Angioplasty and stenting techniques are widely used around the world to treat coronary artery disease and provide alternatives to coronary bypass surgery. There are, however, limitations with angioplasty and stenting, one of which is called “restenosis.” Restenosis occurs when the treated vessel becomes blocked with scar tissue. This usually occurs within 4 to 6 months after the initial procedure. Compared with balloon angioplasty, where the chance of restenosis is 40%, stents have reduced the rate of restenosis within the stent to 15-30%.

At Washington Adventist Hospital we continue to evaluate newer technologies and treatments for the prevention of coronary artery disease. The Center for Cardiac & Vascular Research has played a prominent role in the evaluation of this remarkable advance in patient care.

Many types of technologies have been studied to help solve the problem of restenosis. During the last year, a breakthrough for the prevention of in-stent restenosis occurred in the form of a new generation of stents. These stents carry special drugs on their surface that help to prevent scar tissue growth in the artery where the stent was placed, therefore markedly reducing the occurrence of in-stent restenosis.

Recent data demonstrated that patients treated with drug-eluting stents have a decrease in scar tissue formation compared with those who received non-drug-eluting stents. Drugs being tested are anti-rejection, chemotherapy agents and other substances. With the use of drug-eluting-stents restenosis rates have decreased to 2-8%.

For additional information about ongoing clinical trials being conducted at the Center for Cardiac & Vascular Research at Washington Adventist Hospital, contact Dawn Shaddinger, MSN, RN at 301-891-5612.
Goals Allow You to Make Your Life Happen

Dear Neighbor,

As the holiday season draws near and many of us celebrate the New Year by listing our resolutions, it occurs to me that we often go through this exercise out of habit, instead of out of our resolve to actually achieve our goals. When I regularly review reports and articles about health issues, I reflect on the lifestyle goals that many of us can include on our list of resolutions that will make a real contribution to our own good health.

A recent report in the Washington Post (9-1-02) looks at health trends spanning the second half of the 20th century and finds improvement on almost every measure. Life expectancy reached a record high of 76.9 years, with the gaps between blacks and whites and men and women narrowing over time.

With better medical care and a drop in smoking rates, death rates for heart disease have been cut by more than half. And they have fallen even more dramatically for stroke and other cerebrovascular disease.

It’s not all good news, however. Death rates for diabetes, along with the number of cases, are climbing largely as a result of a sharp increase in obesity.

For those in our community who struggle to quit smoking, lose weight, follow a healthier diet and get more exercise, it’s important to set goals. Why is setting goals important? Because goals can help you do, be and experience everything you want in life. Instead of just letting life happen, goals allow you to make your life happen — and to live a healthier, more fulfilling life.

Research indicates that when we write our goals down, we are more likely to achieve them. Incorporating the following with each goal will give more impact to help you keep your New Year’s resolutions:

- State your goal in positive terms. “Exercise energizes me and makes me feel better.”
- Goals must be about you and under your control, not someone else’s control. “Walking will be my exercise of choice, because I can do it without any special equipment at home, at work or in a mall.”
- Goals must be clear and describe exactly what you want to do. “For 6 days during the first week, my exercise will consist of a total of at least 20 minutes of walking, either in one session or in several shorter sessions during the course of the day.”
- Goals must be realistic and within the realm of possibility to achieve. “During the second week, I will add to my exercise schedule climbing the two flights of stairs to my office instead of taking the elevator.”
- Use words that convey action and emotion. “Spending time with my grandchildren is so important to me! Being more physically fit will give me the energy I need to keep up with them!”
- Picture yourself doing something enjoyable with your grandchildren, like practicing softball or pushing them on the playground swing. Visualizing those events will help you to generate a positive outcome.

Realizing that you can start with a small resolution on which you can build is critical to your success. After achieving your goals of walking for 20 minutes and climbing two flights of stairs during the first two weeks, increase the amount of walking you do by five minutes the third week, add one more flight of stairs to your routine the fourth week and so on. You will be amazed by your progress! As always, be sure to consult your physician before starting any exercise program.

