

DID YOU KNOW?



HEART SURGERY, REIMAGINED: TAVR AT PMC OFFERS FASTER RECOVERY AND LESS RISK

The Heart and Vascular Institute of Eastern Kentucky at Pikeville Medical Center (PMC) is leading the way in heart care by offering a new, minimally invasive procedure called Transcatheter Aortic Valve Replacement (TAVR). This procedure is a safer option for people with valve disease, offering a less risky alternative to open-heart surgery. It's especially beneficial for older patients and those with other health problems.

Dr. Dermot Halpin, a heart surgeon at PMC, explains that when the aortic valve becomes narrowed due to calcium buildup, it can prevent blood from flowing properly to the brain and kidneys. This can cause dizziness and shortness of breath. For some patients, especially those in their 80s or 90s or with other medical conditions, open-heart surgery

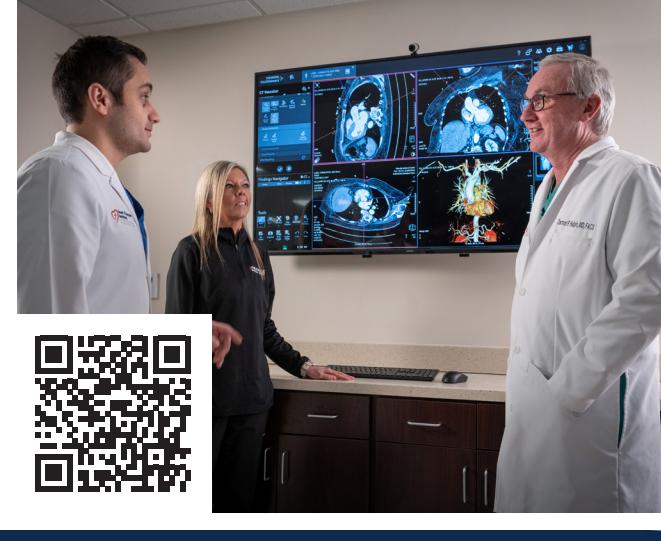
is too risky. That's where TAVR comes in. This procedure replaces the damaged valve without the need to open the chest.

The TAVR procedure is done by making a small cut in the leg and guiding a new valve through the blood vessels to replace the old one. It's a quick recovery procedure, with most patients up and moving the same day. In many cases, patients are able to go home the next day.

This innovative procedure is just one of the many ways Pikeville Medical Center stays ahead of the curve in cardiac care. By offering advanced, patient-focused treatments like TAVR, PMC helps more people, especially those who aren't candidates for traditional open-heart surgery, access life-saving care. TAVR is

improving outcomes, speeding up recovery times, and providing a better quality of life for patients in Eastern Kentucky.

To learn more about TAVR and other heart treatments performed at the Heart and Vascular Institute of Eastern Kentucky at Pikeville Medical Center, visit pikevillehospital.org/heart or scan the code below.



- Pikeville Medical Center's Outpatient Pharmacy is open 24/7, 365 days a year.
- A pharmacist is available 24 hours a day to answer questions and discuss medications.
- Flu, COVID, pneumonia, shingles, and other vaccinations are available without an appointment Monday-Friday from 8 AM to 8 PM and weekends from 10 AM to 6 PM.
- Free home delivery is available for residents in the 41501 zip code.
- PMC Outpatient Pharmacy has three drive-thru lanes with extra-large tubes that can transport larger medications. Credit card readers are available at every drive-thru lane for easy payment.

CELEBRATING AMERICAN HEART MONTH

Freebie Friday

Heart & Vascular Institute
OF EASTERN KENTUCKY

LEARN ABOUT HEART HEALTH & GET FREE SCREENINGS

Blood Pressure • Blood Sugar • BMI Measurement

2nd Floor Atrium at PMC • No Appointment Required

FEB. 21st 10AM - 2PM



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HEART HEALTH MATTERS: HOW PMC SPECIALISTS TREAT AND PREVENT HEART DISEASE

Your heart works hard every day to pump blood throughout your body, delivering oxygen to your muscles and organs to keep them working properly. When blood flow slows down or gets blocked, it can lead to serious health problems, including life-threatening conditions. Heart disease is the leading cause of death for both men and women in the United States, with the Centers for Disease Control and Prevention (CDC) reporting that one person

dies from heart disease every 33 seconds. One of the most common causes of heart disease is plaque buildup in the arteries. Plaque, made of fat, cholesterol, and other substances, sticks to artery walls and blocks blood flow. This condition, called atherosclerosis, can lead to serious health issues such as coronary artery disease, which reduces blood flow to the heart and can cause chest pain or heart attacks; peripheral artery disease, which affects the

arms and legs, leading to pain, weakness, sores, and even amputations; and cerebrovascular disease, which blocks blood flow to the brain and can result in a stroke.

Several factors contribute to artery damage and heart disease, including high blood pressure, smoking, lack of exercise, and high cholesterol. The good news is that specialists at the Heart and Vascular Institute of Eastern Kentucky at Pikeville Medical Center (PMC) are dedicated to treating and preventing these conditions. Their team includes cardiothoracic surgeons, vascular surgeons, interventional cardiologists, and neurosurgeons who help patients at risk of strokes. Using advanced treatments like stents, angioplasty, and bypass surgery, they work to restore proper blood flow and improve heart health.

Preventing heart disease starts with making healthy lifestyle choices. Quitting smoking, eating a balanced diet, exercising regularly, keeping blood pressure under control, monitoring cholesterol levels, and managing diabetes are all important steps in maintaining a healthy heart. The first step in protecting your heart is seeing a primary care provider for routine check-ups and screenings. Patients who do not have a family doctor call (606) 430-2213 to schedule an appointment with a PMC provider.