



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 15, 2019

Weekly Update

SMI- Silent Heart Attack



Information courtesy Harvard Health Online

About half of all heart attacks are mistaken for less serious problems and can increase your risk of dying from coronary artery disease.

You can have a heart attack and not even know it. A silent heart attack, known as a silent myocardial infarction (SMI), accounts for 45% of heart attacks and strikes men more than women.

They are described as “silent” because when they occur, their symptoms lack the intensity of a classic heart attack, such as extreme chest pain and pressure; stabbing pain in the arm, neck, or jaw; sudden shortness of breath; sweating, and dizziness.

“SMI symptoms can feel so mild, and be so brief, they often get confused for regular discomfort or another less serious problem, and thus men ignore them,” says Dr. Jorge Plutzky, director of

the vascular disease prevention program at Harvard-affiliated Brigham and Women’s Hospital.

For instance, men may feel fatigue or physical discomfort and chalk it up to overwork, poor sleep, or some general age-related ache or pain. Other typical symptoms like mild pain in the throat or chest can be confused with gastric reflux, indigestion, and heartburn.

Also, the location of pain is sometimes misunderstood. With SMI, you may feel discomfort in the center of the chest and not a sharp pain on the left side of the chest, which many people associate with a heart attack. “People can even feel completely normal during an SMI and afterward, too, which further adds to the chance of missing the warning signs,” says Dr. Plutzky.

SMI and regular heart attacks share

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EVENTS CALENDAR

March 7: TWIG VI Chinese Auction Hocking County Fairgrounds

Held at the Fairgrounds Youth Building. Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, Door Prizes, 50/50. Baked goods & refreshments available. All proceeds benefit HVCH.

March 7-8: Uniform Sale HVCH Meeting Room

Robert’s Uniforms will be back to offer a variety of scrubs, jackets, shirts and shoes for this HVCH Auxiliary fundraiser. Sale hours are 11-4 on 3/7 and 7-2 on 3/8 . Employees may payroll deduct, but anyone may come to shop. Proceeds benefit HVCH.

March 25: Drs. Day Blood Drive HVCH Meeting Room

Give blood in honor of your health care provider in recognition of National Doctors’ Day from 9 a.m.-3 p.m.

INSPIRATIONAL QUOTE OF THE WEEK

“Change your life today. Don’t gamble on the future, act now, without delay.”

— Simone de Beauvoir

Direct to You: From Latricia Johnston

This winter I have taken up something I have never done before – quilting. While I have messed around with creating some throws, I have never attempted a King size quilt. There are almost 200 blocks and I can happily say all three layers (bottom, batting and top) have been sewn together for each individual square. The rows have been pinned together, and several pin pricks, seam rippings and re-stitchings later, I am on the final stages of putting it together.



Latricia Johnston,
Chief Public
Relations Officer

Quilting actually dates back to the 12th century, in particular in the form of a quilted garment worn as under armour. Many of the earlier quilts were found to be in one solid piece as the looms could not produce expansion of cloth large enough to fit an entire bed. During the civil war, quilts were made to raise funds for the war efforts and to provide warmth for soldiers. Around 1830 quilts were sold at grand fairs to

raise awareness by abolitionists who were working to end slavery, and would have anti-slavery poems weaved into the patterns. And today, one of the main tourist interests at Amish communities are the amazing quilts put dramatically on walls for display in restaurants and shops in hopes of attracting buyers. Quilting is an important social life for women in those groups, and I can see why, as I really do look forward to getting together every other week with my girlfriends and working on the next steps.

I admire those who have extremely more talent than me and can craft patterns such as the wedding ring, log cabin, diamond patterns, flowers, checkers, and the bold graphics of Amish quilting, etc. Each block has its own design and legacy.

Much like the stories that are crafted into each quilt, our supporters of the HVCH Foundation are weaved into the very fabric of our existence at HVCH. Each of you bring an individualized purpose and special resources to the table to make us stronger. There are patients who have

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the same risk factors: smoking, being overweight, lack of exercise, high blood pressure, high cholesterol levels, and diabetes. They can be just as dangerous, too. "SMIs often leave scarring and damage to the heart, which, combined with the fact that many people who have an SMI don't seek immediate care, can further raise a person's risk of a second and potentially more harmful heart attack," says Dr. Plutzky. In fact, people who have an SMI and don't get treatment have a three times greater risk of dying from coronary artery disease. "A silent heart attack is a loud signal your body sends that you have some kind of underlying health issue that needs attention," says Dr. Plutzky.

How to get checked out

Men may not be aware they had an SMI until weeks or even months later when they see their doctor for a regular visit, or because of persistent symptoms like fatigue, shortness of breath, or heartburn.

