

NEWS FROM FORT SANDERS REGIONAL MEDICAL CENTER

## Fort Sanders Cardiac Rehab gets dancer back on her toes

If you see 79-year-old Jin Gaston in a South Knoxville supermarket speeding along with a buggy, she may be doing more than grocery store shopping.

"When I walk, I get a buggy and go up and down the aisles as fast as I can go," she explains with a laugh. Gaston regularly exercises her heart since undergoing quintuple bypass surgery last year at Fort Sanders Regional Medical Center. She's working to prevent a heart attack.

"I'm not an outside person, so I walk with the buggy," she says. "You just go up and down the aisles."

Before coming up with her walking routine, Gaston attended Fort Sanders Cardiac Rehabilitation Outpatient Program for 12 weeks after her surgery. The program instructors taught her the importance of exercising to recover from the heart surgery that likely saved her life.

"My doctors say I was a walking heart time bomb," she explains. "I didn't even know that I had a heart problem. I didn't feel good all summer, and then last July I had a tightness in my chest and pain in my shoulder."

When she experienced the tightness in her chest, her husband, Jack, took her to the Emergency Department at Fort Sanders Regional. Physicians at Fort Sanders used a heart catheter procedure to diagnose five near-blockages in her heart. She was scheduled right away for emergency bypass surgery.

It took nine weeks for her to recover from the surgery. Gaston then entered the Cardiac Rehabilitation program at Fort Sanders to regain her strength.

"I started therapy there three days a



Jin Gaston and husband Jack take a spin on the dance floor after her heart surgery and cardiac rehabilitation at Fort Sanders Regional.

week," she says. "At first, I was using a walker." Now, Gaston and husband Jack are back to their ballroom dancing events at the O'Connor Senior Center twice a week, enjoying the fox trot, waltz, rumba, cha-cha and swing.

"It is fun and really good exercise," smiles Gaston, who has also returned to teaching dancing classes.

Patients at Fort Sanders Cardiac Rehabilitation program attend workout sessions and lectures several days a week. Nutritionists, exercise therapists and nurses instruct patients on the importance of a healthy diet, how to manage pain and exercises to strengthen the heart.

"The therapists are so attentive," says Gaston. "They make sure that you're OK during the time you're there, with a heart monitor while you exercise. It really makes you feel good to get therapy."

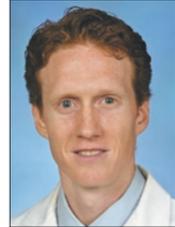
Gaston says she and her husband are continuing the diet tips they learned at Fort Sanders. "I've lost at least 35 pounds, but I am not as strict on my diet as I should be, of course," she says. "I do eat some sweets from time to time."

Gaston recommends the Fort Sanders Cardiac Rehabilitation Center to anyone who needs help recovering from surgery or a heart attack. "I had excellent care," she smiles. "I highly recommend it. The good Lord has blessed me. I would just say anybody that has heart problems or surgery, they really need to go to Fort Sanders Rehab. They are just wonderful."

**To discover how the Cardiac Rehabilitation Outpatient Program at Fort Sanders Regional could help you, call (865) 541-1250.**

## Adams and Todd join Knoxville Heart Group

Fort Sanders Regional Medical Center is pleased to welcome Brian J. Adams, M.D., and Joshua W. Todd, M.D., of Knoxville Heart Group to the hospital's award-winning cardiac care team.



Brian J. Adams, M.D.



Joshua W. Todd, M.D.

Dr. Adams and Dr. Todd specialize in Interventional Cardiology procedures and are Fellowship-trained. Dr. Adams completed a Fellowship in Cardiovascular Diseases and Interventional Cardiology at Boston University Medical Center, while Dr. Todd completed his Fellowship in Cardiovascular Diseases and Interventional Cardiology at the University of North Carolina.

Knoxville Heart Group has recently relocated its main office to suite 108 in the beautiful Fort Sanders Center for Advanced Medicine building at 1819 Clinch Ave. in Knoxville. The new building offers convenient, covered parking for patients. Knoxville Heart Group also has offices in Jefferson City, Harrogate, Seymour, Sweetwater and on Northshore Drive.

**To schedule an appointment with a Knoxville Heart physician, call (865) 546-5111.**

## Build up your heart muscle with Fort Sanders Cardiac Rehab Center



Leaving the hospital is just the first step in recovering from a heart attack, heart surgery or angioplasty. Cardiac patients often need to strengthen weakened heart muscles and learn heart-healthy practices. Fort Sanders Regional Medical Center heart patients are referred to the hospital's Cardiac Rehabilitation Outpatient Program. The three-month program offers exercise sessions and health classes to establish lifestyle changes that help reduce the patient's risk of further heart disease.

"Cardiac Rehabilitation is a multidisciplinary treatment plan which involves medication, nursing, exercise physiology, nutrition and psychology. We know it's difficult to make lifestyle change, so we try to provide people support so they can change," explains Cardiac Rehab nurse case manager Brenda Leuthold.

Patients exercise three times each week while hooked to a heart monitor. They also attend 16 different classes on nutrition, stress management and medications.

"That's long enough to help get habits formed," says Leuthold.

After completing the rehab program, patients are invited back to the center to continue exercising. The center has exercise bikes, step machines, treadmills and free weights.

"It's a wonderful support group for anybody that's had heart disease or heart procedures," says Leuthold. "We have a lot of great outcomes."

**For information about the Cardiac Rehabilitation Outpatient Program at Fort Sanders Regional, call (865) 541-1250.**

**Fort Sanders receives GWTG Gold Performance Achievement Award**

Fort Sanders Regional Medical Center has received the American College of Cardiology Foundation's NCDR ACTION Registry-GWTG Gold Performance Achievement Award for 2011. The award recognizes FSRMC's success in implementing a higher standard of care for heart attack patients. It also signifies that Fort Sanders has reached an aggressive goal of treating these patients with standards of care outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

To receive the ACTION Registry-GWTG Performance Achievement Award, Fort Sanders consistently followed the treatment guidelines in ACTION Registry-GWTG for eight consecutive quarters and met a performance standard of 85 percent for specific performance measures.

Fort Sanders is one of only 167 hospitals in the U.S. to receive the 2011 GWTG Gold Performance Achievement Award.



*Fort Sanders Regional consistently followed the treatment guidelines in ACTION Registry® -GWTG™ for eight consecutive quarters and met a performance standard of 85% for specific performance measures to receive this 2011 award.*

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