



The Reading Hospital and Medical Center's words of wellness

PREVENTION | EDUCATION | SUPPORT

April - June 2009

“911 and The Reading Hospital Chest Pain Center team saved my life.

After returning home from a holiday lunch with friends, I became violently ill with a sudden onset of nausea and vomiting, diarrhea, weakness, and fatigue. I sensed something was terribly wrong and called 911. That call, saved my life.”

- Dana Borrell

Little did Dana realize at the time, but she was having a heart attack. As is the case with many women, Dana's symptoms did not include chest pain. Yet her phone call triggered a chain reaction of immediate, expert medical care through EMS providers and The Reading Hospital Chest Pain Center.

Turn the page
to learn how the
rapid response and
treatment saved
Dana's life.



Dana Borrell with Michael Avedissian, MD and Carey Moyer, MD

Cardiovascular disease is the number one health issue facing Americans today.

If you experience symptoms of chest discomfort, pain in your shoulders, arms, jaw or back, shortness of breath, cold sweats, nausea, lightheadedness, or unexplained indigestion, immediately call 9-1-1. Not all these signs occur in every heart attack. Sometimes they go away and return. If these symptoms occur, get help fast! Don't delay – get help right away!



**The Reading Hospital
and Medical Center**
www.readinghospital.org

Time is Muscle — the timeline for saving Dana Borrell's life.



3:20p.m.
Dana called 9-1-1



4:01 p.m. Exeter EMS transmits the ECG results to The Reading Hospital's Emergency Department. The results confirmed a life-threatening heart attack and the Emergency Department Staff alerts the Cardiac Catheterization Lab and Cardiologists.

4:13 p.m. Exeter EMS arrives with Dana at The Reading Hospital, where Emergency Department Staff are awaiting her arrival. They rapidly assess and prep her to be received in the Cath Lab.



4:24 p.m. Just 11 minutes after her arrival at The Reading Hospital's Emergency Department, Dana enters the Cath Lab, where she underwent her first balloon angioplasty. In cardiogenic shock, Dana requires medications to increase her blood pressure, a temporary pacemaker wire to maintain a steady heartbeat, and an intra-aortic balloon pump which gives her shocked heart a rest and pumps blood into the coronary arteries. She received 10 defibrillations to correct lethal heart rhythms. After angioplasty, an intracoronary stent is placed at the site of blockage, its function to keep the artery open.



6:11 p.m. Dana is stabilized and moved to the Intensive Care Unit.



72 hours later ... Intensive Care Unit (ICU) nurse, Susan Dice provided care in a gentle and calming manner to Dana as she began her road to recovery.

The Reading Hospital Chest Pain Center's integrated approach begins with the Emergency Medical Services (EMS) and includes the Emergency Department (ED), Cardiologists, and Catheterization Lab. These professionals comprise the specialty trained team, which strives to restore blood flow as soon as possible to minimize damage to the heart. Frequently, that effort involves Percutaneous Coronary Intervention (PCI), using a tiny balloon and intracoronary stent to open the blocked coronary artery and restore blood flow.

Because the risk of death is greatest during the first few hours of a heart attack, rapid treatment is essential. In essence, time is muscle. A participant of the national Door 2 Balloon (D2B) Alliance, The Reading Hospital Chest Pain Center follows particular, established emergency protocols to identify heart attack patients and begin performing PCI within 90 minutes or less. In January 2009, 14 patients who presented with heart attacks had their arteries opened within an average of 56 minutes of entering The Reading Hospital Emergency Department.

Dana's heart attack was potentially life-threatening. The Chest Pain Center has organized treatment protocols and increased collaborative efforts of EMS providers, Emergency Department staff, Cardiologists and the Cath Lab Team which saved Dana's life! Receiving rapid treatment resulted in less permanent injury to her heart.

Today, Dana is working closely with her cardiologist, she has quit smoking, and she is participating in cardiac rehab. She is forever grateful to the entire chest pain team for saving her life.



(Left-to-right) Jason Witman, Paramedic; Cindy Mohn, RN; Michele Deiterich, RN; Michelle Reis, RT; Michael Avedissian, MD; Dana Borrell; Danyelle Whalen, RN, Chest Pain Center Coordinator; Carey Moyer, MD; MaryBeth Ruffner, LPN; Adam Sigal, MD; and Shawn Elischer, Paramedic