

A Trusted Name for  
**CARDIAC  
CARE**

Washington Adventist Hospital

Thank you for your interest in heart services at Washington Adventist Hospital—a trusted name for cardiac care. As a leader in cardiac care for nearly 50 years, our experienced and highly-specialized team offers you **the most advanced, least-invasive treatments and personalized care** focused on getting you back to normal life fast.

Many of the region's "firsts" in cardiac care were performed at Washington Adventist Hospital, including the

- **First open heart surgery,**
- **First heart bypass,**
- **First heart catheterization and**
- **First Mini-Maze to correct atrial fibrillation.**

Nearly half a century after our cardiac program started, Washington Adventist Hospital continues to offer comprehensive care—prevention, diagnostics, interventional and surgical treatments, electrophysiology and cardiac rehabilitation—to the Washington D.C. region.

Whether it's diagnosing chest pain, opening a blocked artery, performing heart surgery, minimally-invasive valve repair or treating an abnormal heart rhythm, we hope you will **trust your heart to us.**

Enclosed is your free heart health kit, which includes information about Washington Adventist Hospital's cardiac services, **world-class cardiology research**, our **national accreditations and recognition** and some other items to help you stay heart healthy.

To find a cardiac specialist, call 1-800-642-0101 today, or visit our website at [www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com).

Please let us know how we can serve you, your family or friends.

**Your Trusted Name in Cardiac Care,**

Washington Adventist Hospital Cardiac  
and Vascular Team



## Cardiac & Vascular Services at Washington Adventist Hospital

As a recognized leader in cardiac care for more than 50 years, Washington Adventist Hospital provides patients in the Washington region with the most-advanced, least invasive treatments that are delivered by a team of experienced, skilled and caring experts.

### Comprehensive Heart and Vascular Care

Washington Adventist Hospital delivers individualized and innovative treatment in every aspect of cardiac and vascular care including:

- Life-saving cardiac and vascular emergency procedures
- Open-heart and minimally invasive surgery
- Valve Surgery (minimally invasive and open surgical options)
- State-of-the art diagnostics and treatment
- Electrophysiology (EP)
- Full cardiac rehabilitation services

As Montgomery County's first complete cardiac care center, Washington Adventist Hospital performs hundreds of open heart surgeries, thousands of cardiac catheterizations and thousands of electrophysiology (EP) and other cardiac and vascular procedures each year. The hospital's Accredited Chest Pain Center was the first in the D.C. region to attain the highest level of accreditation which recognizes high-quality care and rapid and life saving treatment given to chest pain patients.

### Care Delivered by Leading Experts

Washington Adventist Hospital's cardiac and vascular teams include board-certified:

- Cardiologists
- Electrophysiologists
- Cardiac and Vascular surgeons
- Interventional radiologists
- Echocardiographic sonographers
- Emergency physicians
- Certified nurses with cardiac and critical care training

Our team of experts is seamlessly coordinated to provide rapid treatment for patients during the critical early stages of a cardiac emergency.

### Cardiac & Vascular Research

Our patients have access to cutting-edge treatments including therapies researched and developed by our own physicians at the hospital's Center for Cardiac & Vascular Research (CCVR). CCVR is involved in world-class cardiology clinical research trials that range from arrhythmia treatments, to heart failure therapies, to therapies for the treatment of angina and heart attacks.

### Accreditations and Recognition

- Accredited Chest Pain Center, Level III with PCI, The Society of Chest Pain Centers
- Designated Cardiac Interventional Center, Maryland Institute for Emergency Services & Systems
- Designated Primary Stroke Center, Maryland Institute for Emergency Medical Services Systems
- Three-Star, Highest Rating for quality heart surgery, The Society of Thoracic Surgeons
- Designated a Center for Excellence for carotid stenting, Centers for Medicare and Medicaid Services
- Accredited echocardiography laboratory, The Intersocietal Commission for the Accreditation of Echocardiography Laboratories
- American Heart Association's Mission: Lifeline Bronze Performance Achievement Award



