



## STRONGER HEARTS AHEAD: PMC'S CERTIFIED CARDIAC REHAB EXCELLENCE

February marks American Heart Month, a time when heart health takes center stage. This month provides an opportunity to raise awareness about recognizing the warning signs of heart disease and emphasizes the importance of recovery following a cardiac event, such as a heart attack or surgery. Cardiac rehabilitation plays a crucial role in recovery for those who have experienced heart-related health issues. According to the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), cardiac rehab patients are nearly 60% less likely to experience a cardiac-related death. This statistic highlights the vital importance of rehabilitation for heart patients. Pikeville Medical Center's (PMC) Heart and Vascular Institute of Eastern Kentucky is recognized across Kentucky and beyond for its advanced technology and the expertise of its specialized care providers who treat car-

diac emergencies. This dedicated team of surgeons, specialists, and support staff is not only known for its skill in acute care but also for its exceptional focus on supporting patients during the recovery process. Recently, PMC's cardiovascular rehabilitation program was awarded certification by the AACVPR after an extensive review process. This certification is the only peer-review accreditation designed to evaluate individual programs for adherence to rigorous standards. AACVPR-certified programs are recognized as leaders in cardiac rehab, demonstrating a proven track record of providing exceptional patient care that leads to better patient outcomes. For more information on the cardiac rehabilitation program at Pikeville Medical Center, or to schedule an appointment, visit [www.pikevillehospital.org/services/heart-and-vascular-institute/cardiac-rehab/](http://www.pikevillehospital.org/services/heart-and-vascular-institute/cardiac-rehab/) or call 606-430-8771.



- PMC was among the first in the nation to use an advanced pulsed field ablation system to treat A-fib.
- The Heart and Vascular Institute of Eastern Kentucky at PMC employs over 30 licensed medical providers across six areas of specialty.
- The Heart and Vascular Institute of Eastern Kentucky has three state-of-the-art cardiac cath labs and two electrophysiology labs.
- PMC was one of the first hospitals in Kentucky to use the WATCHMAN implant device to help AFib patients reduce their risk of stroke.



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CELEBRATING AMERICAN HEART MONTH

**Freebie Friday**



LEARN ABOUT HEART HEALTH & GET FREE SCREENINGS

**Blood Pressure • Blood Sugar • BMI Measurement**

2nd Floor Atrium at PMC • No Appointment Required

**FEB. 7th & 21st 10AM - 2PM**

## CUTTING-EDGE AFIB CARE: PMC'S EXPERT ELECTROPHYSIOLOGISTS LEAD THE WAY

The human body operates much like a home, with systems that mirror plumbing and electrical functions. Many are surprised to learn that the heart's rhythm is regulated by electrical impulses. When the heart falls out of rhythm, individuals are advised to consult a cardiac electrophysiologist, a specialist who addresses issues with the heart's electrical activity. At Pikeville Medical Center's Heart & Vascular Institute of Eastern Kentucky (PMC), a team of four highly skilled cardiac electrophysiologists work to treat irregular heart rhythms. Known as the "electricians of the heart," these experts leverage state-of-the-art technology to care for patients across Eastern Kentucky, offering specialized treatment for conditions affecting heart rhythm. PMC's team of electrophysiologists includes Michael Antimisiaris, MD, Chase Reynolds, MD, Joseph Souza, MD, FACC, FHRS, and Rahul Dhawan, MD. These physicians bring years of experience and have been instrumental in the growth of the Heart & Vascular Institute at PMC, providing life-changing care for their patients. PMC's electrophysiologists have a variety of

interventions available to treat atrial fibrillation (AFib), the most common type of irregular heartbeat. Some of the treatment options include cardioversions, defibrillators, ablations, and pacemakers. Cardioversions use electrical pulses to restore normal rhythm, while ablations create small scars within the heart to stabilize its electrical circuits. PMC offers several types of ablation therapies for patients. Recently, PMC was recognized as one of the first hospitals in the country—and one of only three hospitals in Kentucky—to offer Hybrid AF Therapy. This innovative procedure is designed for patients with long-standing, persistent AFib and is proving to be a game changer for those who qualify. In addition to these treatments, pacemakers—implantable devices that help regulate the heart's electrical system—are another valuable tool in treating AFib. PMC offers several pacemaker options, including the renowned Micra Leadless Pacemaker. PMC continues to rank among the top hospitals in Kentucky for performing advanced procedures, including WATCHMAN, Hybrid Ablation, leadless pacemakers, Automatic

Implantable Cardioverter Defibrillator (AICD) implementations, Cryoablation Therapy, and much more. For more information or to schedule an appointment, visit [www.pikevillehospital.org/services/heart-and-vascular-institute/](http://www.pikevillehospital.org/services/heart-and-vascular-institute/) or call 606-430-2201.

