

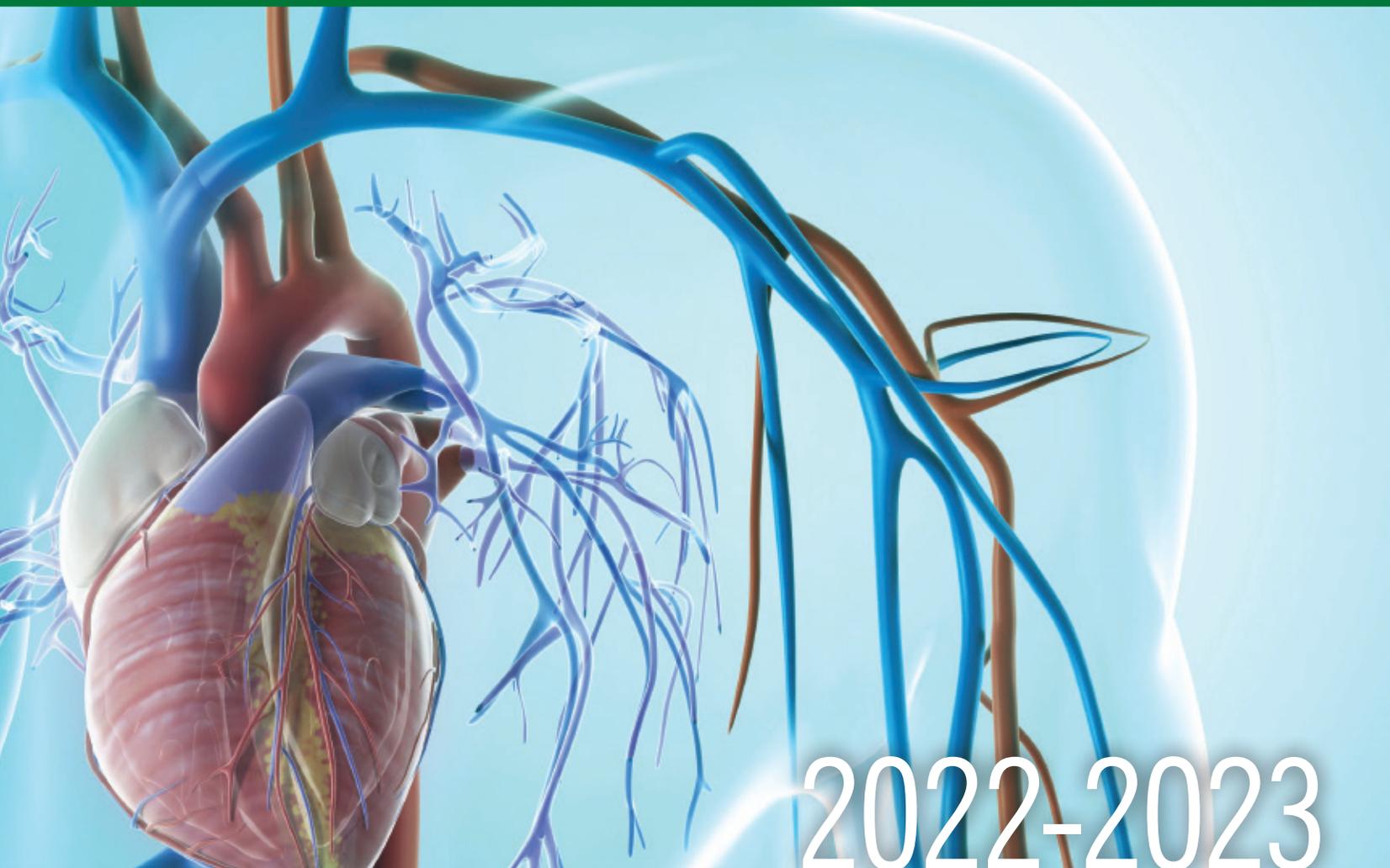


In alliance with



**Cleveland Clinic**

Heart, Vascular and Thoracic Institute



2022-2023

**PARKVIEW HEART INSTITUTE  
CARDIOLOGY AND CARDIOVASCULAR SURGERY  
OUTCOMES**

# WELCOME TO THE 2022-2023 PARKVIEW HEART INSTITUTE OUTCOMES BOOK

Measuring and understanding outcomes of medical treatments promotes quality improvement. Created by Parkview Heart Institute and Cleveland Clinic, this publication is designed for the physician audience and contains a summary of surgical and medical treatments, with data on patient volumes and outcomes as well as a review of new technologies and innovations.



# CLEVELAND CLINIC'S SYDELL AND ARNOLD MILLER FAMILY HEART, VASCULAR & THORACIC INSTITUTE CHAIRMAN'S LETTER

We are proud to present the 2022-2023 outcomes from the cardiology and cardiac surgery programs at Parkview Heart Institute, which has an ongoing collaborative relationship with Cleveland Clinic's Miller Family Heart, Vascular & Thoracic Institute to promote best practices and optimal quality in cardiovascular caregiving.

This overview of outcomes, volumes and quality metrics reflects some of the fruits of that collaboration, which involves members of the Parkview heart and vascular team and ranges from physicians and other healthcare providers to administrative personnel. It refers to national benchmarks established by the American College of Cardiology and Society of Thoracic Surgeons and stems from our shared commitment to give every patient the best possible outcome and experience. We believe that transparency around clinical outcomes is essential to improving quality and efficiency as we all continue to move toward ever more value-based care delivery.

Cleveland Clinic's Heart, Vascular & Thoracic Institute is gratified by the success of our collaborations with our affiliate and alliance members like Parkview Heart Institute. Our goal is to develop relationships with providers nationwide to enhance the quality and value of cardiovascular care in our communities. We welcome your comments and feedback, and we thank you for your interest.

Sincerely,



**Lars G. Svensson, MD, PhD**  
Chairman, Sydell and Arnold Miller Family  
Heart, Vascular & Thoracic Institute  
Cleveland Clinic



# WELCOME LETTER FROM PARKVIEW HEART INSTITUTE PRESIDENT

I am excited to share these outcomes and summary information for Parkview Heart Institute. Our physicians, advanced practice providers and dedicated staff have created a culture of knowledge sharing, program development, research and dedication to the art of practicing cardiovascular medicine that continues to set new quality benchmarks for our patients under an institute model. Our organizational model now supports 13 multidisciplinary medical and surgical specialty clinics with a governance that encourages Parkview Heart Institute to swiftly embrace the opportunities created in today's healthcare environment with a patient-centered approach.

Keen attention to the concept of "value" based on quality, efficiency and the economics of care delivered to our patient population and community has opened exciting new opportunities. It has accelerated the application of guideline-directed therapies along with thoughtful integration of virtual care platforms and optimization of the electronic medical record's influence on care delivery.

Our alliance with Cleveland Clinic's Sydell and Arnold Miller Family Heart, Vascular & Thoracic Institute enables us to access the best practice models of care at the clinical and administrative levels. Physicians and staff from both institutions integrate directly to advance patient care through second opinions, application of the most advanced treatments, shared care models and research opportunities. These clinical interfaces and the efficient development of advanced care designs speak to the success of such a powerful alliance.

It is with great pride that we present the following quality information as a representation of our steadfast commitment to the delivery of high-quality, progressive and efficient care to every patient every day. We are grateful for the trust our patients place in us, and we continue to evolve to benefit their health.

Sincerely,



**Roy W. Robertson, MD, FACC, FSCAI**  
President, Parkview Heart Institute  
Cardiovascular Medicine  
Interventional Cardiology



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# INTEGRATED CARE MODEL

## Advancing Provider Integration

Parkview Heart Institute has advanced its specialty care format even further by embedding continuity of care plans, population management schemes, disease-based quality outcome data and new care integration models into every patient visit.

