



Women's Heart Center

The Gerald McGinnis Cardiovascular Institute



About the Institute

Allegheny General Hospital has long been renowned for its visionary approach to treating cardiovascular disease. Now, with the creation of the Gerald McGinnis Cardiovascular Institute, the hospital brings its heart and vascular specialists and services together — in one convenient location. This state-of-the-art facility includes customized areas for patient examinations, consultations, laboratory testing and diagnostic procedures, as well as scheduling, registration, nursing support and lifestyle management programs.

Women's Heart Center

Heart disease is the leading cause of death in American women, killing almost twice as many women than all forms of cancer combined. Yet most women are not aware they are at risk for developing a heart attack, stroke or other cardiovascular diseases. They also have fewer of the typical heart attack symptoms found in men and may delay lifesaving treatment. Furthermore, many women tend to ignore their own health because they are so busy serving as caregivers for their families.

As a national leader in cardiac care, Allegheny General Hospital is dedicated to helping women gain a greater awareness of cardiovascular disease and teaching them the proper preventative measures to protect the health of their hearts. In response to this growing health problem, AGH has designed a distinctive facility that caters specifically to women and their unique cardiovascular needs.

Part of the Gerald McGinnis Cardiovascular Institute, the Women's Heart Center provides women with an overall assessment of their cardiovascular health. Specialists from the program use the latest technology and tools to give women a comprehensive, gender-specific action plan for preventing and treating heart disease.

Services provided include:

- Overall assessment of cardiovascular risk through a physical, lab work, and noninvasive testing
- Treatment tailored to individual risk assessment
- Dietary counseling
- Physical activity prescription
- Mental stress reduction

The Women's Heart Center also makes other related referrals to specialists (e.g., endocrinology, psychiatry, vascular medicine).





Convenient, Comfortable Location

Time is of the greatest importance in a busy woman's life. The Women's Heart Center makes it possible for patients to see specialists conveniently in one location and, in many cases, during the same visit. And the soothing atmosphere of the office is designed to enhance patient and family comfort.

Directions

The Women's Heart Center is located in the AGH McCandless Building at 9335 McKnight Road, Suite 240, nine miles north of Pittsburgh.

Quick Access to Other Services at AGH

If needed, patients can access a wide array of other services at Allegheny General Hospital in Pittsburgh's North Side. Specialists there offer services in other key areas, such as mammography, bone density testing, obstetrics/gynecology and endocrinology. In addition, patients can participate in a variety of educational classes, including nutrition, integrated medicine and exercise and rehabilitation.

For More Information

To schedule an appointment or for more information, call 1-877-97-HEART or visit www.pittsburghheartcare.com.

Are You at Risk?

Many risk factors for cardiovascular disease exist and may increase a woman's chances of heart attack or stroke.

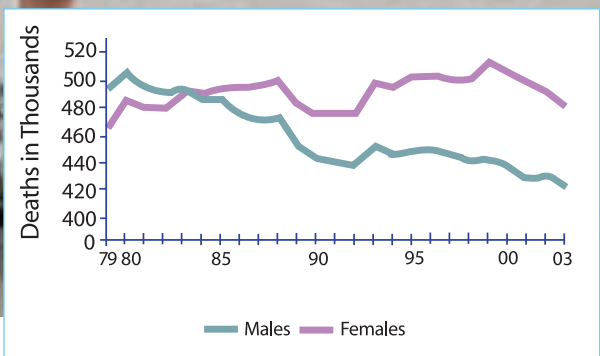
Smoking

Smoking and being exposed routinely to secondhand smoke can drastically increase anyone's chances of developing cardiovascular disease. It is also one of the most preventable risk factors. Quitting smoking now, or getting your loved one to quit, can benefit not only you, but those around you.

There may be other factors putting you at risk without you even knowing. When visiting your doctor, it is important to ask questions pertaining to your risk of heart disease. However, it is also imperative to understand what topics to ask about and why they are important to you.

Blood Pressure

Being given a blood pressure test is routine for most visits to a physician, but interpreting the results is the most important aspect of the test. High blood pressure, also known as hypertension, usually has no symptoms. A blood pressure reading is recorded as two numbers, such as 112/78. The top or systolic number represents the pressure exerted on blood vessel walls during a heart beat. The lower or diastolic number represents the pressure during the rest between heart beats. If an otherwise healthy adult maintains a systolic pressure of 120 to 139, or a diastolic pressure of 80 to 89, he/she is in prehypertension. If the systolic pressure reaches higher than 139 and the diastolic pressure exceeds 89, the condition is hypertension. Hypertension can lead to stroke, angina, heart attack or heart failure.