**Main Number**  
**301-891-7600**

**Find a Physician**  
**1-800-642-0101**

**Cardiac Rehabilitation**  
**301-891-6016**

**Center for Cardiac and  
Vascular Research**  
**1-866-894-CCVR**

## Understanding Heart Valve Disease

### What is Heart Valve Disease?

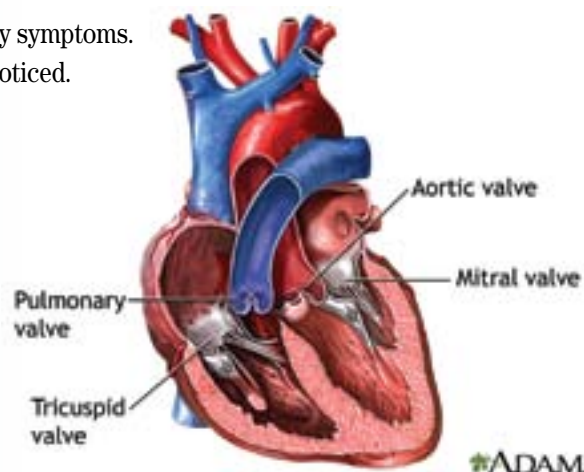
The heart's job is to pump blood through your body. Heart valves are a series of one-way "gates" at the exit of each heart chamber. Valves make sure blood always flows in a forward direction and that there is no backward leakage.

Heart valve disease occurs when the valves do not work the way they should, either not allowing enough blood to move forward or letting blood leak back into the chambers. Left untreated, heart valve disease can reduce the quality of life and become life-threatening.

### What Are the Symptoms of Heart Valve Disease?

A person can have a problem valve for decades and not experience any symptoms. In other cases symptoms may develop so slowly that they are barely noticed. The most common symptoms of a dysfunctional heart valve include:

- Excessive tiredness, especially as the day goes on
- A fast, pounding, or irregular heart beat
- A fluttering feeling in your chest
- Shortness of breath and/or difficulty catching your breath
- Weakness or dizziness
- Swollen ankles, feet or abdomen
- Rapid weight gain



### How is Heart Valve Disease Treated?

For some people, lifestyle changes and medicines can relieve some of the symptoms and problems linked to heart valve disease, but they will not cure it. Eventually, surgery may be needed to repair or replace a faulty heart valve. The basic ways to treat valve problems during surgery are:

- Traditional or minimally invasive valve repair
- Traditional or minimally invasive valve replacement

If you have valve disease, speak with your doctor about the treatment option that is best for you.

### The Trusted Heart Experts at Washington Adventist Hospital

To speak with a doctor about heart valve disease or to schedule an appointment with a member of Washington Adventist Hospital's experienced heart team, call 1-800-642-0101 or go online to [www.AdventistHealthCare.com/FindADoc](http://www.AdventistHealthCare.com/FindADoc).

Visit [www.trustedheartcare.com](http://www.trustedheartcare.com) to learn more about the comprehensive heart care options offered at Washington Adventist Hospital.



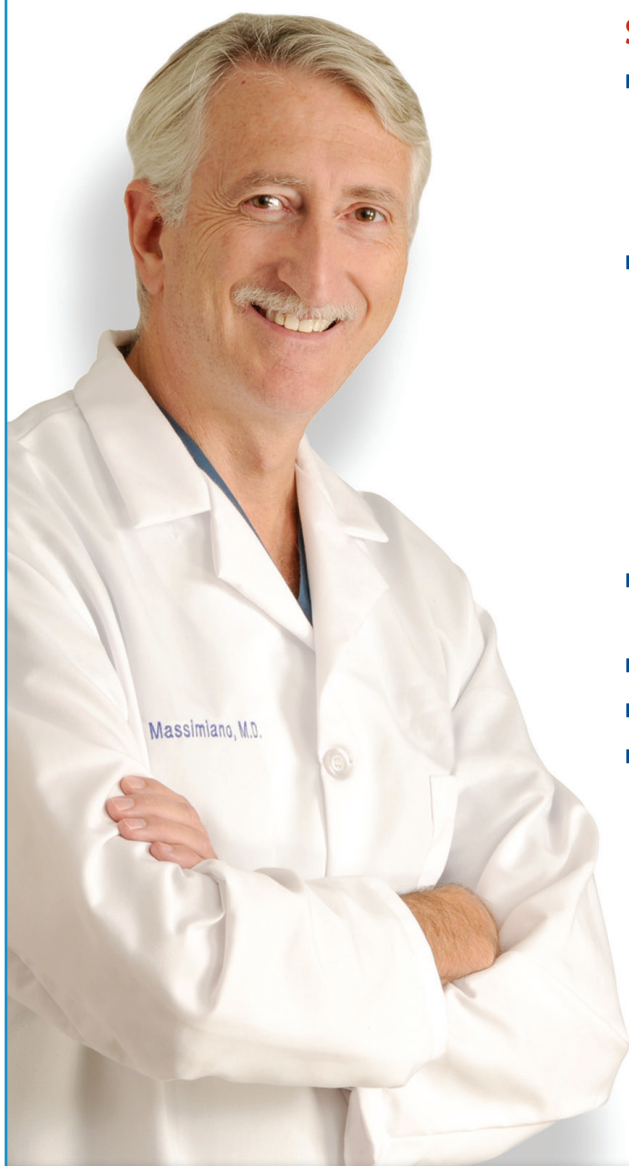
## Cardiac Surgery at Washington Adventist Hospital

