

Concord Hospital Center for Cardiac Care Saves Lives with a High-Tech, High-Touch Approach to Cardiac Care



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The heart team, consisting of highly skilled, specially trained, and experienced cardiac experts at the Concord Hospital Center for Cardiac Care, has built an environment in which the personal touch is as valuable as the high-tech tools and techniques used to treat such ailments as coronary heart disease, heart attack, stroke, and valve disease. To this team, patients are more than the diseases and ailments they have—they are recognized, respected, and treated as the individuals they are.

“**T**our team, excellent, patient-focused care means combining high tech with high touch in a single location close to home,” says Bethany Bourcier, Director of Cardiovascular Services.

Services available under one roof from a collaborative team of experts include wellness programs, diagnostic testing and consultation, chronic condition management, cardiothoracic surgery, interventional procedures, and rehabilitation.



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Prevention and Diagnosis

According to Bourcier, lifestyle changes are among the best actions one can take to positively impact heart health, and many of those participating in the Center’s prevention programs have been referred by the primary care physicians who may first recognize a patient’s risk for heart disease.

“Quitting smoking, maintaining a healthy weight, getting an appropriate amount of exercise, and limiting stress are all actions a

person can take to improve their heart health and, in fact, their overall health,” Bourcier says. “Our wellness programs help patients to achieve such goals, as do regular follow-up screenings of lab values.”

Charles D. Wicks, MD, FACC, cardiologist with Concord Hospital Cardiac Associates, a multispecialty cardiology practice with locations in Concord and Laconia, describes the diagnostic tools available at the Center as an “impressive array of technology. Concord may be a modestly sized city, but our Cardiac Center offers the latest and greatest.” Cardiac MRIs and 3-D echocardiograms lead the charge among such advanced technologies. Both provide a non-invasive assessment of the function and structure of the cardiovascular system and are more accurate and effective than traditional diagnostic testing.

Intervention, Surgery, and Rehabilitation

The cardiologists of the Concord Hospital Center for Cardiac Care are well trained and experienced in the most advanced life-saving procedures and techniques available anywhere.

“Stand-outs include cryoablation as a means to restore normal heart rhythms to patients suffering from atrial fibrillation and aortic valve replacement by way of catheterization, which is an alternative to open heart surgery,” Wicks explains.

The Center also specializes in lead extraction, a procedure involving the removal of pacemaker and ICD wires from heart muscle. Adam Chodosh, MD, of Concord Hospital Cardiac Associates, is the only electrophysiologist performing the procedure in New Hampshire and Vermont.

Cardiac rehabilitation, meanwhile, is one more integral step along the path to full recovery following intervention or surgery, and Center specialists work with individuals and groups to establish heart-healthy habits, offering nutritional counseling, stress management, and exercise programs for patients and their families.

“The positive reinforcement patients receive and accountability required throughout rehabilitation helps patients get back on their feet faster,” says Bourcier. “But it’s the collaborative, team-based approach of our doctors and nurses and the genuine, caring relationships we foster with our patients that make Concord Hospital Center for Cardiac Care the choice of so many from our own communities and beyond.”



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