Our specialty care model allows attention to detail for every patient and unique disease entity. The physicians and care team members meticulously review processes and outcomes on a regular basis to identify barriers to an excellent care experience. Once these have been identified, care pathways are optimized for efficiency. These changes occur with the patient as the focus, and once in place they are monitored for their effect on quality.

We take these challenging steps forward with confidence, knowing that care will improve and that attention to the individual will remain the primary focus of our culture.

## Recognition of Quality

Parkview Heart Institute strives to provide excellent care for every person, every day. That means we never stop growing as providers, as care teams and as an institute. Together, we are on a continual journey toward improvement.

As the region's largest group of cardiologists and cardiothoracic surgeons, we understand our role in keeping our community heart-healthy and thriving. The quality data shared here and on publicly reported websites demonstrates this level of care as we are often in the 90th percentile in our quality markers.

American Heart Association: 2023 Get With The Guidelines, Gold, AFIB

Center of Excellence in Robotic Surgery by the Surgical Review Corporation (SRC)

Extracorporeal Life Support Organization (ELSO): Pathway to Excellence, Silver Level



# CARDIOVASCULAR SUBSPECIALTY CLINICS

## **The Clinic Care Team Model: Truly Patient-Centered Care**

Within the healthcare industry, the leading focus continues to be on the development of prevention strategies that aim to:

- Support patients' pursuit of health and well-being.
- Reduce patients' risk for advanced heart disease in general, as well as for specific conditions such as heart attack, heart failure and stroke.
- Increase patients' compliance with provider interventions.
- Contain healthcare costs by reducing readmission rates.

A patient's physical health affects their emotional sense of well-being and vice versa. Regardless of what causes physical symptoms, they can be distressing. Parkview has incorporated a mental health therapist in the cardiovascular clinic to assist patients with anxiety, depression, grief and other issues. As part of the care team, the therapist is available to assess patients' needs and concerns and employ intervention strategies, including education and therapy when appropriate.

To achieve these aspirations for the communities throughout northeast Indiana, northwest Ohio and south-central Michigan, Parkview Heart Institute remains dedicated to developing outpatient clinics that meet the needs of referring physicians and our community, in conjunction with Parkview Physicians Group – Cardiology and Parkview Physicians Group – Cardiovascular Surgery.

In these clinics, physicians and other members of the care team address a broad range of cardiovascular conditions for referred patients.

## **AFib Arrhythmia Clinic**

The AFib Arrhythmia Clinic at Parkview Heart Institute provides care to patients diagnosed with atrial fibrillation.

### ***Patients can expect:***

- Coordinated care by the AFib Clinic team, beginning with an evaluation by a heart rhythm specialist and other members of the clinic team to identify the best treatment plan.
- Specialized treatments, all in one convenient location at the Parkview Regional Medical Center campus.
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.

## **Watchman Clinic (Left Atrial Appendage Occlusion)**

The Watchman device provides options for patients with nonvalvular atrial fibrillation who are not candidates for long-term anticoagulation.

- A coordinated care team includes a heart rhythm trained cardiologist, an interventional cardiologist, nurse practitioners and nurses.
- Patient education about treatment options, medications, dietary considerations and smoking cessation.

## **Cardio-Oncology Clinic**

The Cardio-Oncology Clinic at Parkview Heart Institute was created in collaboration with Parkview Packnett Family Cancer Institute (PFCI) for surveillance and treatment of cancer patients who have heart disease, or those without heart disease who may receive chemotherapy or radiation that may damage the heart.

All patients referred to the Cardio-Oncology Clinic are evaluated and managed by our team of specialized care providers in collaboration with the physicians of the PFCI.

# CARDIOVASCULAR SUBSPECIALTY CLINICS

## Cardiovascular Genetics Clinic

The Cardiovascular Genetics Clinic at Parkview Heart Institute specializes in caring for patients at high risk for or with diagnoses of hereditary heart conditions. Research indicates that 1 in 250 people have a genetic change that may lead to early-onset cardiovascular disease.

Patients are seen in our Genetics Clinic by a cardiologist who specializes in caring for these patients. At the initial appointment, a patient's cardiologist will decide if genetic testing is appropriate. If the patient is referred for genetic testing, Parkview will partner with Invitae to gather the necessary samples and information needed for the test. Invitae also offers genetic counseling and familial testing to patients when appropriate.

### *The following heart diseases can be hereditary:*

- Brugada syndrome
- Long QT syndrome
- Arrhythmogenic right ventricular dysplasia
- Dilated cardiomyopathy (DCM)
- Hypertrophic cardiomyopathy (HCM)
- Restrictive cardiomyopathy
- Muscular dystrophy heart defect at birth
- Aortic aneurysm, dilation or dissection in more than one family member
- Sudden cardiac arrest/death in more than one family member

## Heart Failure Clinic

The Heart Failure Clinic at Parkview Heart Institute provides care to patients diagnosed with heart failure.

### *Patients can expect:*

- Specialized care by the Heart Failure Clinic team.
- If applicable, the care team will work together with a virtual care team to monitor a patient's health at home to assist in keeping them out of the hospital.
- Easy access to medications, if needed; follow-up appointments; cardiology testing and services in an outpatient setting.
- Education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.
- Specialized treatment and rehabilitation, offered at multiple locations.

## Hypertension Clinic

The Hypertension Clinic at Parkview Heart Institute provides care to patients diagnosed with hypertension that remains uncontrolled despite treatment attempts by a primary care provider.

### *Patients can expect:*

- Coordinated care by the Hypertension Clinic team, beginning with an evaluation by a cardiologist, a pharmacist and other members of the clinic team in order to identify the best treatment plan.
- Patient education about high blood pressure, medications, dietary considerations, smoking cessation and physical activities to reduce blood pressure.

## Structural Heart Clinic

The Structural Heart Clinic at Parkview Heart Institute provides care to patients diagnosed with structural heart disease, including aortic valve stenosis (AVS), mitral valve regurgitation (MVR), perivalvular leak, patent foramen ovale (PFO) and atrial septal defect (ASD).

### ***Patients can expect:***

- A comprehensive approach that uses a multidisciplinary team to provide care. This team comprises a specialty group of interventional cardiologists, cardiovascular surgeons, nurse practitioners and nurses.
- Personalized care by a team of specialists. Our team reviews patients' cases prior to the initial appointment and continues to reassess each patient's plan of care on a regular basis.
- Education about the disease process, treatment options, medications, dietary considerations, smoking cessation and physical activities to strengthen patients' heart function.
- Easy access to advanced diagnostic capabilities and treatment options, all in one convenient location.

## Vascular Clinic

The Vascular Clinic at Parkview Heart Institute provides care to patients with a diagnosis – or suspected diagnosis – of vascular disease.

### ***Patients can expect:***

- Coordinated care, beginning with an evaluation by an interventional cardiologist. At a weekly case review, results of this evaluation will be discussed with a cardiovascular surgeon, a cardiologist and other members of the clinic team to identify the best treatment.

- Specialized treatments and recovery options, all in one convenient location.
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.

## Vein Center

The Parkview Vein Center provides care to patients with a diagnosis of venous disease.

### ***Patients can expect:***

- Coordinated care by the Vein Center team, beginning with a thorough assessment, followed by additional testing as appropriate, education and support.
- An individualized treatment plan.
- Specialized treatments administered at one convenient location.
- Education about patients' medications, dietary considerations and physical activities to best manage their symptoms.
- A care team that works in conjunction with patients' other healthcare providers.

### ***Venous conditions treated:***

- Chronic venous insufficiency
- Varicosities
- Open venous ulcers
- Deep vein thrombosis (DVT)
- Lymphedema
- Chronic leg swelling

For information on the institute's other clinics, visit [parkview.com/heartspecialtyclinics](http://parkview.com/heartspecialtyclinics).