My best wishes for successfully achieving your New Year’s resolutions!

Sincerely,
Ken Bauer
President
Washington Adventist Hospital
Innovative New Procedure for Bypass Surgery Reduces Pain, Speeds Healing

In this column, Thomas C. Milatano, MD, PhD (left) and Anjum G. Qazi, MD (right), cardiac surgeons at Washington Adventist Hospital, answer frequently asked questions about a new treatment known as “Endoscopic Vein Harvesting.”

Every year, about 130,000 people undergo coronary bypass surgery. Many are experiencing improved outcomes through a new procedure called Endoscopic Vein Harvesting. Below, Drs. Milatano and Qazi, cardiac surgeons at Washington Adventist Hospital, answer questions about the procedure and explain how patients who have coronary bypass surgery may benefit from this innovative procedure.

What is Endoscopic Vein Harvesting?

Endoscopic Vein Harvesting is a new, proven treatment for individuals who undergo coronary bypass surgery. When blockages occur in the heart’s arteries, surgeons must remove the diseased areas and repair them with arteries or veins that are harvested from other areas of the patient’s body.

Surgeons use the harvested arteries to replace the major arteries, such as the left anterior descending artery, that feed a large territory of the heart. Harvested veins are used as the bypass grafts to replace branches of these major arteries.

How are veins harvested?

Vein harvesting occurs during the heart operation. With Endoscopic Vein Harvesting, there is a small incision, approximately one and a half inches long, placed near the knee. A long instrument with a light and a camera attached to it is inserted and passed along the saphenous (leg) vein, enabling the surgeon to crop off side branches that will be used to repair the heart.

Traditional harvesting of the saphenous vein involves a long incision sometimes traversing from groin to ankle. When there is a bigger incision, there can be a higher incidence of infection. In addition, the healing of the leg can take much longer — even longer than the healing of the chest — and there can be considerably more pain using the traditional technique.

How do the two techniques for vein harvesting compare?

Various studies indicate that Endoscopic Vein Harvesting is the preferred method to harvest veins for coronary bypass surgery. The rate of infection with Endoscopic Vein Harvesting is drastically reduced and there is much less swelling (edema) of the leg. It does not add to the length of the surgery or to the length of the hospital stay. There is also a dramatic reduction in pain. In addition, the incision behind the knee is barely noticeable, and the cosmetic effect is well received by patients.

How many patients have benefited from this procedure at Washington Adventist Hospital?

About 1,000 patients have benefited from this relatively new procedure. To learn if you are a candidate for Endoscopic Vein Harvesting, ask your doctor.

Unlike traditional vein harvesting, involving an incision running the length of the leg, Endoscopic Vein Harvesting enables surgeons to crop off veins or arteries through an incision less than two inches long, thus reducing pain, swelling and the risk of infection.
Every expectant mother has her own dreams, hopes and desires for the birth experience. And at Washington Adventist Hospital’s maternity center, everything has been carefully planned to exceed a new mother’s expectations.

The blessed event begins in our birth suites — spacious, comfortable and specially designed to make the experience joyful and memorable, with a home-like environment that is fully supported by state-of-the-art equipment. The suites are also called labor/delivery/recovery rooms because mothers can give birth without being moved from one room to another.

In the suites, not only are expectant mothers attended to by their personal physician, but patients can depend on 24-hour coverage by the hospital’s own staff of board-certified obstetricians, anesthesiologists, pediatricians and nurses — all of whom are available at a moment’s notice.

And after they’ve delivered, upon their arrival in the Mother Baby Unit, mothers may keep their babies with them as long as they like—in fact, we encourage mothers to keep their babies with them as long as possible in order to foster mother/child bonding.

