

MyHealthy Decisions



Bassett Healthcare
Network

The right help, at the right time

CPR helps save a student-athlete's life

“KNOWING CPR really does save lives,” says Derek Ratliff, MD, recalling a track meet his daughter Kristin participated in a year and a half ago. She was running the last leg of a four-person relay on the Cooperstown High School track when she suddenly stopped, walked into the infield and collapsed.

“My parents were called over because something was obviously wrong, and then they noticed that my heart wasn’t beating and I was gasping for air. So they started CPR,” Kristin explains.

In fact, there were quite a few people around the track who knew CPR; some of them medical colleagues of Kristin’s father. In addition to initiating CPR, the school’s defibrillator was brought out and used to shock Kristin’s heart twice to get it beating again.

“She is the poster child for someone who’s alive because of CPR and having a defibrillator there,” says Dr. Ratliff. “We were less than a mile from the hospital. She got to the emergency room quickly, and there were people there to take care of her, for which we are very grateful.”

Kristin spent a day in the intensive care unit at Bassett Medical Center in a medically induced coma, but she came out of that OK. Follow-up imaging and other tests revealed that Kristin had a condition known as Wolff-Parkinson-White Syndrome.

“Usually most people have one electrical current that goes through their heart,” Kristin says. “But I had an accessory pathway causing my heart to short-circuit.”

Fortunately, the condition is treatable, and Kristin’s heart was fixed. She is healthy and back to running, now for the Amherst College cross-country, indoor and

—Continued on page 2



Photo credit:
Veronica Rocco

HEART CARE ISSUE



Visit us at bassett.org/fixmyheart, and follow us on  facebook.com/bassett.network.



Photo credit:
Veronica Rocco

The right help, at the right time

—Continued from front page

outdoor track teams. She wants to go to medical school and is on a pre-med track at Amherst.

Kristin and her father agreed to share their story to encourage others to learn CPR so that if you happen to be a bystander like those in the crowd when Kristin collapsed

on that day in May 2016, you, too, may be able to save a life.

“It is easy to kind of take everything for granted because you don’t expect something bad to happen, especially when you’re young and healthy,” Kristin says. “And without CPR and a defibrillator, I probably wouldn’t be here.”

#CPRSAVESLIVES

Make 2018 the year you learn CPR

If you see a teen or adult suddenly collapse, hands-only CPR is the recommended form of cardiopulmonary resuscitation (CPR). Hands-only CPR is CPR without mouth-to-mouth breaths. It consists of two easy steps:

- 1 Call 911 (or send someone to do that).
- 2 Push hard and fast in the center of the chest.

Bassett Healthcare Network will be offering instruction and the opportunity to practice this simple, but lifesaving, skill in February for National Heart Month, including at the Feb. 10 Heart Run and Walk, sponsored by Bassett and the American Heart Association at FoxCare Center in Oneonta. Please plan to join us, walk or run to support the AHA and heart health, and learn the lifesaving skill of hands-only CPR.

Visit bassett.org/CPR to learn how you can take advantage of CPR and AED training.

Hands-only CPR

Hands-only cardiopulmonary resuscitation (CPR) not only increases the likelihood of surviving breathing and cardiac emergencies, but it’s simple to learn and easy to remember. For a refresher any time, you can print up this page and keep it with the rest of your first-aid supplies.



CHECK THE SCENE AND THE PERSON.

Make sure the scene is safe, tap the person on the shoulder to see if they’re OK, and look for signs of rhythmic, normal breathing.



CALL 911 FOR ASSISTANCE.

If there’s no response from the victim when asked if he or she is OK, call 911 or ask a bystander to call for help.



BEGIN COMPRESSIONS.

- If the person is unresponsive:
- ▶ **KNEEL** beside the person who needs help.
 - ▶ **PLACE THE HEEL OF ONE HAND** on the center of the chest.
 - ▶ **PLACE THE HEEL OF THE OTHER HAND** on top of the first hand, then lace your fingers together.
 - ▶ **POSITION YOUR BODY** so that your shoulders are directly over your hands, and keep your arms straight.
 - ▶ **PUSH HARD, PUSH FAST.** Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. (Just be sure to let chest rise completely between compressions.)
 - ▶ **KEEP PUSHING.** Continue hands-only CPR until you see obvious signs of life, like breathing; another trained responder or EMS professional can take over; you’re too exhausted to continue; an AED becomes available; or the scene becomes unsafe.



TO SEE HOW TO PERFORM HANDS-ONLY CPR,

watch our video. Or visit our CPR Training Page to find information on taking an online, in-person or blended training course.



Love your heart

This time of year we're surrounded by hearts! Unfortunately, we're also surrounded by heart disease. It's the leading cause of death for men and women. But it can be prevented and controlled. During heart month and every month:

Get moving.

Aim for 30 minutes three times a week or more of exercise.



Know your numbers.

Get your blood pressure and cholesterol numbers checked. High blood pressure or too much LDL cholesterol (low density lipoprotein) can put you at risk for heart disease. Also check fasting glucose level, hemoglobin A1C and body mass index.