Cardiovascular disease mortality trends for males and females in the United States (1979-2003)



When receiving results from a blood test, three factors must be paid special attention. Cholesterol, triglycerides and glucose levels may affect heart disease and it is valuable to know what your results are telling you.

Cholesterol

Cholesterol levels are actually measured by adding your levels of LDL (“bad” cholesterol) and HDL (“good” cholesterol). The “bad” cholesterol is what can clog arteries and lead to a heart attack or stroke. “Good” cholesterol, on the other hand, serves to protect arteries by eliminating excess “bad” cholesterol and preventing blockages from forming. Ideally, the combined cholesterol level should be less than 200 mg/dL (milligrams per deciliter), with HDL comprising at least 45 mg/dL of that measurement.

Triglycerides

Triglycerides are actually calories in foods (generally calories from fat), or are made by the body from another food source, that are not used in the body right away. They travel through the bloodstream en route to fat cells and can cause arterial blockages. A normal triglyceride count is below 150 mg/dL, but ideally, that number should be under 100 mg/dL.

Glucose Levels/Diabetes

Glucose levels above 100 mg/dL may be an indication of a glucose tolerance issue. This may increase your risk of diabetes, which in turn increases your risk of cardiovascular disease. For those who have already been diagnosed with diabetes, careful monitoring of other risk factors is necessary to prevent developing any heart related medical issues.

Body Weight/Composition

The human body is comprised of water, fat, protein, carbohydrate and various vitamins and minerals. When the composition of your body is overwhelmed with fat, particularly around the stomach area, your risk increases for developing high blood pressure, high cholesterol and, ultimately, diabetes.

The Body Mass Index (BMI) is the relationship between your height and weight, which is an indirect measurement of the amount of fat on

your body. When considering your BMI, keep in mind the following:

- BMI values less than 18.5 are considered underweight.
- BMI values between 18.5 and 24.9 are considered healthy.
- BMI values between 25 and 29.9 are considered overweight, and pose increasing threats of heart disease.
- BMI values of 30 and over indicate obesity and present even higher risk of cardiovascular disease.

Physical Activity

Physical activity can greatly benefit any individual, especially those who are at risk of heart disease. Aerobic exercise and resistance training can hinder several of the risk factors that may be taking a toll on your body.

Regular physical activity can lower blood pressure and minimize triglyceride levels. It also helps to maintain a healthy body weight, which can prevent the development of diabetes. Smokers are also more likely to cut down or quit smoking if they become more physically active.

Menopause

The loss of estrogen in women who have gone through menopause can be an added risk for heart

disease. Whether menopause was brought on naturally or prematurely by surgery, studies have shown that the loss of this hormone increases the likelihood of heart attacks.

Family History

Those who have an immediate family member (mother, father, sibling) or grandparent who has suffered from heart disease are at a significantly higher risk of developing it themselves. It is important to discuss with your doctor the medical history of these family members to discern how much could affect you.

Metabolic Syndrome

Metabolic syndrome is characterized by a set of risk factors that are discovered in a particular individual. To identify metabolic syndrome, a person must be diagnosed with at least three of the following:

- Waist circumference greater than 35 inches
- High levels of triglycerides (greater than 150 mg/dL)
- Low levels of HDL, or “good” cholesterol (less than 50 mg/dL)
- Blood pressure greater than 130/85
- Fasting glucose levels of 100 mg/dL or higher



Allegheny General Hospital is a 724-bed academic medical center serving Pittsburgh and the surrounding five-state area.

Founded in 1885 on Pittsburgh's historic North Side, the hospital has earned an international reputation for excellence and innovation in the care of patients, medical education and research. Allegheny General has been recognized by *U.S. News & World Report* magazine as one of "America's Best Hospitals" for a number of clinical specialties. The hospital has also been lauded as one of America's top 25 medical centers by the AARP's *Modern Maturity* magazine.

Allegheny General Hospital—and its Suburban Campus in nearby Bellevue—annually admits 31,500 patients and logs about 60,000 emergency visits and more than 26,000 surgical procedures. Nearly 1,000 physicians and approximately 4,500 employees share the hospital's commitment to excellence.

A member of the West Penn Allegheny Health System, Allegheny General Hospital is a western Pennsylvania campus for the Philadelphia-based Drexel University College of Medicine; third- and fourth-year medical students receive clinical training at the hospital.



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