# ADVANCED THERAPIES

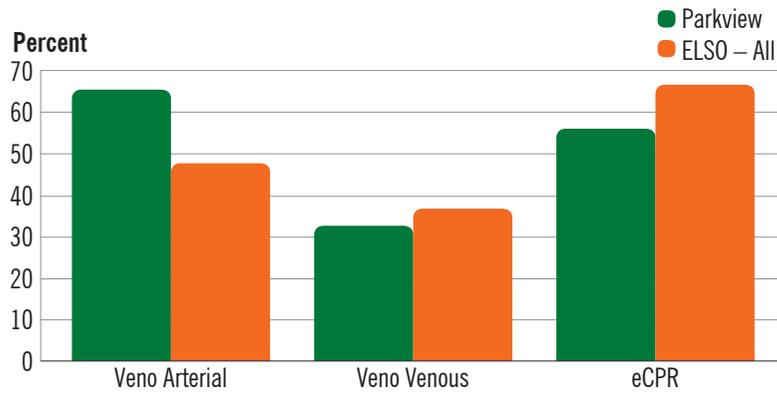
## ECMO Specialists

At Parkview Regional Medical Center, extracorporeal membrane oxygenation (ECMO) specialists are critical care nurses and respiratory therapists who have experience in a variety of settings: CVICU, CICU, MICU and STICU. Our specialists have been selected to receive the additional training required to manage the ECMO system/circuit. They must have at least two years of intensive care experience. These individuals stand out as leaders among their peers and are chosen based on their excellent critical thinking skills and their commitment to professional development via the advanced training and education necessary to provide this very complex therapy.

ECMO specialists perform maintenance and emergency procedures and manage ECMO patients under the direction and supervision of a physician with ECMO privileges. They are the technical experts at the bedside for 12-hour shifts. These ECMO specialists are committed to continuing education through participation in quarterly simulations and/or wet labs where they review the potential for catastrophic complications and practice the steps to resolve such situations in the safety of a simulation environment. These vital team members also participate in multidisciplinary monthly team meetings alongside physicians, pharmacists and various departmental leaders to review the latest patients and discuss any questions or concerns as a team. ECMO specialists are a vital part of the team, and without them, we would not be able to team and support some of the sickest patients at Parkview. We currently have 20 ECMO specialists, all of whom demonstrate a high level of dedication and commitment. We would like to express our sincere appreciation and gratitude to these exceptional members of our team!



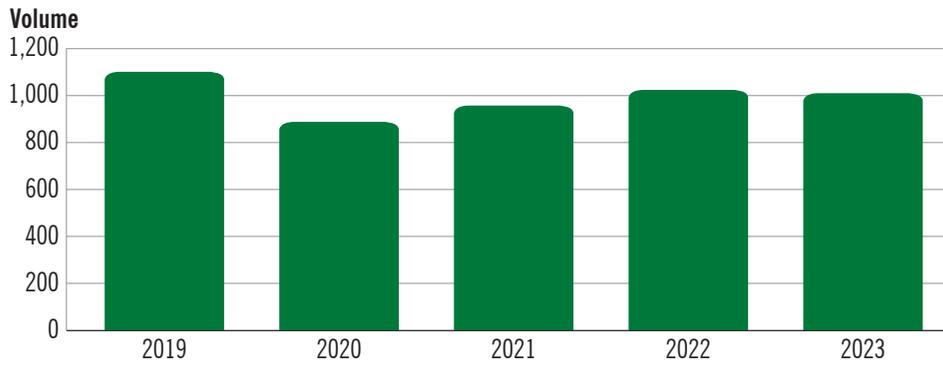
## PRMC ELSO Program Mortality Rates – Adjusted



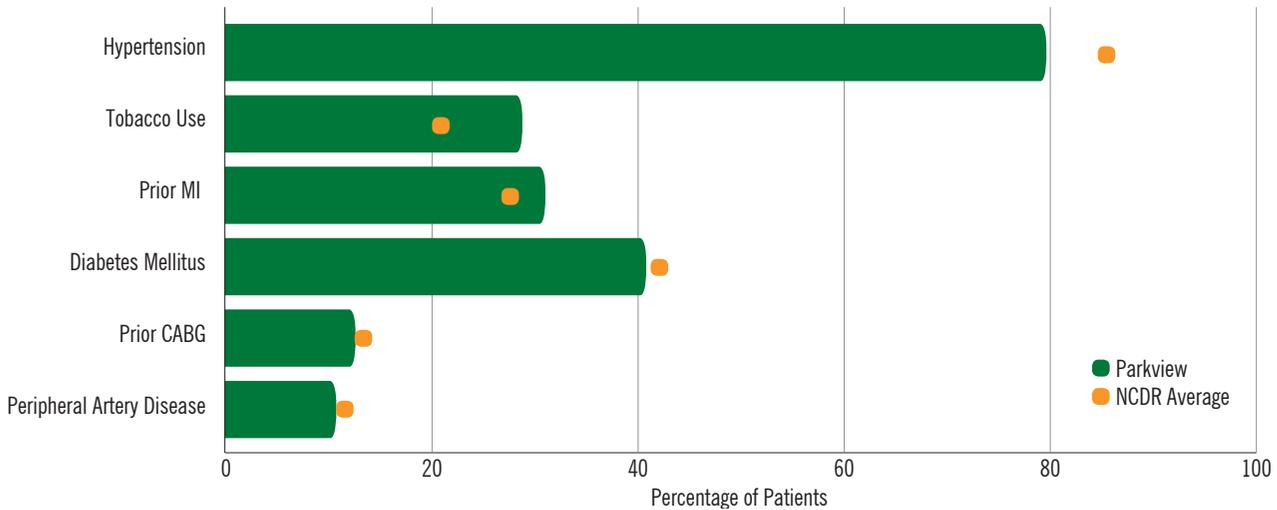
Retrieved data from: Arbor Metrix reporting platform. Default period 1/1/2022-12/31/2023

# INTERVENTIONAL CARDIOLOGY

## Percutaneous Coronary Intervention (PCI) Volumes

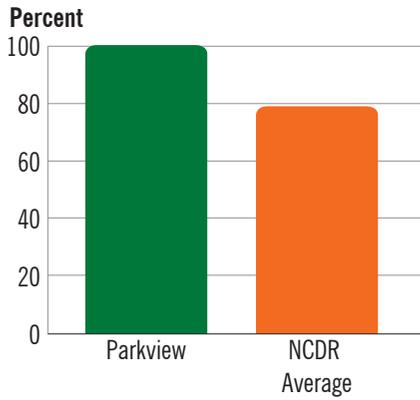


## Medical Conditions Among Patients Undergoing PCI Procedures

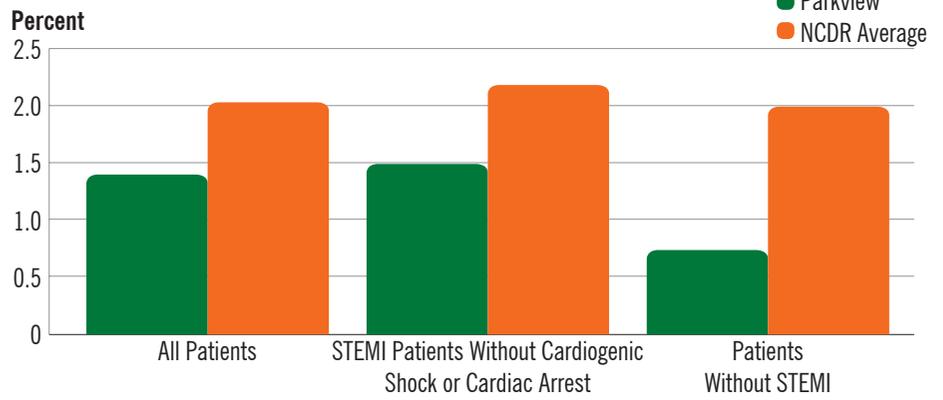


Source: NCDR Cath PCI Outcomes Report Q4 2023  
 MI = myocardial infarction, CABG = coronary artery bypass grafting, NCDR = National Cardiovascular Data Registry