SMIs are usually detected from an electrocardiogram (EKG) or echocardiogram, which can highlight heart muscle damage. Another method is a blood test for the molecular footprints of troponin T, a protein released by injured heart cells. That test is often used in emergency departments for patients with heart attack symptoms.

Once an SMI is diagnosed, your doctor can identify your main risk factors and help design a treatment strategy, such as changing your diet, exercising regularly, or taking statins, if needed, as well as other medication to help prevent a second heart attack.

"If you do notice any symptoms of a SMI, do not brush them aside, even if you do not think they are serious," says Dr. Plutzky. "Playing it safe is always a better move than risking the potential harmful downside."

SMI warning signs

SMI symptoms are often mild and brief. Seek immediate medical attention if you experience one or more of the fol-

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HVCH Cafeteria Menu Feb. 18-Feb. 22				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti	Hot Dog/Bun	Meatloaf	Baked Zucchini	Pizza Burger
Battered	Breaded	Battered Cod	Grilled Chicken	Macaroni &
Chicken Breast	Chicken Wings	Breakfast Pot	Breadstick	Cheese
Honey Roasted	French Fries	Casserole	Mixed Veggies	Ranch
Potatoes	Corn	Asparagus w/	Carrots	Wedges
Peas	Broccoli	Cashews	Bean w/ Ham	Zucchini
Zucchini	Spanish Rice	Cauliflower	Soup	Green Beans
Breadstick	Tomato Soup	Beef Pot Roast	Corn Muffin	Broccoli
Italian		Soup		Enchilada
Wedding Soup				Soup



Grateful patient recognizes admitting clerk

HVCH Foundation received a donation from a grateful patient, who wished to honor HVCH employee Berdena Smart.

He wrote "Thank you so much for helping me today with the order for blood. You were kind, patient and willing to try different avenues to reach the proper people". With appreciation, Paul E. Knoop, Jr.

Congratulations Berdie, keep up the great work!



HEART

lowing:

- Discomfort in the center of the chest that lasts several minutes, or goes away and comes back. It can feel like an uncomfortable pressure, squeezing, or pain.
- Discomfort in other upper-body areas, such as one or both arms, the back, the neck, the jaw, or the stomach.
- Shortness of breath before or during chest discomfort.
- Breaking out in a cold sweat, or feeling nauseated or lightheaded.

If you feel that you have had any of these symptoms, you should schedule an appointment with your primary care practitioner. If you do not have a primary care practitioner, please call the Hocking Valley Medical Group at 740-385-0202 for Dr. John Woltz, Dr. Charles Keller or Amanda Downs-Davis, CNP.

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made a monetary gift in recognition of staff members who helped them make it through some very difficult times while in need of our services. Then we have Foundations who exist because others gave to make the community better, and we have benefited from their grants. Families who have lost a loved one and wanted their memory to live on have remembered them through their special gifts to us. Guests of our special fundraising events throughout the year who support us hold another special place in our history. Annual donors who never miss a year of supporting us – thank you!

Each gift...each story...crafts one of the most beautiful pieces in existence. If you are not part of this group, I would invite you to join today. With so many ways to give to help others, let us show you how to create your legacy. Please call our Foundation office today at 740-380-8336 to learn more. And, to those quilters out there..."Happy Quilting!"

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Licensed Practical Nurse (LPN) - Urgent Care - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Full Time
- Pharmacy Technician - PRN/Contingent
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)
- Surgery Technician - Full Time, Day Shift



Love is in the air at HVCH

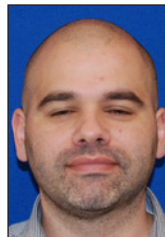
Valentine Basket Raffle winner announced

Congratulations to Anita Thompson for winning the TWIG IV Valentine's Day raffle! Enjoy your winnings and thanks to all who participated in this hospital fundraiser!



HVCH welcomes new employees

Hocking Valley Community Hospital welcomed the following new employees for the month of February: Kacy Pettet - Phlebotomist, Lab; Shanda Savely - MHT, Behavioral Health Unit; Stephen "Matt" Palmer - Phlebotomist, Lab; Augusta "Gwinn" Ratliff - RN, Inpatient; and Matthew Baker - RN - Inpatient. Welcome!



HVCH celebrated Valentine's Day this week! A special thank you to Kroger of Logan for providing Valentine's Day balloons for patients in our Inpatient Transitional Program. The cafeteria also was decorated for the enjoyment of staff and guests with special games during the lunch hour.



Congratulations to Windie Shriner for completing her nurse practitioner program. Best of luck on your next steps! We are proud of you!





HOCKING VALLEY Community Hospital

OUR MISSION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

OUR VISION

To provide extraordinary care close to home now and into the future.

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.