

Rehabilitation: Your heart care doesn't end here.

- **ETMC rehabilitation specialists** provide comprehensive services, including education, social support, exercises and conditioning. Rehab is offered in phases of intensity and supervision, based on the patient's individual needs.



The goals of cardiac rehab:

- reduce the effects of coronary artery disease
- reduce risk factors, such as high cholesterol
- reduce your chance of heart attack

ETMC cardiac rehabilitation services are available in these locations:

- Athens
- Carthage
- Cedar Creek Lake
- Chandler
- Crockett
- Fairfield
- Hide-A-Way Lake
- Jacksonville
- Pittsburg
- Quitman
- Rusk
- Tyler



Heart care that doesn't miss a beat



The ETMC Cardiovascular Institute provides it all:

- Lifesaving intervention in emergencies
- Comprehensive diagnosis and treatment
- Convenient rehabilitation throughout East Texas



Heart care that doesn't miss a beat.
903-535-6415



East Texas Medical Center
Regional Healthcare System



East Texas Medical Center
Regional Healthcare System

Your cardiac care starts here.

Help us save your health and your life. Don't wait—call 9-1-1 if you experience chest pain that is not relieved within 20 minutes.

- All **ETMC EMS** ambulances are equipped with technology that transmits data to the nearest **ETMC cardiac center**, so that emergency physicians can determine the severity of the heart attack, paramedics can begin treatment, and cardiologists can prepare for the patient's arrival.



- Because of **ETMC's technology**, heart patients with severe blockage can virtually bypass the emergency room and go directly to the **ETMC cardiac catheterization lab** for intervention. The system focuses on saving time and lives.



- **ETMC Air 1 helicopters** extend lifesaving care to the far corners of East Texas.



- Get a free **ETMC Heart Guide** for information on heart attacks, how to determine your risk, how to prevent an attack, and what to do in the event of one. Call 1-800-648-8141 and press 2 for a representative, or visit www.etmc.org/heartguide.



Diagnosis and treatment: The beat goes on



The ETMC Cardiovascular Institute is at the heart of a regional system of comprehensive cardiac care.

- **ETMC Tyler** offers catheterization and surgical facilities, a designated electrophysiology lab and a cardiovascular ICU. Services include diagnosis and management of vascular-related disorders, cardiac monitoring, thrombolytic therapy, angioplasty stents, atherectomy, revascularization and an electrophysiology service to correct irregular heart rhythms.



- 64-slice CT scanners at **ETMC Tyler** and **ETMC Athens** provide physicians fast and comprehensive diagnostic information.



- **12 ETMC hospitals** offer emergency heart care, and cardiovascular programs at ETMC affiliate hospitals give East Texans ongoing heart care in their hometowns.

