

Kansas' Most Comprehensive Heart Care— All Just a Heartbeat Away

From basic care to critical care, Newman Regional Health practices a patients-first philosophy.

Did you know that nearly 37 percent of all Kansas deaths are caused by heart disease? That a heart attack occurs nearly once every 40 seconds? That heart disease is the No. 1 killer of American women?

While the statistics are dire, patients in the Emporia area should be able to rest a little easier knowing they have access to one of the Top 50 Critical Access Hospitals in the United States—Newman Regional Health—a significant achievement in a mostly rural region where the nearest city is a full 45 minutes away.

Newman Regional Health—a vital part of the community since 1922—provides award-winning, state-of-the-art healthcare to patients in Lyon County and the surrounding areas. The facility's cardiology department, in particular, is recognized for its superior response times in dealing with heart-related incidents.

Top-Quality Inpatient and Outpatient Care

"The time it takes our patients to receive lifesaving treatment is better than the national average. It's a major point of pride for us," explains Gay Gallagher,

Director of Newman Regional Health's Cardiovascular Lab. "It's not typical to have a program of this stature in an area so rural, but we've made it a priority."

Additionally, Newman Regional Health's medical professionals provide echocardiograms, stress tests, CT scans of the heart, and stent and pacemaker placement.

"We treat conditions every day that include congestive heart failure, coronary artery disease, stroke, and heart failure," says Dr. Michael Lloyd, a cardiovascular disease specialist. "We provide leading-edge diagnostics and specialty care in both the hospital and clinic environments and have a solid association with Kansas City's St. Luke's Mid America Heart Institute, a relationship that helps us provide the most comprehensive cardiology program possible to our community."

But it's the center's philosophy of treating the person—not just the disease—that may be the most relevant factor contributing to Newman Regional Health's successful outcomes and positive reputation.

"Our noninvasive and state-of-the-art interventional treatments are critical to

what we do," says Dr. Lloyd, "but implementing a customized approach to healing that addresses each patient's specific needs is just as important. Healthcare shouldn't be one size fits all, and when you put your trust in us, you're putting your heart in the right hands."

Preventing Heart Disease

With studies indicating that as many as 82 percent of heart disease cases may be preventable, it's more important than ever that every individual take responsibility for their health. February—National Heart Month—is the perfect time for women, in particular, to assess their risks and learn what they can do to keep their hearts healthy.

The risk factors for heart disease in women include smoking, hypertension, diabetes, elevated cholesterol levels, and obesity. Women with three or more risk factors should consult with a cardiologist for further evaluation. Symptoms that should prompt an immediate cardiology evaluation include shortness of breath or chest pressure during periods of light activity. It's also notable that women may exhibit atypical symptoms, such as arm or jaw pain, profuse sweating, or overall fatigue.

To protect yourself from and possibly reverse the risks for heart disease, specific lifestyle changes may be prescribed.

"To keep your heart as healthy as possible, you should quit smoking, get active, eat healthily, lose weight, and reduce your blood sugar," Gallagher suggests. "We offer several preventative education programs to our community members. Visit our website or give us a call for more information."



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