

*Restoring Peace...
Restoring Hope...
Restoring Health...
To do this as Christ did...
This is our mission.*



CARDIOLOGY & VASCULAR SERVICES

Walla Walla General Hospital offers emergency heart care that is unmatched by any other hospital in the area. Our state-of-the-art Cardiac Cath Lab gives us the rapid, accurate diagnostic tools needed to help determine the best course of care for a patient with cardiac symptoms, **allowing them to be treated here in Walla Walla instead of being sent to hospitals outside the valley.**

We're also **home to the region's first interventional cardiologist and endovascular specialist.** Thanks to this expertise, we are among the best cardiology programs in the state. In fact, WWGH is one of only five hospitals in Washington State to meet the national goal of door-to-balloon time of less than 90 minutes — 100% of the time.

In addition to our in-house expertise, we're also part of Northwest Regional Heart & Vascular. NWRHV offers full cardiology services, a seamless patient experience across its three locations, and access to a network of specialized cardiologists and expert cardiac surgeons.

TO ORDER A CARDIOLOGY CONSULT, CALL 509-527-8154

TO SCHEDULE A DIAGNOSTIC SERVICE, CALL 509-527-8273

OUR SERVICES

CONSULTS

General Cardiology
Peripheral Vascular

NON INVASIVE DIAGNOSTIC

EKG
Ambulatory Monitoring
Exercise Stress Tests
Nuclear Exercise Stress Tests
Nuclear Pharmacologic Stress Tests
Transesophageal Echocardiogram
Echocardiogram
Ultrasound Peripheral Vascular Studies

INVASIVE DIAGNOSTIC

Coronary Arteriograms (Catheterization)
Peripheral Arteriograms
Invasive Interventional Services:

- Pacemakers
- Percutaneous Coronary Intervention (Emergent/STEMI)
- Percutaneous Peripheral Intervention (Revascularization via Angioplasty/Stent)

wwgh.com/heart

NATIONALLY RECOGNIZED CARE A HEARTBEAT AWAY

- » The **only Accredited Chest Pain Center** in Walla Walla. As one of only eight hospitals in Washington state to receive accreditation through the Society of Chest Pain Centers, we're able to offer emergency heart care that is unmatched by any other hospital in Walla Walla.
- » We house the **first interventional cardiologist** and **endovascular specialist** in the area.
- » The only hospital in the region to **receive 5-star ratings in Heart Attack Care** from Healthgrades for three consecutive years.
- » Our **state-of-the art cardiac cath** lab offers life-saving care in the shortest time possible. With a full complement of the most current diagnostic equipment for cardiology and endovascular care available, our cath lab allows us to provide patients with a rapid, accurate diagnosis right here in Walla Walla.
- » We offer Walla Walla's **only certified cardiac rehab program**. We're also the only program to rehab patients throughout Stages 2 and 3 at our on-site hospital gym, allowing our staff to continuously supervise and monitor patients.
- » We're **one of only five hospitals in Washington State to meet the national goal** of getting STEMI patients from door-to-balloon in less than 90 minutes — 100% of the time.
- » As part of **Northwest Regional Heart and Vascular** we offer full cardiology services, a seamless patient experience and access to a network of specialized cardiologists and expert cardiac surgeons conducting some of the most advanced cardiothoracic procedures available.

BRADLEY TITUS, MD, FACC, INTERVENTIONAL CARDIOLOGIST

Bradley Titus, MD, FACC, is board-certified in interventional cardiology, cardiovascular disease and internal medicine. He is the founder and managing partner of Northwest Cardiovascular Institute and the medical director of cardiology at Walla Walla General Hospital. Dr. Titus is a fellow with the American College of Cardiology and principal investigator or co-investigator on nearly 40 scientific research studies. Dr. Titus received his medical degree from University of Michigan School of Medicine and completed cardiology fellowships at the University of Washington Medical School and the University of California, Los Angeles Medical Center.

ANABEL FACEMIRE, MD, FACC NON-INVASIVE CARDIOLOGIST

Anabel Facemire MD, FACC, is board-certified in general and nuclear cardiology, and is also fluent in Spanish. Dr. Facemire received her medical degree University of Guayaquil in Ecuador, and completed an internal medicine residency at Graduate/Hahnemann University Hospital in Philadelphia. She went on to complete fellowship training in Cardiovascular Disease from Mount Sinai Medical Center's Cardiology Division in New York City.

DOUGLAS WYSHAM, MD, FACC INTERVENTIONAL CARDIOLOGIST

Douglas Wysham, MD, FACC, is board-certified in internal medicine, general cardiology and interventional cardiology. Dr. Wysham received his medical degree from the University of North Carolina at Chapel Hill – School of Medicine. He completed an Internal Medicine internship and residency at Oregon Health Sciences University, as well as fellowship training in cardiovascular disease at the University of Iowa Hospitals and Clinics.