Education is another critical part of the birth experience at Washington Adventist Hospital. Knowing what to expect during childbirth — and, from that knowledge, being able to make informed decisions about labor, birth and parenting — helps both new mothers and fathers feel more confident and comfortable during the birth experience. Consequently, we offer a wide range of parent education programs, including tours of the hospital and courses on labor and delivery, parenting, baby care, breastfeeding and cesarean birth. What’s more, new baby classes are available for siblings and grandparents. See our calendar insert for dates and times.

Every birth is unique. That’s why, in all that we do, we take a flexible approach that allows us to accommodate individual preferences regarding the birth experience.

For more information about our maternity services visit www.WashingtonAdventistHospital.com or to schedule a tour, please call 1-800-542-5096.
Relief From Joint and Back Pain Is Close to Home

For anyone living with joint or back pain, performing even the simplest of activities, such as walking down the stairs or rising from a chair, can be both painful and frustrating. Fortunately, for joint and back sufferers, relief may be right at hand — from the hands of the skilled, board-certified orthopedic surgeons at Washington Adventist Hospital, who every year are helping hundreds to regain a more comfortable, active lifestyle.

In our Joint Program, we offer a complete approach to improve the lives of those for whom pain has made daily life difficult. Thanks to breakthroughs in surgical techniques and materials, our orthopedic surgeons can replace problem joints using safe, reliable procedures.

Who is a candidate for joint replacement surgery? The brief answer is, anyone whose ability to walk, work or perform simple activities has been severely limited because of arthritis or other causes. Surgery is recommended only after alternative methods have been tried unsuccessfully or are not appropriate for the individual’s joint problem. However, most orthopedic experts consider replacement to be the best method of handling advanced arthritis in the knee or hip.

Knowing what to expect during your hospital stay is an important part of the healing process. That’s why, before undergoing surgery, our patients attend the hospital’s informative Total Joint Replacement Class, where they meet others considering surgery and learn what they’ll encounter in the future, including ways to manage pain.

Back pain may sometimes be treated without surgery. However, if pain is not resolved with conservative treatment, surgery may be necessary to alleviate some or all of the symptoms. Our team of orthopedic surgeons, operating in the hospital’s state-of-the-art surgical suite, perform a range of corrective procedures, from simple herniated disc repairs to complex spinal surgeries.

When surgery is not required, but pain persists, patients find new paths to relief through the hospital’s Comprehensive Pain Management program. Established to serve the non-surgical needs of those who are suffering from acute and chronic pain but are not at the point of needing surgery — or are not healthy enough to undergo complex surgery — the program offers skilled guidance in a variety of different methods for treating pain.

Because chronic pain can be an indicator of serious health problems, patients should first check with their family physician.

To learn more, visit www.WashingtonAdventistHospital.com and click on “Joint Program.”

From joint replacement and spinal surgeries to comprehensive pain management, the doctors of Washington Adventist Hospital provide a variety of ways to relieve acute and chronic pain.
Worried About Mom or Dad?
Adventist Home Assistance Provides Just the Right Help at Home

“My parents are getting older and I’m concerned about their health and safety. With my busy life, how am I going to be there for them?”

Every day the representatives of Adventist Home Assistance help families throughout the area answer the difficult questions about aging loved ones. Many of these families are caught in the “sandwich” generation, caring for their own children while addressing the myriad concerns surrounding their elderly parents.

Adventist Home Assistance, recently renamed to encompass the many services aging parents need at home, has provided in-home care and support services to seniors in the Washington metropolitan and Southern Maryland areas for nearly 20 years.

“Licensed nurses conduct in-home consultations to design a plan-of-care that best meets everyone’s needs.”

Adventist Home Assistance offers an array of in-home care services provided by compassionate, professional, certified nursing assistants, each of whom is carefully selected, screened and bonded. Our qualified assistants help individuals with activities of daily living such as bathing, dressing, grooming, preparing meals and even in-home hair and skin care treatments.

Other services our assistants provide to help mom or dad keep up with the demands of daily life include light housekeeping, laundry, running errands, shopping, accompaniment to appointments, full-service home cleaning and more.