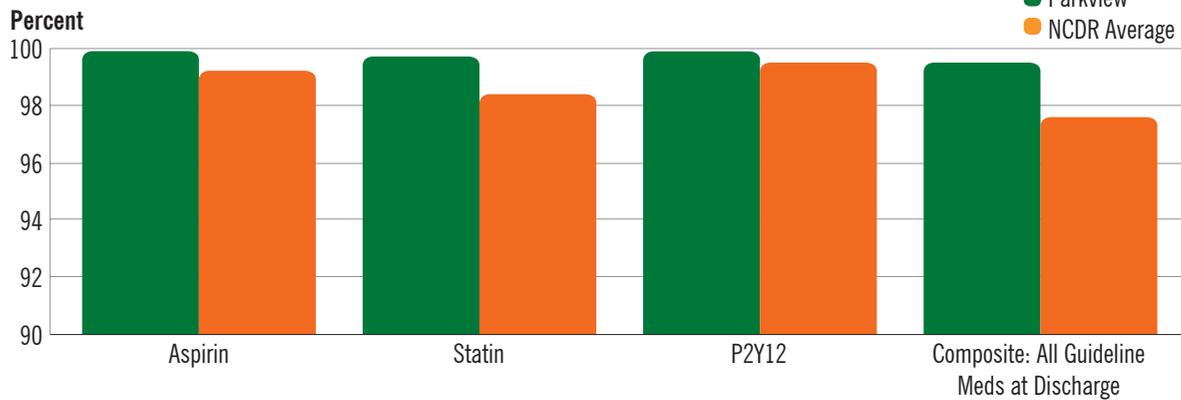
### Cardiac Rehab Referral



### PCI Mortality

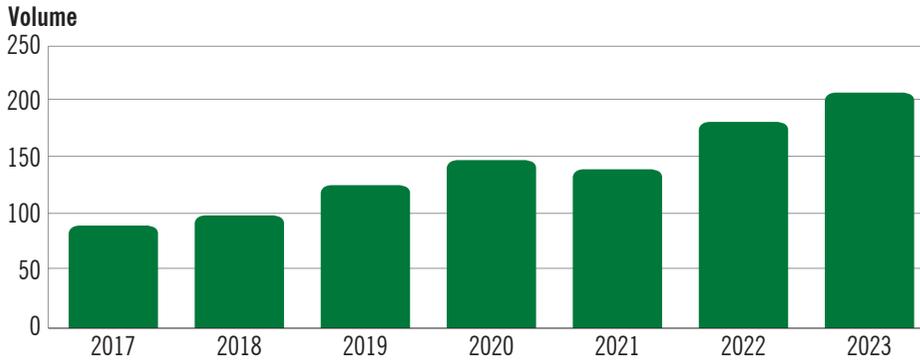


### Use of Appropriate Discharge Medications



# STRUCTURAL HEART

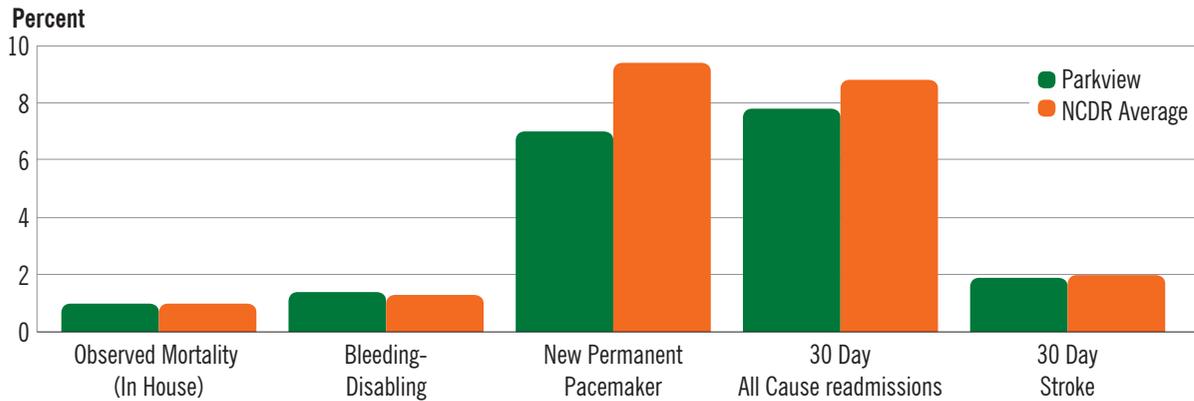
## TAVR Volume



Source: STS/ACC TVT Outcomes Report Q4 2017, 2018, 2019, 2020, 2021, 2022, 2023  
 STS/ACC TVT = Society of Thoracic Surgeons/American College of Cardiology Transcatheter Valve Therapy Registry

## TAVR 30-Day Complications\*

Jan-Dec 2023

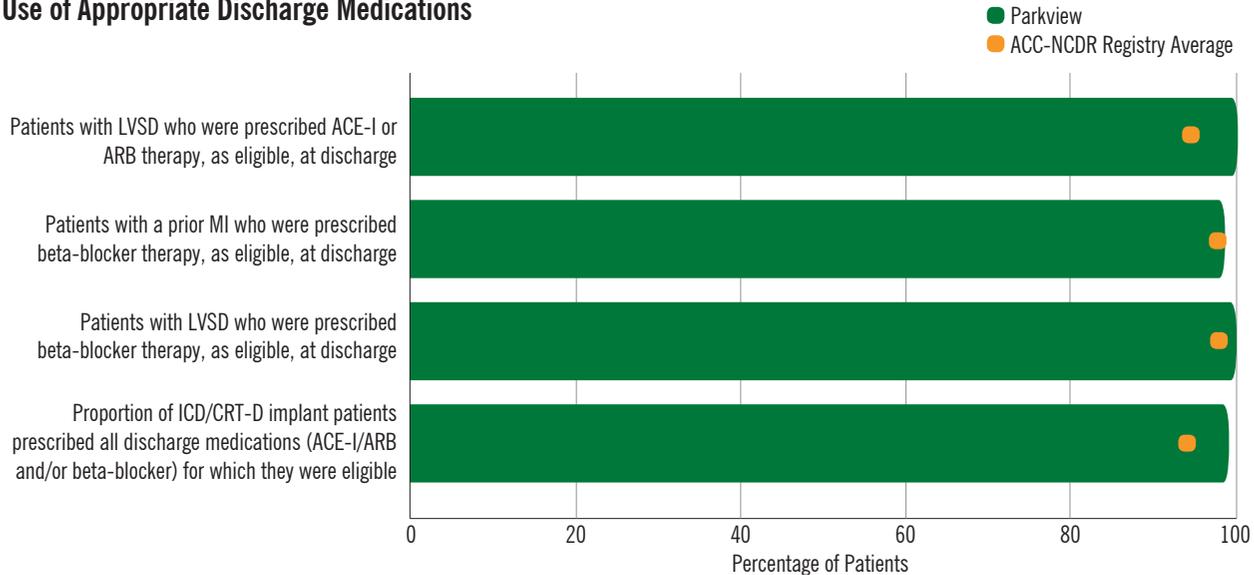


Source: STS/ACC TVT Outcomes Report Q4 2023

\*Proportion of patients with TAVR with any of the following at 30 days: mortality, stroke, disabling bleeding, acute kidney injury stage 3, myocardial infarction, vascular complication or aortic valve reintervention

