

AULTMAN



CENTER of EXCELLENCE



Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



Neurosurgery/Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby — under one roof.



Emergency/Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

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Aultman is My Hospital™

BLOOD CLOTS CAN BE DEADLY WHEN UNDETECTED



■ Aultman Vascular Lab Sonographer Kim Moll performs a venous ultrasound to determine if there is a blood clot in the leg, a condition called deep venous thrombosis (DVT). Aultman recently upgraded its ultrasound technology to sophisticated digital imaging from GE, which enables clinicians to more accurately diagnosis vascular disease.

Deep venous thrombosis (DVT) is a blood clot that forms in the large veins deep within the muscles, usually in the legs.

According to Dr. Stephen Sanofsky, surgeon and medical director of the noninvasive Aultman Vascular Lab, deep lying blood clots pose a risk because they occur in veins with only a few valves that are surrounded by muscle.

"This can cause the clot to break loose and circulate up to the heart and lungs. This is called a pulmonary embolus and can impair a patient's ability to breathe or cause dangerously low blood pressure," said Sanofsky.

DVT can also harm patients by completely obstructing veins that drain blood out of the leg, causing the leg to immensely swell.

Blood clots occur in deep veins for a few reasons: medical conditions such as heart failure,

A SIMPLE, NONINVASIVE EXAM BY A VASCULAR TECHNOLOGIST CALLED VENOUS ULTRASOUND CAN DETECT DVT IN JUST 30-60 MINUTES.

malignancy, specific blood-clotting disorders, long periods of inactivity like airplane rides, dehydration, shortly after any major surgery or trauma, or physical obstruction of the veins.

Symptoms are sudden onset of pain in the calf or thigh and leg swelling, usually in one leg.

Sanofsky suggests consulting your physician if you develop these symptoms, especially in the presence of risk factors.

A simple, noninvasive exam by a vascular technologist called venous ultrasound can detect DVT in just 30-60 minutes. The diagnostic test does not require a needle stick or X-ray exposure.

Treatment for DVT usually includes an oral medication to thin the blood and keep it from further clotting. However, the treatment does not dissolve clots. Under certain circumstances, other types of treatment are necessary.

Timely diagnosis and treatment can prevent the development of a more serious condition such as pulmonary embolus or extensive, painful leg swelling.

Early Diagnosis Saves Toe, Ability to Walk

Nearly every day for 10 years, Karen Rozek saw patients come into the Aultman Vascular Lab for tests. As the unit assistant, she

loved the people and admired the compassionate care the staff provided, but she never expected to personally need their help.



■ A noninvasive arterial test evaluates Karen Rozek's arteries that supply oxygen-rich blood to her legs. Narrowing or blockage in the arteries — a condition known as peripheral arterial disease (PAD) — can cause cramping, pain or tiredness with walking or exercise. This exam looks for blockages and areas of narrowing.

ARE YOU AT RISK FOR VASCULAR DISEASE?

AULTMAN

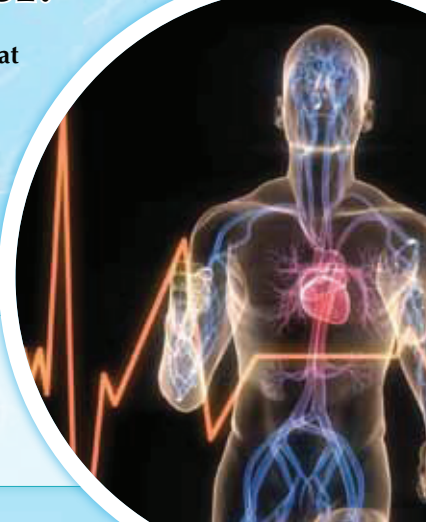
Become aware with a screening at Aultman Hospital

- Early non-invasive detection for abdominal aneurysms, stroke and peripheral artery disease

- \$35 for 1; \$70 for 2, and \$99 for 3. A physician prescription is not required. Not covered by insurance.

330-363-6375 for details
330-363-6288 to register

Free risk assessment at
www.aultman.org/vascular



Aultman Vascular Lab Detects and Prevents Strokes, Aneurysms and More

Without the discomfort of needles, dyes or X-ray radiation, the Aultman Vascular Lab uses noninvasive techniques to diagnose a variety of vascular diseases in patients.

"Prompt and accurate assessment of the severity and extent of vascular disease is crucial for determining what treatment is most appropriate for a patient," said Dr. Stephen Sanofsky, medical director of the Vascular Lab and a cardiovascular and peripheral vascular surgeon at Aultman.

