

# CARDIOVASCULAR CARE FOR WOMEN (AND MEN, TOO)

**The George Washington University Hospital's Cardiac Surgery Center provides specialized care options and outstanding customer service.**

According to the American Heart Association, one in three women will die from cardiovascular disease, but too often, women are so busy and used to taking care of everyone else, they might dismiss their chest pain as stress or anxiety.

"Women need to be persistent and insist on the same cardiac treatment given to men experiencing chest pain," explains Elizabeth Pocock, MD, of the George Washington University Hospital Cardiac Surgery Center. "A heart attack can happen to anyone, including people in their 20s."

Dr. Pocock encourages women and men experiencing pain in their chest, back, jaw, or left arm, as well as shortness of breath or persistent heart burn or nausea, to quickly visit their closest emergency room. Pocock says patients should consider the George Washington University Hospital when they need more advanced cardiac care options.

Cardiac patients may benefit from a variety of specialized services provided by GW's Cardiovascular Center, including mitral valve replacement, minimally invasive valve replacement, and complex surgeries for aortic dissection, bypasses, and multiple valve replacements. The GW Cardiovascular Center also offers Extracorporeal Membrane Oxygenation (ECMO) to help stabilize the sickest cardiac patients.

"We have some unique skill sets not available at every hospital. However, what we truly take pride in is our



(left) Farzad Najam, MD; (top) Elizabeth Pocock, MD

outstanding customer service," says Farzad Najam, MD, Director of Cardiac Surgery at the George Washington University Hospital Cardiac Surgery Center.

Patients and families are more than just numbers at GW's cardiovascular center. GW's cardiac surgeons treat patients like family with around-the-clock personalized care.

"We strive to make it easy for our patients and their families. Patients come to us because cardiac disease is impacting their life and the lives of their family members, too. These people are not typical patients. They are often extremely sick, and we tailor treatment plans to help improve their health and the quality of their lives," explains Dr. Najam.



## Cardiac Surgery

THE GEORGE WASHINGTON UNIVERSITY HOSPITAL

900 23rd Street, NW, Washington, DC 20037  
202-715-4000