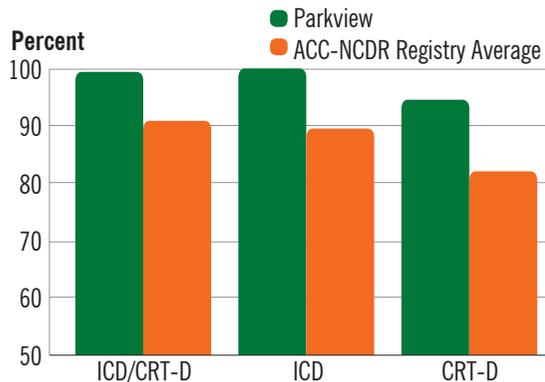
# ELECTROPHYSIOLOGY (EP) DEVICE IMPLANT REGISTRY

## Use of Appropriate Discharge Medications



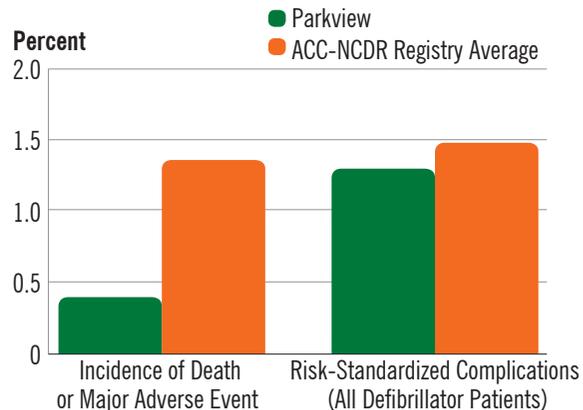
LVSD = left ventricular systolic dysfunction, ACE-I = ACE inhibitor, ARB = angiotensin receptor blocker, MI = myocardial infarction, ICD/CRT-D = implantable cardioverter-defibrillator/ cardiac resynchronization therapy defibrillator

## Proportion of ICD/CRT-D Patients that Fulfill Class I, IIa or IIb Guideline Indications



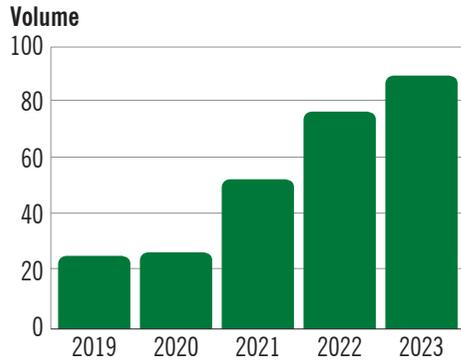
Source: NCDR EP Device Implant Registry Outcomes Report Q4 2023

## Proportion of Defibrillator Lab Visits



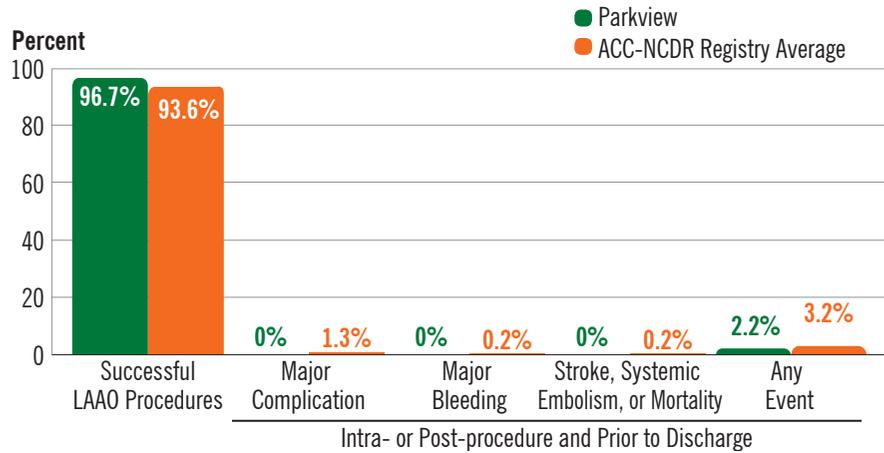
# LEFT ATRIAL APPENDAGE PROCEDURE DATA

## Left Atrial Appendage Occlusion (LAAO)

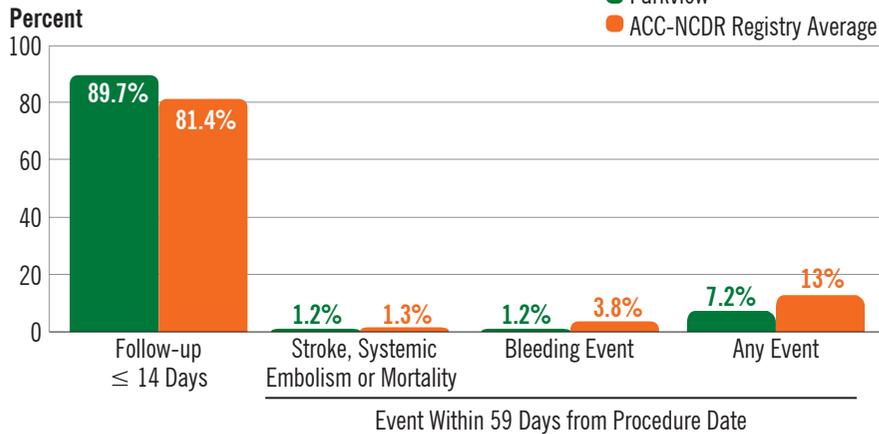


Source: ACC NCDR LAAO Outcomes Report Q4 2019, 2020, 2021, 2022, 2023

## LAAO Outcomes



## LAAO Follow-up

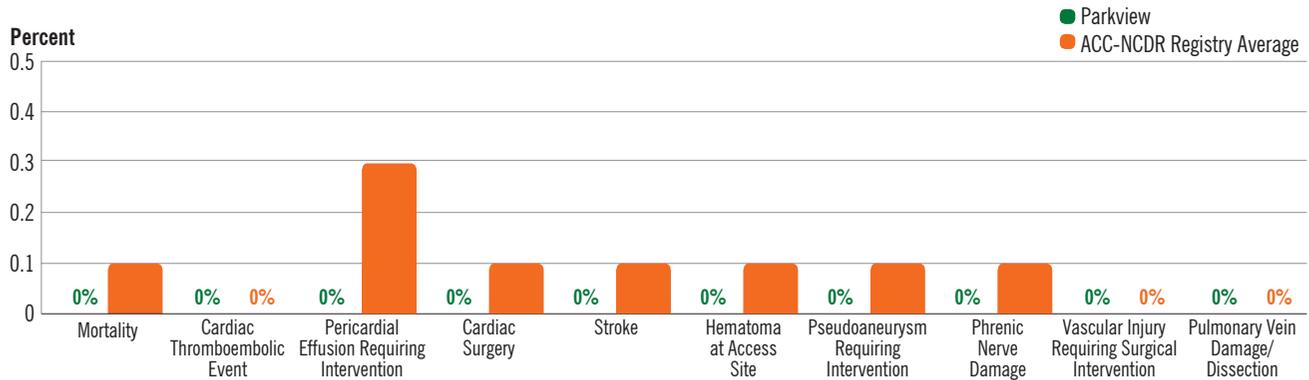


Sources: ACC NCDR LAAO Institutional Outcomes Report Q4 2022, LAAO Institutional Outcomes Report 45 Day Follow-up Q4 2022

