

Introducing WWGH's Chest Pain Center

HOW TO SURVIVE A HEART ATTACK

Here's a simple, two-step heart attack survival plan: watch for the warning signs, and get the best available emergency care—without delay. Because the faster you get treatment, the less heart muscle damage will occur.

At the Chest Pain Center at Walla Walla General Hospital, you'll find a special fast-track assessment for possible heart attack victims. "Clot buster" thrombolytics that can minimize heart muscle damage. Advanced protocols established by the country's leading chest pain experts. State-of-the-art monitoring equipment and specially trained Advanced Cardiac Life Support staff on duty every day, around the clock. All adding up to the kind of rapid diagnosis and timely treatment that saves lives.

Maybe even yours.



WWGH'S CARDIAC PROGRAM

- 24-hour Chest Pain Center in the Emergency Center, for diagnosis and treatment of chest pain
- Charter participants in the prestigious National Registry of Myocardial Infarction Study, which sets the standards for cardiac care across the nation
- Beds for those patients who require short-term monitoring to rule out heart attack before releasing them
- State-of-the-art Intensive Care Unit, equipped with cardiac monitoring systems
- Cardiac rehabilitation, an education and exercise program that speeds recovery from heart attack or cardiac surgery
- Cardiac diagnostic services
- Experienced, respected cardiologist on staff
- Close relationship with world-class heart centers, with heliport to facilitate rapid transfer when advanced treatments are required



4 warning signs that could help save your life



Is it a heart attack? Chances are you won't know for sure. And because most start slowly with mild symptoms, too many people wait too long before seeking help. Here's what to watch for:

- 1 Pain in the center of your chest that lasts more than a few minutes. An uncomfortable pressure, squeezing or feeling of fullness.
- 2 Discomfort in one or both arms, or in your back, neck, jaw or stomach.
- 3 Shortness of breath, possibly occurring even before you feel chest pain.
- 4 A cold sweat, nausea or light-headedness.

If you're having these symptoms, get medical care immediately. If symptoms are severe, call 911. And remember, early intervention can make the difference between life and death.



*Walla Walla General Hospital
Chest Pain Center*

525-0480 • www.wvgh.com

Watch for heart attack warning signs and get the best available emergency care.



*Walla Walla
General Hospital*

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Scissors icon
Cut out the list to the left and keep in a prominent place for quick reference

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