



Space-age technology helps angina patients!

Kettering Medical Center is the only area hospital with new therapy

Kettering Medical Center (KMC) is pioneering a new way to treat those who suffer angina pain, thanks to the efforts of two local men, Fred Witzke and Jim McDonald. The two angina patients made it possible for KMC to be the first local hospital to offer this therapy by donating the funds needed to buy the equipment.

Chest pain can be a sign of a heart attack, and it can also be the sign of oxygen-starved heart muscle long after a heart attack has occurred.

For decades, tens of thousands of Americans with damaged hearts have had to endure terrible pain because all surgical options had been exhausted. But they no longer have to endure all that pain, thanks to a new therapy at KMC called enhanced external counterpulsation (EECP).

Using a device that employs pressure cuffs around the patient's legs, thighs and hips, EECP forces blood from the lower extremities to the heart. This allows tiny vessels to transfer blood and oxygen within a damaged heart wall. EECP relieves



Barbara Ferguson undergoes EECP treatment under the careful eye of Tracy Cook, N.A.

the chest pain and lack of energy, caused by a lack of oxygen.

The EECP apparatus resembles a pilot's G-suit, and for good reason. It operates on the same basic principle that keeps pilots safe when they're facing extreme gravity forces. The G-suit forces oxygenated blood to the brain, allowing a pilot to remain conscious in a fast, sharp turn. EECP was actually adapted from balloon pumps that work within the larger vessels to profuse blood to the micro vessels, and it employs the same principle as a G-suit—moving

Best heart treatment?

Early detection!

Kettering Medical Center (KMC) knows that the earlier you detect a possible heart problem, the easier it is to treat it effectively. Because we care about your heart as much as you do, KMC has designed a program of screenings and educational classes to help you improve and maintain your heart health. These cardiac screening tests are inexpensive and open to anyone in our community.

♥ **Heart Attack Risk Screening**—provides total cholesterol, HDL and LDL, and triglyceride and blood glucose levels. Call **(937) 384-4857** to schedule. *Cost: \$20 (\$15 for Years Ahead Plus members)*

- Nov. 16, 8:30 a.m.–12:30 p.m.
Englewood Health Center, 1250 W. National Rd.

♥ **Stroke Screening**—a series of three tests to detect blockages in carotid arteries (neck), look for silent enlargement of the aorta (aneurysm) and check for poor circulation in lower extremities. Call **(937) 384-4857** to schedule. *Cost: \$45 per test or \$109 for all three (\$99 for Years Ahead Plus members)*

- Nov. 4, 10 a.m.–3 p.m.
Conover Health Plus, 333 Conover Dr., Franklin
- Dec. 1, 10 a.m.–3 p.m.
Sycamore Primary Care Center, Miamisburg

♥ **Cardiac Calcium Scoring**—provides CT scans to detect calcium deposits in coronary arteries. Call **(937) 395-8092** to schedule. *Cost: \$99*

- Nov. 7, 6–9 p.m.
Charles F. Kettering Memorial Hospital, Kettering
- Dec. 5, 6–9 p.m.
Charles F. Kettering Memorial Hospital, Kettering

♥ **Heart Print Screening**—another name for EKG, it provides information about the heart's electrical activity. Call **(937) 395-8092** to schedule. *Cost: \$15*

- Nov. 14, 11 a.m.–3 p.m.
Charles F. Kettering Memorial Hospital, Kettering



The generosity of Fred Witzke (left) and Jim McDonald (right) made Kettering's EECP Center possible.

after the treatment ends.

“It is encouraging for people who in the past have not had other treatment options,” says cardiologist Robert Kiefaber, M.D., of Southwest Cardiology. “The literature suggests 70 percent to 80 percent success rate, and we have seen that so far at Kettering. I’ve referred about 10 patients, and all but two have done really well. We are trying to keep at the cutting edge of technology, and this is another modality we can offer a patient.”

In addition to pain reduction, impressive improvements include a marked increase in energy level. Minor skin abrasions and minor muscular discomfort are the most common side effects. The EECP treatments are completely covered by most insurance companies. It is not for everyone, however, and angina sufferers should check with their cardiologists to see if they are not candidates because of the presence of valve disease or aortic aneurism.

The McDonald-Witzke EECP Center at KMC exists because of the generosity of Fred Witzke and Jim McDonald. These two men have angina, and when they read about EECP therapy, they wanted to try it. Discovering that no Dayton-area hospital had the equipment, Witzke and McDonald donated the funds necessary for KMC to buy the devices. At the center’s recent dedication, the pair met many of the angina patients who have been successfully treated by the EECP Center they enabled KMC to establish.

“It’s touching to know that our gift is really allowing people to live a better life,” says Witzke. “The most gratifying thing is to talk to people who have been helped by EECP,” says McDonald. Their gift will endure as the Witzke-McDonald EECP Center continues to improve the quality of life for angina patients across southwest Ohio. For more information, call **(937) 395-8366**. ♥

blood up from the lower extremities.

“Patients are nervous when they first look at the tables as they are considering being tied down for an hour,” says Kettering’s EECP Nurse Coordinator Denise Kroll. “They wonder, ‘Does it hurt being bounced like that? And what if I have to go to the bathroom?’ After three days of instruction and interaction with the nurses, though, the patients relax. Then after two weeks, they begin noticing more energy and capability to do activities of daily living without chest pain and shortness of breath. A lot of them say, ‘Why didn’t I do this sooner?’”

Studies show that 75 percent to 80 percent of patients respond to the treatment course, which runs one hour a day, five days a week, for seven weeks. Benefits can last up to two years