# ATRIAL FIBRILLATION (AFIB) ABLATION PROCEDURES

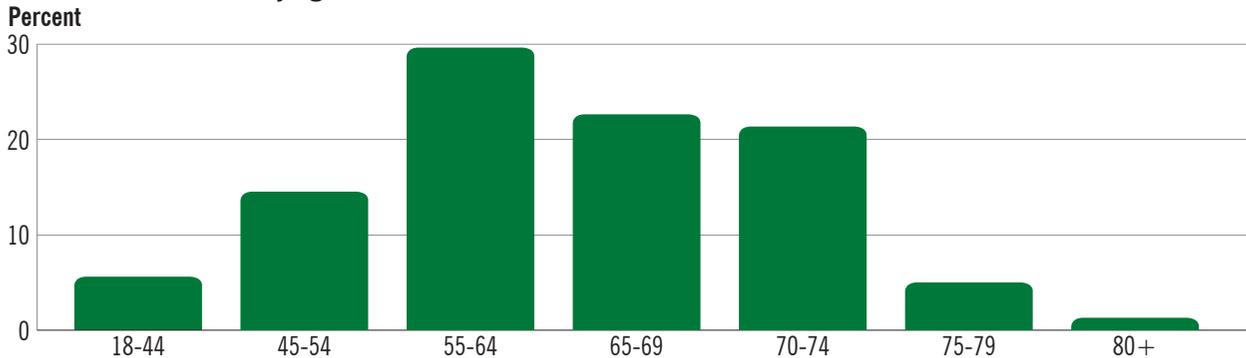
	Parkview	ACC-NCDR Registry Average
Proportion of patients undergoing an atrial fibrillation procedure with Class I or Class II guideline based indications	100%	98%
<b>Post-procedure complications</b>		
Proportion of patients undergoing an atrial fibrillation procedure who experience death or a major adverse event intra- or post-procedure and prior to discharge	0%	0.9%
Proportion of patients undergoing atrial fibrillation ablation procedure who experience any adverse event intra- or post-procedure and prior to discharge	0%	1.8%

Source: NCDR AFib Ablation Registry Q4 2023 Report



Source: ACC NCDR Q4 2023 AFib Ablation Published Report

## AFib Ablation Patients by Age



Source: ACC NCDR 2023 Q4 2023 Ablation Published Report

# SOCIETY OF THORACIC SURGEONS QUALITY DATA

## STS CABG Quality Rating

Isolated CABG	Rating	Parkview (%)	STS 50th percentile (%)
Overall	★ ★	97.16	97.08
Absence of Mortality	★ ★	97.31	97.69
Absence of Morbidity	★ ★	91.64	90.83
Use of IMA	★ ★ ★	99.90	99.77
Medications	★ ★ ★	97.39	97.65

Source: STS ACSD Risk-Adjusted Report Ending December 31, 2023

STS = Society of Thoracic Surgeons, CABG = coronary artery bypass grafting, IMA = internal mammary artery, ACSD = Adult Cardiac Surgery Database

## 2024 Harvest 1 Composite Quality Rating Summary

964 Adult Cardiac Surgery Database participants submitted analyzable files to the data warehouse for the period ending December 31, 2023.

For isolated CABG procedures, 23.5% of participants that were scored received a 3-star rating, 65.8% received a 2-star rating and 10.7% received a 1-star rating for the current reporting period.

## Isolated CABG Morbidity/Mortality



# CLINICAL RESEARCH

## Studies Closed in 2023

**Leadless** - Safety and Effectiveness Trial for the Nanostim Leadless Pacemaker (LEADLESS II)

- PI – Dr. David Schleinkofer
- Total Enrollment – 9 patients

**HRT FID** - A Randomized, Double-Blind, Placebo-Controlled Study to Investigate the Efficacy and Safety of Injectafer (Ferric Carboxymaltose) as Treatment for Heart Failure with Iron Deficiency

- PI – Dr. Roy Robertson
- Total Enrollment – 2 patients

**Watch-TAVR** - WATCH - TAVR study (WATCHMAN FOR PATIENTS WITH ATRIAL FIBRILLATION UNDERGOING TRANSCATHETER AORTIC VALVE REPLACEMENT)

- PI – Dr. Roy Robertson
- Total Enrollment – 6 patients

**Node 301** - Multi-Centre, Randomized, Double-Blind, Placebo-Controlled, Efficacy, and Safety Study of Etipamil Nasal Spray for the Termination of Spontaneous Episodes of Paroxysmal Supraventricular Tachycardia. The NODE-301 Trial.

- PI - Dr. David Schleinkofer
- Total Enrollment – 10 patients

**Node 303** - Safety Study of Etipamil Nasal Spray for Patients with Paroxysmal Supraventricular Tachycardia (NODE-303)

- PI - Dr. David Schleinkofer
- Total Enrollment – 5 patients

**Jewel** - A Clinical Evaluation of the Jewel P-WCD in Subjects at High Risk for Sudden Cardiac Arrest

- PI – Dr. Jonathon Shirazi
- Total Enrollment – 9 patients

**Change-AF** - Pragmatic Randomized Clinical Trial of Early Dronedaron Versus Usual Care to Change and Improve Outcomes in Persons With First-Detected Atrial Fibrillation

- PI – Dr. Roy Robertson
- Total Enrollment – 3 patients

**Radiance Cap** - RADIANCE Continued Access Protocol (RADIANCE CAP): A Study of the ReCor Medical Paradise System in Clinical Hypertension

- PI – Dr. Roy Robertson
- Total Enrollment – 1 patient

**JoStent Graftmaster HUD**

- PI – Dr. Roy Robertson
- Total Enrollment – 24 patients

**Studies Closed to Accrual in 2023**

**Orion** - HPS 4/TIMI 65 ORION 4: A double-blind randomized placebo-controlled trial assessing the effects of inclisiran on clinical outcomes among people with atherosclerotic cardiovascular disease

- PI – Dr. William Collis
- Total Enrollment – 38 patients

**Perform-TSIX** - Clinical Performance of Elecsys® Troponin T hs Gen 6 in Subjects with Symptoms of Acute Coronary Syndrome (PERFORM-TSIX)

- PI – Dr. Peter Chaille
- Total Enrollment – 27 patients

**Elucidate** - To evaluate the diagnostic accuracy of a plaque-based coronary CT angiography (CCTA) fractional flow reserve (FFR<sub>CT</sub>) software device (ElucidVivo™) as compared to invasive fractional flow reserve (FFR) in patients who underwent clinically indicated CCTA and invasive FFR

- PI – Dr. Dustin Thomas
- Total Enrollment – 12 patients

**Alleviate HF** – Algorithm using LINQ Sensors for evaluation and treatment of heart failure

- PI – Dr. Patrick Gregory
- Total Enrollment – 15 patients

### **Studies Open to Accrual in 2023**

**Node-X** - An Open Label Extension Study of Etripamil Nasal Spray in Patients with Paroxysmal Supraventricular Tachycardia

- PI – Dr. David Schleinkofer
- Total Enrollment – 4 patients

**DAPA-ACT-HF-TIMI** – Dapagliflozin and Effect on Cardiovascular Events in Acute Heart Failure – Thrombolysis in Myocardial Infarction – To assess the effect of in-hospital initiation of dapagliflozin, as compared with placebo, on the clinical outcomes of cardiovascular death or worsening heart failure in patients who have been stabilized during hospitalization for acute heart failure. To evaluate the safety and tolerability of in-hospital initiation of dapagliflozin in this patient population.