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1025 S Second Ave
Walla Walla WA 99362
509-525-0480

NORTHWEST REGIONAL HEART & VASCULAR

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Walla Walla, WA 99362
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509-527-8273

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STRESS LAB

Walla Walla General Hospital's stress lab provides exercise testing to determine a physiological response to controlled exercise stress. This helps determine the cause and risk assessment associated with various forms of heart disease, including ischemic syndrome, congestive heart failure, arrhythmia and valvular heart disease. Tests at WWGH:

- » Are supervised by specialty cardiac nurses.
- » Are flexible. We offer convenient scheduling — including same day appointments for treadmill testing (subject to insurance constraints).

PATIENTS TYPICALLY INCLUDE THOSE WITH:

- » Chest pain syndrome
- » Unexplained shortness of breath
- » Unexplained jaw, arm, neck, or back discomfort
- » Fatigue or weakness
- » Palpitations
- » Dizziness
- » Fainting episodes

**FOR MORE INFORMATION OR TO ORDER A STRESS TEST
CALL 509-527-8273**

DIAGNOSTIC TESTING AVAILABLE AT WWGH INCLUDES:

- » Pharmacological stress
- » Treadmill or bicycle exercise
- » Continuous ECG monitoring
- » Myocardial perfusion imaging
- » Exercise testing without imaging

WHICH TYPE OF STRESS TEST SHOULD I ORDER?

- » If the patient has underlying abnormalities in a resting ECG, such as baseline ST depression, bundle branch blocks, a nuclear pharmacological stress test will need to be ordered.
- » If the patient can walk at an incline and is otherwise healthy with no knee/hip/leg problems but has underlying abnormalities in a resting ECG, a treadmill nuclear study will need to be ordered.
- » If the patient is low risk, and can walk on a treadmill with no knee/hip/leg problems and the resting ECG is normal, a non-nuclear treadmill will suffice.

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ECHOCARDIOGRAM

- » Echo exams are **read by cardiologists** with a breadth of knowledge and experience interpreting the results.
- » We offer **convenient scheduling without a long wait** and we work around the needs of physicians and patients.
- » Our team includes **two registered cardiac sonographers**.
- » Exams performed on state-of-the-art **GE Vivid E-9 echocardiography system**.



WHAT IS AN ECHO EXAM?

An echocardiogram (also known as an echo) is a noninvasive test that uses sound waves to evaluate the heart's function and structures. During an echo, an ultrasound transducer is moved over the heart. The transducer emits ultrasonic sound waves at a frequency too high to be heard.

When the transducer is placed on a patient's chest at certain locations and angles, the sound waves pass through the skin and other body tissues to the heart, where the waves bounce or echo off its structures. The transducer also picks up the reflected waves and sends them to a computer, which interprets the echoes into images of the heart walls and valves.

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IMAGING, CALL
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CARDIAC REHAB

Cardiac Rehab is designed to speed recovery from a heart attack or cardiac surgery. It is an essential part of recovery and can help reduce symptoms of heart disease and the chances of having more heart problems. Cardiac patients who have been actively involved in rehabilitation programs may have 20–30% lower overall mortality rates.

CANDIDATES FOR CARDIAC REHAB INCLUDE THOSE WITH:

- » CAD/coronary artery disease
- » MI/myocardial infarction (within 12 months)
- » PCI: Stent, angioplasty, TMR
- » Valve replacement
- » CHF/stable chronic heart failure
- » PAD/peripheral artery disease
- » CABG/coronary artery bypass surgery
- » Stable angina pectoris
- » Heart or valve transplant

**TO REFER A PATIENT TO CARDIAC REHAB,
CALL 509-527-8070**

PROGRAM HIGHLIGHTS

- » We offer Walla Walla's **only certified cardiac rehab program**. Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.
- » We're the only program in the area to rehab patients throughout **Stages 2 and 3** at our on-site hospital gym, allowing our staff to continuously supervise and monitor patients.
- » Most **insurances**, including Medicare, pay for cardiac rehab at WWGH.



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CARDIAC REHAB REFERRAL

Patients who initiate Cardiac Rehab soon after their diagnosis and participate regularly will reap the most favorable benefits for their hearts. In order to make the process as quick and painless for you and the patient, here are some tips for ordering cardiac rehab services for your patients.

WHERE IS THE ORDER FORM FOUND?