Washington Adventist Hospital's experienced and skilled team of cardiac surgeons offers the most advanced techniques available, including replacing or repairing aortic and mitral valves, off-pump bypass surgery and minimally invasive surgeries performed through smaller incisions allowing for a faster recovery and quicker return to normal life. The first open heart surgery in the region was performed at Washington Adventist Hospital and nearly 50 years later, Washington Adventist Hospital continues to be recognized as a leader in heart surgery.

Dr. Paul Massimiano, Program Director of Cardiac Surgery at Washington Adventist Hospital, helped pioneer the development of minimally invasive valve surgery. Dr. Massimiano and our team of cardiac surgeons are committed to providing you the most advanced surgical options available.

### Scope of Services

- Coronary Disease
  - Bypass Surgery
  - Beating Heart Surgery
  - Endoscopic Vein Harvesting
- Valve Disease (*minimally invasive and open surgical options*)
  - Aortic Valve Repair
  - Aortic Valve Replacement
  - Mitral Valve Repair
  - Mitral Valve Replacement
  - Tricuspid Valve Repair
  - Tricuspid Valve Replacement
- Atrial Fibrillation (Maze) Surgery (*minimally invasive and open surgical options*)
- Adult Congenital Heart Surgery
- Cardiac Tumor Surgery
- Thoracic Aortic Procedures



A Member of Adventist HealthCare

7600 Carroll Avenue • Takoma Park, MD 20912  
[www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com)

Learn more about cardiac surgery at Washington Adventist Hospital at [www.trustedheartcare.com](http://www.trustedheartcare.com)

# Did You Know **Heart Attacks** Have Beginnings?

These “beginnings” occur in over 50% of patients. Most importantly, if recognized in time, these “beginnings” can be treated before the heart is damaged.

**Minutes matter!** If you experience any of the symptoms listed to the right, call 9-1-1 immediately.

**Calling 9-1-1 is the fastest way to get lifesaving treatment.**



[www.TrustedHeartCare.com](http://www.TrustedHeartCare.com)

## *What Are the Early Symptoms?*

- Nausea
- Pain that travels down one or both arms
- Jaw pain
- Fatigue
- Anxiety
- Chest pressure, squeezing or discomfort
- Back pain
- Shortness of breath
- Feeling of fullness

Remember, people may or may not experience any or all of these symptoms. People may also experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant or severe.



A Member of Adventist HealthCare

A Trusted Name for  
**CARDIAC  
CARE**



Washington Adventist Hospital

## Butternut Squash and Lentils

Makes 6 Servings • Cals: 147 • Pro: 7.5 g • Carb: 25.3 g • Fat: 2.8 g • Sat Fat: 0 g • Trans Fat: 0 g  
• Chol: 0 mg • Sodium: 95 mg • Dietary Fiber: 5.7 g

---

### Ingredients

- 1 tbsp canola oil
- 2 tsp diced yellow onion
- 2 tbsp minced fresh garlic
- 1 ¼ tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp ground black pepper
- ¼ tsp salt
- ¾ cup dried lentils, picked, rinsed and drained
- 2 ¾ cups water
- 4 cups cubed butternut squash (½" cubes)

## Cooking Instructions:

1. In a sauce pan, heat canola oil. Add onion and garlic. Sauté for 5 minutes.
2. Stir in turmeric, cumin, coriander, black pepper and salt. Cook for 1 minute.
3. Stir in lentils and sauté for additional minute and then add water. Bring to a boil and then cook over medium-low heat for 15 minutes, stirring occasionally.
4. Add squash. Cook, stirring occasionally, for 20 minutes until both squash and lentils are soft.