- PI – Dr. Roy Robertson
- Total Enrollment – 20 patients

**Complete TAVR** – A randomized, comparative effectiveness study of staged complete revascularization with percutaneous coronary intervention to treat coronary artery disease vs medical management alone in patients with symptomatic aortic valve stenosis undergoing elective Transfemoral Transcatheter Aortic Valve Replacement

- PI – Dr. Roy Robertson
- Total Enrollment – 17 patients

### **Papyrus HUD**

- PI – Dr. Hollace Chastain
- Total Enrollment – 4 patients

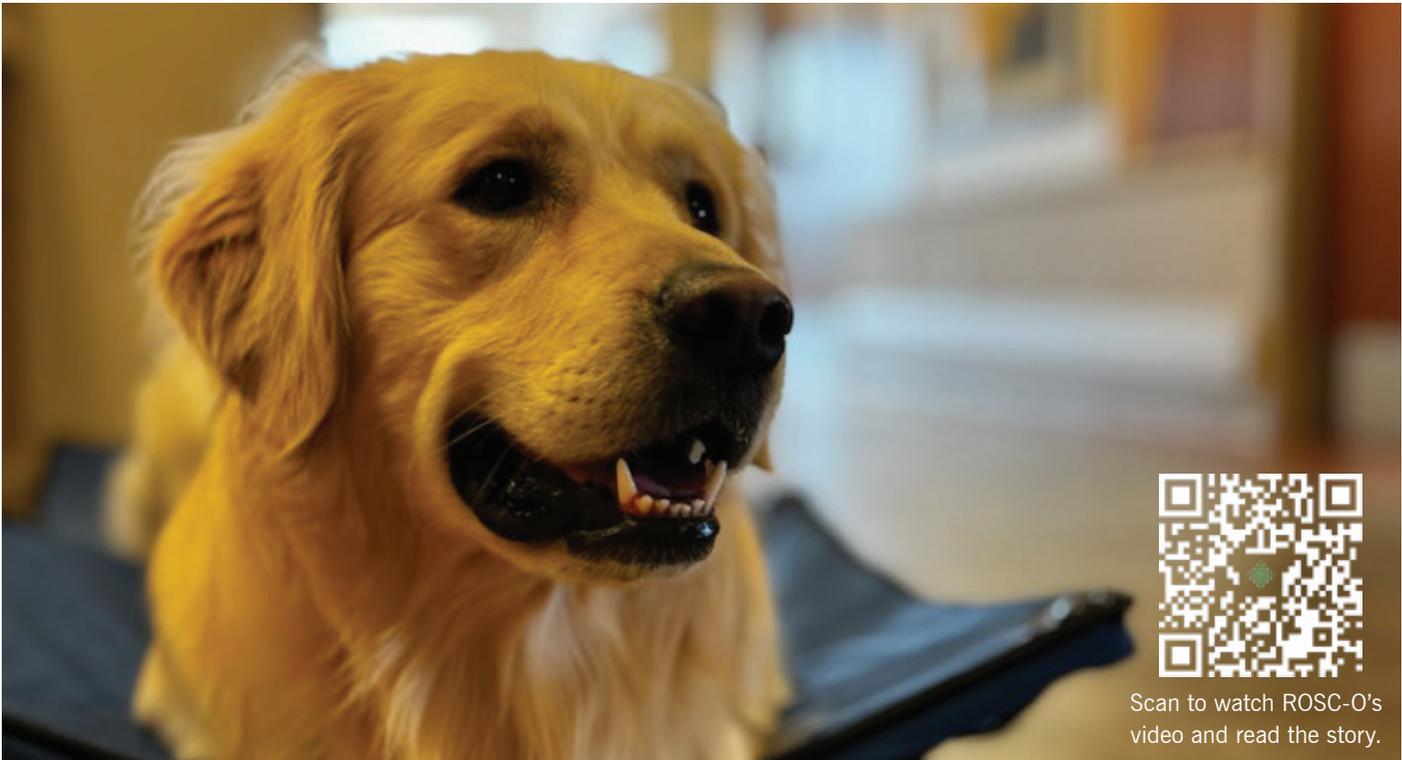
**Total enrollment in 2023 was 85 patients**



## PATIENT EXPERIENCE

### **ROSC-O brings joy to the Parkview Heart Institute**

An idea came to fruition when a Parkview Heart Institute nurse considered the impactful benefits of a therapy dog for her team during the trying times of COVID. Meet ROSC-O, PHI's most cuddly co-worker.



Scan to watch ROSC-O's video and read the story.

## A Her Heart Challenge participant sets SMART goals and gets moving

Motivation for change comes in different forms for different people at different times. For Laura Gump, the first sign it was time to take action to improve her health was a piece of happy news. At age 45, she got the news that she was going to be a grandmother. Laura, who has type 1 diabetes, wanted to get her condition under control. “I wanted to be around for him,” she said. Find out how she took control of her health and her future with the support of Parkview’s Her Heart Program.



Scan to view  
Laura's story.

# HER HEART PROGRAM

## Loving Her Heart – Body, Mind and Spirit

Parkview Heart Institute has made a commitment to women by focusing on their unique cardiovascular needs and risks for heart disease. Together with Parkview Physicians Group – Cardiology, we offer a program especially for women in our community. The Her Heart Program of Parkview Heart Institute exists to inspire women to live heart-healthy lifestyles and to empower women to live well with heart disease through awareness, education, prevention and support.

Her Heart serves all women with the goal of preventing heart disease through awareness of risk factors and lifestyle change. Her Heart offers the annual Her Heart Challenge, a 12-week wellness initiative completely free of charge to the participants. Participants adopt a personalized approach in a group setting to decrease their own risk of heart disease and overcome barriers to make lasting lifestyle changes by connecting with resources and professionals.

Her Heart also hosts the Love Your Heart Expo, an annual event providing education and screening opportunities for women to bring awareness of women's unique cardiovascular risk factors. The event typically serves around 700 women, and over 80 Parkview vendors and volunteers supply valuable screenings and information regarding Parkview and community services.

The Her Heart Support Network is designed to assist women living with heart disease by means of encouragement, education and connection through shared experiences. The support group meets monthly at Parkview Heart Institute.

Newly diagnosed women are provided with encouragement and support while still in the hospital through the Her Heart Ambassador program. Ambassadors for Her Heart consist of a group of women living well with a diagnosis of heart disease. These ambassadors strive to inspire and educate the women of our community about living well with heart disease by visiting patients within Parkview Heart Institute and providing encouragement and empowerment to newly diagnosed women.

Her Heart also recognizes the need to create awareness within the clinical community of the unique aspects of heart disease in women. Parkview Heart Institute's annual Women and Heart Disease Symposium aims to raise clinician awareness of women's unique cardiovascular risks through a gender-based approach to recognition, diagnosis and treatment of cardiovascular disease in women.

All events are offered free of charge to attendees.



## How we did things differently

Some of these women began their journey by submitting an application and answering essay questions in 2020. They patiently waited through the delays brought on by COVID. We asked them to tell us why they want to make changes and what this program would mean to them. The committee interviewed the applicants we felt were most poised to participate, which is difficult, as so many deserved a spot. The candidates chosen to participate completed lab work and biometric measurements to discern their personal risk factors and establish baselines for their goals.

As they gathered the women, ranging in age from early 50s to late 70s, had never met one another yet shared their stories with open hearts. Tears and laughter were abundant as the ladies shared stories and found common bonds, encouraging new friendships to blossom. As women, we tend to tear ourselves down. We nurture others before ourselves. The intention of this program is to allow the participants to see the value of self-care and making their health a priority.

After 12 weeks, the women dramatically improved their well-being scores, lab values and biometrics, proving the power of community even when learning and friendships develop virtually.

The program's outcomes for the past five years are shown below.