- » On the WWGH campus, it's under "physician orders" on the intranet/Connect page. Scroll to bottom of page to preprinted physician orders link and select it. Then choose "Cardiac Rehabilitation-initial."
- » Off campus, please use the pre-printed physician order sheet. If you aren't sure if you have the most up-to-date version, please call 509-527-8070 and we'll walk you through it.

WHAT MUST BE INCLUDED ON THE FORM?

- » Patient name and date of birth
- » Diagnosis and date
- » Treatment goals and special concerns if applicable
- » Outpatient Cardiac Rehabilitation section (check all boxes that apply)
- » Mark whether patient does or does not have heart damage

WHAT TO INCLUDE WITH THE ORDER:

- » Completed initial order
- » Insurance pre-authorization
- » History and physical
- » Lipid profile, if any, and HA1C
- » ECG
- » Current medication list

FOR CARDIAC REHAB REFERRAL, CALL 509-527-8070



CALCIUM SCORING

Calcium scoring is a simple, painless way to check for sticky build-up of cholesterol and calcium, called “plaques,” in your coronary arteries. Walla Walla General Hospital offers this service for patients whose health care providers have ordered this scan.

Unlike tests for blood pressure and cholesterol, calcium scoring identifies if you have a problem with coronary artery disease — not just a higher risk for it — even if it’s at an early stage. This serves as an indicator of your risk of a heart attack, even if other risk factors like your cholesterol and blood pressure are normal.

WHO MIGHT NEED CALCIUM SCORING?

Women over the age of 50 and men over 40 are likely candidates for calcium scoring, especially if they have a heart risk factor such as:

- » Tobacco use
- » Obesity
- » History of heart disease, surgery and/or implants
- » Family history of heart disease
- » High blood pressure and/or cholesterol levels



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HOW CALCIUM SCORING WORKS

During this non-invasive test, you'll lie still with three EKG leads on your chest while a CT imaging machine takes specialized X-rays of your heart. The EKG leads make sure those images are timed with the beating of your heart so you get as accurate a view as possible of how much calcification you have in the arteries leading to your heart.

The entire appointment takes just 10–15 minutes, with the actual scan taking only 2–3 minutes. Wearing clothes with no metal in the chest area will shorten how long the scan takes overall.

Your health care provider will get the results of this scan in a day or two and will be able to go over the results with you. Together you can discuss what your results mean and what lifestyle changes might help you reduce your risk of a heart attack.

SCHEDULING AND COST

Talk with your health care provider and decide together if you need calcium scoring. They'll create an order for your test and assist you with scheduling at Walla Walla General Hospital.

Many health insurances cover calcium scoring, but even if yours doesn't, we offer an out-of-pocket cost.

WHAT TO INCLUDE WITH YOUR PROVIDER'S ORDER

- » Completed initial order
- » Insurance pre-authorization
- » History and physical
- » Current medication list

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EXAM, CALL
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TRANSESOPHAGEAL ECHOCARDIOGRAM

Transesophageal echocardiography is a way to get a close-up view of your heart using soundwaves, just like an ultrasound.

Unlike ultrasound images taken from outside your body, TEE uses a special probe that slips down your throat while you're sedated. That probe gets the ultrasound situated right behind your heart, where your cardiologist can get a better and clearer view.

WHY YOU MIGHT NEED A TEE

Although external ultrasound can be used to image your heart, some conditions and situations require the closer look that TEE provides. Conditions that might indicate a need for TEE include:

- » Heart valve disorders and/or surgery
- » A history of stroke
- » Heart problems like cardiomyopathy, endocarditis and/or atrial fibrillation
- » Masses or tumors

TEE can also be helpful for patients with thick chest walls or wounds or those who are obese. Sometimes TEE is even used during heart surgery.

If your health care provider is suggesting TEE, be sure you let him or her know if you've ever had trouble with endoscopy in your throat or have had a reaction to anesthesia. You and your health care provider should also discuss your health history and medications, including if you have difficulty swallowing, have a history of stroke, have diabetes or are taking blood thinners.

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WHAT TO EXPECT DURING A TEE

In most cases, TEE is performed on an outpatient basis, so you'll be heading home an hour or so after the procedure. When you arrive, you'll get into a gown and have your vitals checked. You'll also have an IV placed so the anesthesiologist can give you medicine to sedate you during the procedure — but you won't be fully "under" as you would be in surgery.

Once you're sedated, the probe will slide down your throat to begin taking pictures of your heart. When that's done, you'll wake and take a little time to recover before a friend or family member drives you home.

AFTER YOUR TEE

It's not unusual to have a little sore throat for a couple days after TEE, but beyond that most people return to their normal activities.

Your cardiology team will go over the results of the TEE, and together you'll make a plan for your heart and your health.

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