"There are extensive options for treating patients, including medicines, minimally invasive catheterizations such as angioplasty and atherectomy, traditional surgeries, or a combination of these techniques. The Vascular Lab offers a number of essentially risk-free tests for patients that help us select the most appropriate treatment plan," said Sanofsky.

VASCULAR DISEASES INCLUDE ANY CONDITION THAT AFFECTS THE ARTERIES OR VEINS

Arteries are blood vessels that carry oxygen to tissues such as the brain, legs, intestines, kidneys and heart.

DISEASES TYPICALLY AFFECTING ARTERIES INCLUDE:

- **ATHEROSCLEROSIS:** hardening of the arteries in which plaque builds up inside an artery and stops blood flow. This can lead to stroke, heart attack or loss of a leg.
- **ANEURYSMS:** unfavorable progressive enlargement of arteries due to a weakness in the arterial wall that can lead to rupture.
- **INFLAMMATORY DISEASES:** inflammation of the arterial wall that can cause blindness, aneurysms or injury to fingers and toes.

Veins are blood vessels that return blood to the heart and lungs from the legs, arms, abdomen and head.

TYPICAL CONDITIONS AFFECTING VEINS ARE:

- **OBSTRUCTIONS:** can occur from either blood clots (which if not properly diagnosed and treated can lead to a dangerous condition called pulmonary embolus) or obstruction from surrounding anatomical structures that can cause painful swelling of an arm or leg.
- **INSUFFICIENCY:** improperly functioning veins can cause varicose veins, swelling or uncomfortable skin changes that can lead to ulceration.

According to Sanofsky, screening for vascular disease may uncover potentially dangerous conditions such as aneurysms in the main arteries of the body or blockage in the carotid arteries that can increase a patient's risk of stroke.

"Primary care physicians determine which patients might benefit from noninvasive testing based on a patient's risk factors, medical history, or findings on a physical exam," he said.

Vascular screening tests are also available for patients who are interested, for a nominal fee and without an order from a physician.

Kris Engstrom, technical director of the Vascular Lab, oversees the daily activities of the noninvasive vascular testing center and assures quality and accurate testing is conducted in an environment that is comfortable for patients.

"We are committed to superior patient care and service," said Engstrom. "We are an accredited lab with initiatives in place to ensure a consistent high-quality exam for our patients."

More than 11,000 tests and screenings are done each year by eight full-time vascular technologists. They serve patients daily in a variety of settings, including outpatient, inpatient, emergency department, Aultman AcuteCare Specialty Hospital, Aultman Woodlawn and inpatient rehabilitation.

The vascular lab offers a number of individual or combined tests to diagnose a wide spectrum of vascular disease.

Ultrasound is used by clinicians to view vascular structures and evaluate blood-flow characteristics within an artery or vein. The technology uses inaudible, high-frequency sound waves to produce an image.

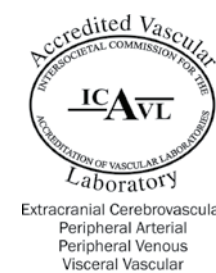
Arteries in the legs and arms can be further evaluated for abnormalities by measuring blood pressure at different locations on the limb using a series of specially fitting blood pressure cuffs, or by measuring the type of pulse within the artery.

Light is also used in evaluating the adequacy of blood flow to fingers or toes.

The vascular lab is located in Aultman Hospital's Heart Center on the first floor of the Bedford building and conducts outpatient testing on weekdays 8 a.m. - 6 p.m. Call (330) 363-6375 for more information.

ACCREDITATION

Aultman's Vascular Lab is accredited by the International Commission for the Accreditation of Vascular Laboratories (ICAVL). Participation in ICAVL demonstrates Aultman Hospital's commitment to providing quality patient care along with consistent testing in the diagnosis of vascular disease.



OUR SERVICES

ULTRASOUNDS	
Aortic Artery	Renal Artery
Carotid Artery	Temporal Artery
Dialysis Access	Venous (arms & legs)
Mesenteric Artery	Venous Insufficiency (varicose veins)
Peripheral Arteries and Grafts	Vein Mapping (arms & legs)

OTHER NONINVASIVE STUDIES

Arterial Studies (arms & legs)	Raynaud's Testing (hands)
Exercise Arterial Studies	Thoracic Outlet Testing
Impotence Testing	