### 2019-20

- 100% increased their well-being score
- A1C reduced in 92% of those with elevated level
- Cholesterol reduced in 57% of those with elevated level
- Triglycerides reduced in 66% of those with elevated level

### 2020-21

- 64% increased their well-being score
- A1C reduced in 54% of those with elevated level
- Cholesterol reduced in 24% of those with elevated level
- Triglycerides reduced in 66% of those with elevated level

### 2021-22

- 93% increased their well-being score
- A1C reduced in 90% of those with elevated level
- Cholesterol reduced in 50% of those with elevated level
- Triglycerides reduced in 100% of those with elevated level

### 2022-23

- 93% increased their well-being score
- A1C reduced in 75% of those with elevated level
- Cholesterol reduced in 100% of those with elevated level
- Triglycerides reduced in 100% of those with elevated level

### 2023-24

- 100% increased their well-being score
- A1C reduced in 70% of those with elevated level
- Cholesterol reduced in 66% of those with elevated level
- Triglycerides reduced in 100% of those with elevated level

## PHYSICIANS – CARDIOLOGY



Robert W. Godley, MD



Kevin Hart, MD



William Wilson, MD



James Heger, MD



Charles Presti, MD



Mark O'Shaughnessy, MD



William Collis, MD



David Palmer, MD



Sandeep Patel, MD



Lawrence Gering, MD



Andrew Olson, DO



Patrick Gregory, MD



Sabeena Ramrakhiani, MD



Michael Cheezum, MD



Dustin Thomas, MD



Alexander Urban, MD

## PHYSICIANS – INTERVENTIONAL CARDIOLOGY

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Roy Robertson, MD



T. Eric White, MD



Hollace Chastain, MD



Peter Chaille, MD



Anwer Habib, MD



Daniel Hugenberg, MD



Christopher Smitsen, MD

## PHYSICIANS – INTERVENTIONAL VEIN

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David Sowden, MD

## PHYSICIANS – ELECTROPHYSIOLOGY

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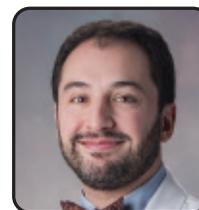
David Schleinkofer, MD



Richard Otten, MD



Bradley Hardin, MD



Jonathan Shirazi, MD

## PHYSICIANS – CARDIOVASCULAR SURGERY

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Douglas Gray, MD



David P. Lloyd, MD



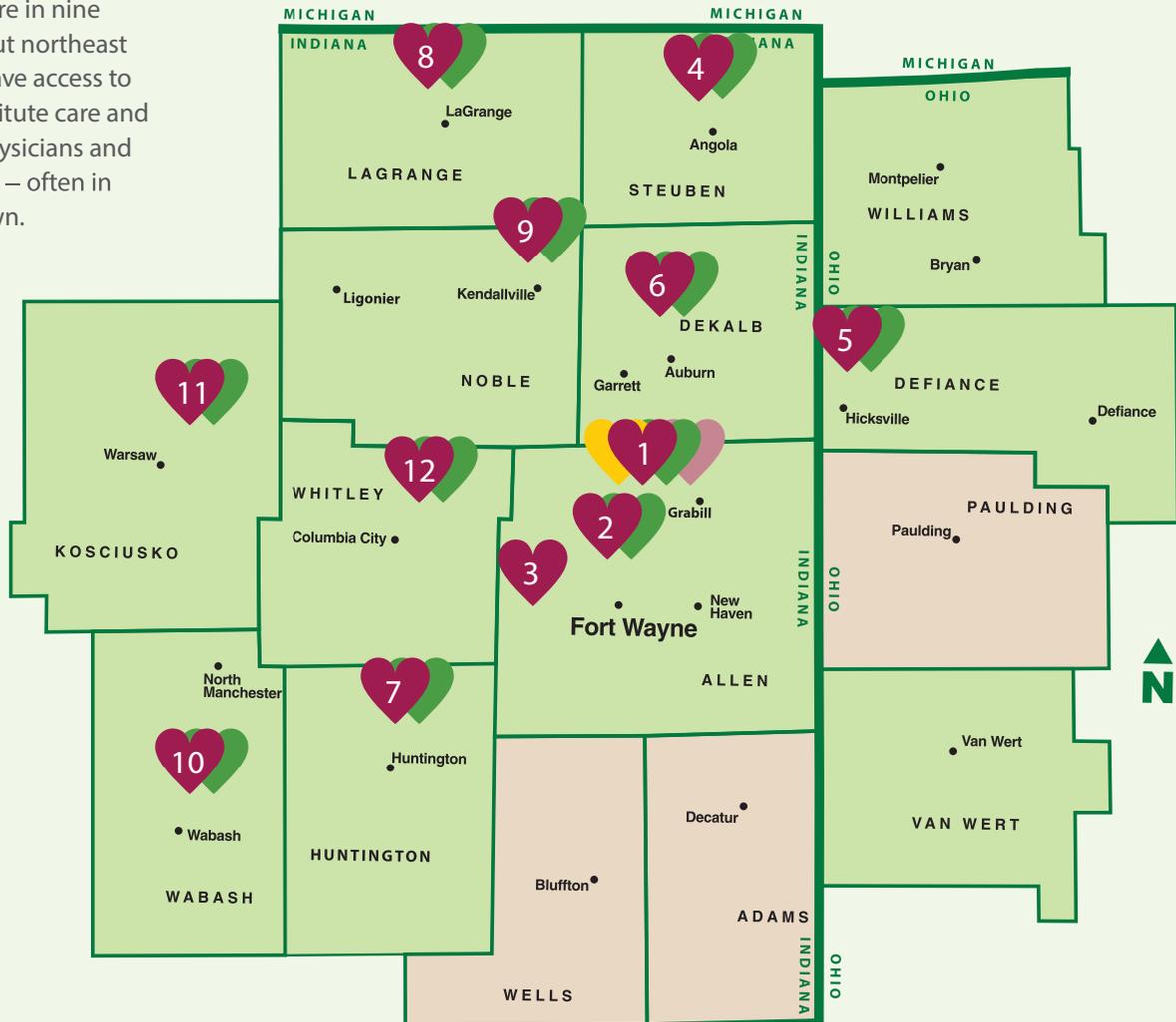
Joseph A. Greenlee III, MD



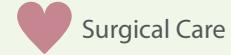
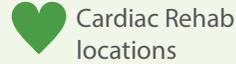
 PARKVIEW HEART INSTITUTE

# IN YOUR COMMUNITY – PARKVIEW HEART INSTITUTE OUTREACH LOCATIONS

Parkview Heart Institute spans the region, offering surgical care, cardiac rehabilitation, imaging services, screening prevention and more in nine counties throughout northeast Indiana. Patients have access to Parkview Heart Institute care and quality from the physicians and surgeons they trust – often in their own hometown.



## LEGEND



LOCATION	SERVICES			
1 <b>Parkview Heart Institute</b> 11108 Parkview Circle Entrance 10 Fort Wayne, IN 46845				
2 <b>Randallia Office</b> 2231 Carew Street Entrance 4 Fort Wayne, IN 46805				
3 <b>Inverness Office</b> 8028 Carnegie Boulevard Suite 130 Fort Wayne, IN 46804				
4 <b>Angola Maumee Clinic</b> 306 E. Maumee Street Suite 201 Angola, IN 46703				
5 <b>Community Memorial Hospital</b> 208 N. Columbus Street Hicksville, OH 43526				
6 <b>DeKalb Memorial Hospital</b> 1310 E. Seventh Street Entrance 53 Auburn, IN 46706				

LOCATION	SERVICES			
7 <b>Parkview Huntington Hospital</b> 2001 Stults Road Suite 200 Huntington, IN 46750				
8 <b>Parkview LaGrange Hospital</b> 207 N. Townline Road LaGrange, IN 46761				
9 <b>Parkview Noble Hospital</b> 401 Sawyer Road Kendallville, IN 46755				
10 <b>Parkview Wabash Health Clinic</b> 8 John Kissinger Drive Wabash, IN 46992				
11 <b>Parkview Warsaw</b> 1355 Mariners Drive 3rd Floor Warsaw, IN 46582				
12 <b>Parkview Whitley Hospital</b> 1260 E. S.R. 205 Suite 110 Columbia City, IN 46725				



In alliance with



**Cleveland Clinic**

**Heart, Vascular and Thoracic Institute**

## **REFERRALS**

To refer a patient for a cardiology visit to the physician office, call 260-266-5680.

To make a direct referral for a cardiovascular visit to the physician office, call 260-266-2816.