To help coordinate and ensure that all the care needs are met, Adventist Home Assistance’s licensed nurses conduct in-home consultations, working close with you and your loved one to design a plan-of-care that best meets everyone’s needs.

If you find yourself worrying about the health and safety of an aging parent living alone, call Adventist Home Assistance. Our coordinators and nurses will listen carefully to your questions and concerns and will assist you in finding solutions that will give everyone peace of mind.

For more information and a free in-home consultation, call 301-681-9602.

The Certified Nursing Assistants of Adventist Home Assistance are available for a wide range of services, from help with meals, medications and personal grooming to laundry and housekeeping.
A warm, sunny day greeted golfers, sponsors and volunteers for Washington Adventist Hospital Foundation’s 2002 Scramble. Over a hundred golfers gathered at the Indian Spring Country Club in Silver Spring, Maryland on Friday, September 20, to raise funds for the hospital’s Newborn Nursery. The proceeds will enable the nursery to purchase lifesaving equipment for the newborns.

The nursery is experiencing an increase in the number of babies needing regular and special care. In 2001, the nursery cared for 2,180 babies; included in that number were 17 sets of twins and 101 babies needing the expertise of the special care nursery. As of August of this year, the nursery had cared for 1,472 babies, with 80 of those needing special care and 22 sets of twins.

The first place foursome was won by the architectural firm of Wilmot/Sanz, Inc. Two teams tied for 2nd place: Medical Services of North American Credit Services, and Richard Hackett Medical Staff Office.

To learn more click on “Giving Opportunities” at www.Washington-AdventistHospital.com

Winning team from Wilmot/Sanz, Inc.

Second place team, from left to right: Ed Gareja, Rob Hayes, Tim Ryan, Mat Nafie.
Looking for a Doctor?

Health Link is a free 24-hour referral service that helps you find the physician or specialist that best suits your needs. By using Health Link, you can get more information on specific physicians, such as their medical training, office locations and more. Call us at 1-800-642-0101.

Important Numbers

**Washington Adventist Hospital**

Main Number .......................... (301) 891-7600
Admitting ............................... (301) 891-5350
Community Education .................. 1-800-542-5096
Emergency Department .................. (301) 891-5070
Employment Center ..................... (301) 279-6135
Foundation Office ........................ (301) 445-4224
Gift Shop .................................. (301) 891-5440
Laboratory ............................... (301) 891-5142
Lifeline, Emergency Response System .. 1-800-543-3546
Patient Information ...................... (301) 891-5533
Physician Referral ....................... 1-800-642-0101
Senior Living Services .................. (301) 315-3450
Sleep Disorders ......................... 1-800-292-5361
Volunteer Services ...................... (301) 891-5444

**Community Services**

Health Ministries ....................... (301) 315-3136
Interfaith Counseling ................... (301) 869-8428

**Additional Services Available**

Adventist Home Assistance ............. (301) 681-9602
Adventist Home Health .................. (301) 681-9760
Adventist Home Oxygen and Equipment .. (301) 891-6878
Bradford Oaks Nursing and Rehabilitation Center .. (301) 856-1660
Cardiopulmonary Rehabilitation Services .. (301) 891-6016
Center for Cardiac & Vascular Research .. (301) 891-5612
Adventist Choice Nursing (nursing registry) .. (301) 754-0722
Fairland Nursing and Rehabilitation Center .. (301) 384-6161
Greater Washington Sleep Disorders Centers .. 1-800-AWAKEN-1
Kessler Adventist Outpatient Rehabilitation Services .. (240) 864-6200
Kessler Adventist Rehabilitation Hospital .. (301) 864-6000
Maryland Regional Cancer Center, College Park .. (301) 474-1386
Maryland Regional Cancer Center, Silver Spring .. (301) 681-4422
Positron Emission Tomography ............ (301) 681-9100
Sligo Creek Nursing and Rehabilitation Center .. (301) 270-4200
Springbrook Nursing and Rehabilitation Center .. (301) 622-4600

For a physician referral call 1-800-642-0101