"While many people know their total cholesterol, it's more important to know your LDL, because the LDL represents how much bad cholesterol is in your arteries," says Merle Myerson, MD, board-certified lipid specialist/expert in the prevention of cardiovascular disease and program director of Bassett's Preventive Cardiology Program & Lipid Clinic.

Consider diet and weight loss.

Read labels and be a choosy shopper. Meet with a nutritionist.



Vow to quit.

Smoking harms your heart and lungs and hurts your loved ones, because of exposure to secondhand smoke. Quitting is an act of love!



For more information on the Preventive Cardiology Program & Lipid Clinic, call 607-547-3180. Many insurance plans allow you to make your own referral or ask your provider to refer you.

Care from the heart

WHEN it comes to taking care of yourself, Helen Diglia's advice is: "First and foremost, you have to know your body, especially for women. Know how you feel normally and if you've got something funny going on, you need to act on it. Better to be safe than sorry."

So, two years ago when Diglia was pulling wood from the woodpile, "I felt as if someone had taken a 3-inch spike and stuck it straight through me," she says.

After an assessment at Bassett Medical Center, Dhananjai Menzies, MD, Bassett Healthcare Network interventional cardiologist, placed six stents to keep Diglia's arteries open and blood flowing to her heart. "He told me, 'It's up to you what you're going to do with your second chance.'" He also said she had the arteries of a much older person and her arteries were also extremely tiny.

THE ROAD TO HEALTH

"I grabbed that second chance, got busy, and I lost 75 pounds," says the now-59-year-old Milford resident. "I learned how to eat right. I learned how to take care of myself.

I exercise every day, rain or shine."

Diglia felt good. She leads a busy life, raising a puppy, tending chickens, handcrafting and being a lector in her church.

But in spring 2017, she had vague symptoms of sore muscles and not being able to work out the way she was used to. She went to see Dr. Menzies, who, after a heart catheterization, said she needed bypass surgery, which Subashini Daniel, MD, cardiac surgeon, performed.

Diglia had a quadruple bypass and later underwent cardiac rehabilitation. "The people who run the cardiac rehab at the FoxCare Center are wonderful," she says. "They have a great sense of humor and forward motion, and they get you moving on the right path."

Diglia feels very fortunate about the outcome. "I can't control my genetics, but I can control my weight, exercise, food and stress level.

"People will often tell me, 'Oh, thank God, you're fine!' My response is: 'Thank God and a great cardiologist; thank God and a phenomenal surgeon!'"



Bassett Healthcare Network

Bassett Medical Center
1 Atwell Road
Cooperstown, NY 13326-1394

Nonprofit Org.
U.S. Postage
PAID
Harrisburg, PA
Permit No. 66



See videos of Helen Diglia and Gary Tucker.

Go to bassett.org and click on "MyHealthy Decisions."

CARDIAC REHABILITATION

Stay healthy and well

“WHEN I was prescribed cardiac rehab, I had several choices,” says 67-year-old Ilion resident Gary Tucker. “Of course, Valley Health Services in Herkimer was the closest to me. And I’m familiar with the staff because my wife worked there for years, and I was comfortable with them.”

Tucker explains, “About a year and a half ago, I was having some irregular heartbeats and chest discomfort, and that’s what led me to a cardiologist in the first place.”

Bassett Healthcare Network cardiologist Randolph Hutter, MD, ordered tests, including a cardiac catheterization, which revealed that the back side of Tucker’s heart was totally blocked. In April 2017, Dhananjai Menzies, MD, Bassett interventional cardiologist, placed a stent.

Tucker began the Valley Health Services (VHS) Cardiac Rehab Program twice weekly. There, his heart rate and rhythm, tolerance to exercise, blood pressure and oxygen saturation were closely monitored.

“Typically, the cardiac rehab team treats patients who are

recovering from bypass surgery or valve replacement or, as in Gary’s case, stent placement,” says Marcia Bruce, RN, VHS Cardiac Rehab Program Director. “Our program is designed to help people gain optimal health, all while education is provided on an individual basis and by educational sessions provided in the program.”

“My biggest compliment to Marcia and the program is the great collaboration with the cardiology team in Cooperstown,” says Tucker. Clinicians in Cooperstown, through the Bassett Heart Care Institute, oversee all of the patients in the program.

“I think they’ve done an excellent job,” he says. “They have a very nice program.”

Tucker is back to the things he needs and likes to do, including home maintenance and caring for his garden, and he’s looking forward to camping next year with his wife, Kathy.

“I’m relatively active, and the exercise does help. It’s definitely made a difference in my endurance and what I’m able to do.”

—Gary Tucker



THERE’S A BASSETT CARDIAC REHABILITATION CENTER NEAR YOU:

- ▶ Bassett Medical Center: 607-547-6673
- ▶ FoxCare Center: 607-431-5242
- ▶ Valley Health Services: 315-866-3330, ext. 2236

