressure have sleep apnea.

“An irregular heart beat can be precipitated by sleep apnea,” says B.K. Srivastava, MD, a heart doctor at Miami Valley Hospital. Those patients, he adds, who have congestive heart failure often have sleep problems that can make the condition worse. That’s why heart doctors and doctors specializing in sleep medicine work together to ensure the best medical results.

John Kavy, a 51-year-old chef, found out how important the relationship between his heart and sleep could be. Kavy was treated for a heart condition known as atrial fibrillation. Also known as an irregular heart beat, the top part of his heart did not beat in sync with the bottom. “I’m out of breath all the time,” he says.

Doctors use a special type of shock treatment to correct the problem, however, in Kavy’s case, it wasn’t working.

“That’s when I was referred to the MVH Sleep Center.” When Kavy’s sleep was

Continued on next page
monitored, it was discovered he was waking up 273 times a night and getting no deep sleep at all.

“There is a direct connection between sleep apnea and heart disease,” said Dharmesh Gandhi, MD, Kavy’s doctor.

“Sleep apnea causes the blood pressure and heart rate to increase at night.”

“It’s mostly desaturation, or a low level of oxygen at night, that triggers it,” adds Dr. Srivastava. Also, since a sleep apnea patient’s body goes through chemical changes, a sleep illness can – in turn – cause heart problems.

People who have untreated sleep apnea are at risk for serious medical conditions such as heart blockages, stroke – even heart attacks.

Kevin Huban, PsyD, specializes in the treatment of sleep disorders. He says sleep apnea occurs when the upper airway relaxes during sleep and blocks normal breathing. A person with sleep apnea must partially wake up to breathe normally.

In the morning, sleep apnea sufferers feel tired even if they’ve been in bed for as long as 10 hours. It’s common for them to fall asleep during the day. In Kavy’s case, lack of sleep was also a contributing factor to other health problems.

“Sleep apnea makes cardiac issues more difficult. It’s an aggravating factor,” said Dr. Huban. When Dr. Srivastava follows a normal course of treatment for heart ailments and finds his patient does not get better, he immediately looks to sleep problems as a possible factor. “Sleep apnea is one thing they commonly have. If (after heart treatment) the patient is still not doing well, it’s one of the first places we look,” Dr. Gandhi said, each time there is a blockage of the throat during sleep, oxygen level in the blood falls. The heart must work harder to circulate blood.

It’s not always known whether the cause of some heart problems is sleep apnea. Sleep apnea is a risk factor for heart disease much like a history of high blood pressure, a family history of heart problems, or obesity.

“In assessing sleep apnea, we look for several profiles,” says Dr. Gandhi. “Neck size (17 inches or larger for men; 16 inches or larger for women) is a stronger predictor of sleep apnea than Body Mass Index.”

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Symptoms of sleep apnea can include heavy snoring, nocturnal choking or gasping, restless sleep, a dry throat or headache in the morning, and night sweats.

Dr. Gandhi said Kavy was a ‘classic’ sleep apnea patient. He had many of the symptoms sleep doctors look for including a large neck size. In addition to his cardiac symptoms, Kavy often fell asleep while reading.

Fortunately, sleep apnea is treatable. The first line of treatment, according to Dr. Huban, is a special device called a CPAP (pronounced See-PAP). The person wears a mask during sleep. It delivers ‘air under pressure’ to solve the problem of sleep apnea.

Sometimes a dental appliance is used to treat sleep apnea; other times surgery is necessary. However, the CPAP is the first and best choice. “It’s not invasive and we know it works,” said Dr. Huban.

As long as sleep apnea patients wear their CPAP, results can be amazing. Usually, patients are not aware of how tired they were until they find out what it’s like to get normal sleep. That was certainly the case for Kavy. He used to fall asleep at 8 p.m. and still wake up tired. Now he sleeps much less and feels 10 times better. And having lost weight too, he believes this will help both his sleep and heart problems.

Sometimes it’s a challenge to get patients to wear their CPAPs on a regular basis because it can cause nasal irritation and congestion. Dr. Huban says these side affects are treatable with humidifiers and some allergy medicines.

Kavy remains a firm believer in following both his heart and sleep apnea treatment plans. While he is hopeful his problems will improve with time, he continues to be a dedicated CPAP wearer. “I never miss a day. I even wear it for naps.”

To learn more, contact the Center for Sleep and Wake Disorders at 937/208-2515.
Could you be at risk? **Ask your doctor these 8 critical questions:**

1. **What are my risk factors for heart disease** and what can I do to lower my risk?
2. **What are the WARNING SIGNS** of heart disease or heart attack?
3. **What should I know about the effects of menopause** on my health?
4. **What is my blood pressure, cholesterol and body mass index?**
5. **What is the best way for me to quit smoking?**
6. **Are my risk factors for heart disease the same or different for stroke?**
7. **What is the latest on low-dose aspirin** for heart attack prevention and treatment?
8. **If I experience chest pain** what is your overall plan for evaluation?

In the womb, the baby was used to constant cuddling and warmth, continual feeding and the noise of mother’s heartbeat. The more we can recreate that – by feeding whenever the baby’s hungry and keeping them swaddled and warm – the more the child will come to trust the world around them. Getting to know the baby’s rhythms is essential to meeting his or her needs, so Maria encourages parents to keep their babies as physically close to them as possible.

Maria Wood, of Dayton, has graduated from high school and is studying to become a dental assistant. Because she spent her life without a mother to help her, she wants to always be there for her son, Dominic. For Holly, that meant learning all she could about raising a healthy, happy child. “I’ve learned a lot,” Holly says of her Miami Valley classes. “I decided to breast feed after I learned that it gives your baby a great start in life. Maria showed us how tiny the baby’s stomach is – that helped us understand why the baby seems hungry all the time.” Holly is devoted to Dominic. She says, “Every baby has the right to a good parent, to do what’s best for him instead of concentrating on yourself.”

Maria and Sharon invite expectant mothers and fathers to look over the course selection at MVH. Whether it’s your first baby or your fifth, there is good information and a few “aha!” moments to prepare you and your child for a great future.

**Help for Young Mothers**

Maria Wood, of Dayton, has graduated from high school and is studying to become a dental assistant. Because she spent her life without a mother to help her, she wants to always be there for her son, Dominic. For Holly, that meant learning all she could about raising a healthy, happy child. “I’ve learned a lot,” Holly says of her Miami Valley classes. “I decided to breast feed after I learned that it gives your baby a great start in life. Maria showed us how tiny the baby’s stomach is – that helped us understand why the baby seems hungry all the time.” Holly is devoted to Dominic. She says, “Every baby has the right to a good parent, to do what’s best for him instead of concentrating on yourself.”

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For information about the classes listed on the next page, call 208-BABY.

Women’s Heart Advantage
Proudly Sponsored by Good Samaritan and Miami Valley Hospitals

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