

For Matters of the Heart

What are the warning signs of a heart attack?

- Chest discomfort. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other parts of the body. Both arms, back, neck, jaw or stomach.
- Shortness of breath.
- Other signs like breaking out in a cold sweat, nausea or lightheadedness.

Even if you're not sure it's a heart attack, call 9-1-1 immediately so treatment can begin.

How can I help avoid a heart attack?

- Don't smoke, and avoid second-hand smoke.
- Treat high blood pressure if you have it.
- Eat foods that are low in fat, salt and added sugars.
- Be physically active.
- Reach and maintain a healthy weight.
- Control your blood sugar if you have diabetes.
- Get regular medical check-ups.
- Take all medicines as prescribed.

In the event of a heart attack, our Cath Lab team may perform a procedure called Cardiac Catheterization to open the coronary arteries.

In 2019, our "door to catheter" time averaged 63 minutes. The American Heart Association standard is 90 minutes, putting us in the 93 percentile for hospitals our size.



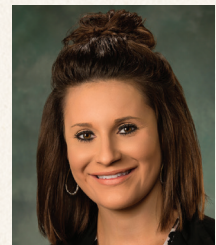
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