Recipe compliments of: 



**Washington**  
Adventist Hospital

A Member of Adventist HealthCare

[www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com)

A Trusted Name for  
**CARDIAC  
CARE**

Washington Adventist Hospital

## Roasted Root Vegetables

Makes 6 Servings • Cals: 145 • Pro: 3.1 g • Carb: 33.7 g • Fat: 0 g • Sat Fat: 0 g • Trans Fat: 0 g  
• Chol: 0 mg • Sodium: 56 mg • Dietary Fiber: 6.6 g

### Ingredients

- 3 small zucchini, cut in half lengthwise
- 3 medium red onions, sliced into ¾" rings
- 5 medium carrots, peeled and cut in half lengthwise
- 4 large parsnips, peeled and cut in half lengthwise
- 2 large sweet potatoes, peeled, sliced 1 ½" thick
- ¾ tsp ground black pepper
- ¼ cup balsamic vinegar
- cooking spray

*NOTE: Add herbs and spices such as rosemary and thyme if desired*

## Cooking Instructions:

1. Preheat oven to 450° F.
2. Lightly spray vegetables with cooking spray. Toss with black pepper and balsamic vinegar.
3. Spray baking sheet with cooking spray. Place carrots, parsnips and potatoes on baking sheets in single layer. Place zucchini and onions on separate baking sheet in single layer.
4. In oven, roast parsnips, sweet potatoes and carrots for 10-12 minutes, and roast zucchini and onions for 3-5 minutes. Turn vegetables over. Roast additional 2-3 minutes until golden. Cool and serve.

Recipe compliments of: 



**Washington**  
Adventist Hospital

A Member of Adventist HealthCare

[www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com)

A Trusted Name for  
**CARDIAC  
CARE**



Washington Adventist Hospital

## Applesauce Blondie

Makes 20 Servings • Cals: 207 • Pro: 2.9 g • Carb: 33.8 g • Fat: 7.6 g • Sat Fat: 2.2 g • Trans Fat: 0 g  
• Chol: 19 mg • Sodium: 154 mg • Dietary Fiber: 1.4 g

### Ingredients

- 6 tbsp margarine
- $\frac{1}{3}$  cup granulated sugar
- $\frac{1}{3}$  cup pasteurized liquid eggs (egg substitute), beaten lightly
- 1  $\frac{1}{2}$  tsp vanilla extract
- 1  $\frac{3}{4}$  cup all-purpose flour
- $\frac{3}{4}$  tsp salt
- $\frac{3}{4}$  tsp baking soda
- $\frac{3}{4}$  tsp ground cinnamon
- 1  $\frac{3}{4}$  cup unsweetened applesauce
- 1  $\frac{1}{4}$  cup raisins
- $\frac{3}{4}$  cup walnut pieces
- 1 tbsp powdered sugar
- cooking spray

## Cooking Instructions:

1. Preheat oven to 350°F.
2. In a mixer bowl, combine margarine and sugar. Mix on medium speed, using the paddle attachment, for 4 minutes. (Note: You can use a hand mixer and large mixing bowl if you do not have a stand mixer.)
3. Add eggs and vanilla. Beat for 2 minutes or until fluffy.
4. Sift together flour, salt, baking soda and cinnamon. Gradually add the flour mixture to the margarine mixture, mixing on low speed.
5. Fold in applesauce, raisins and nuts. Do not over-mix (mixture will be thick).
6. Spray 9"x13" baking pan with cooking spray. Pour in batter, and bake 35-40 minutes (oven cooking times may vary).
7. Cool completely before slicing. Dust with powdered sugar.

Recipe compliments of: 



**Washington**  
Adventist Hospital

A Member of Adventist HealthCare

[www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com)