



Pictured from left to right: Steve Artman, Gary Laudermilch, R.N., Rick Miller, Javier Banachs, M.D., Soraya Samii, M.D., Ph.D., Mark Cohen, M.D., Deborah Wollbrette, M.D., Barbara Bentz, C.R.N.P. (seated), Mario Gonzalez, M.D., Ph.D., Erica Penny-Peterson, M.D., Gerald Naccarelli, M.D.



We don't miss a beat.

Heart rhythm disorders affect millions of people worldwide. These patients require the expertise of a rhythm specialist, or cardiac electrophysiologist.

Penn State Heart and Vascular Institute has a highly skilled team of cardiac electrophysiologists that specialize in taking care of patients with heart rhythm disorders, or arrhythmias. Led by internationally-renowned Mario D. Gonzalez, M.D., Ph.D., clinical electrophysiology-credentialed

physicians and extensively trained technical and nursing personnel work together to diagnose and treat arrhythmias, including atrial fibrillation. The team performs advanced procedures in a state-of-the-art electrophysiology lab equipped with the latest equipment for treating arrhythmias, and participates in national research initiatives to discover new drugs and devices.

Arrhythmias are caused by disruption of the normal electrical conduction system of the heart. They cause the heart to beat too fast (more than 100 beats per minute) or too slow (less than 50 beats per minute), and also cause the heart to pump less effectively. In some cases, arrhythmias can be life-threatening—for example, when the pumping function is severely decreased for more than a few seconds, blood circulation stops, and organ damage, such as brain damage, may occur within minutes.

The most common type of arrhythmia is atrial fibrillation. The prevalence of atrial fibrillation increases with age and varies from one case out of 200 persons for people younger than 60 years to almost nine cases out of 100 persons for people over 80 years.

THE MOST ADVANCED TREATMENTS.

Penn State Heart and Vascular Institute provides a full range of advanced electrophysiology services to treat patients with arrhythmias, including:

- Catheter ablation of cardiac arrhythmias
- Pacemaker and implantable cardioverter defibrillator (ICD)
- ICD implantation
- Cardiac resynchronization therapy with a biventricular device
- Electrophysiology studies

Patients are treated on an inpatient and outpatient basis. Following the procedure, patients are transferred to the cardiovascular observation unit that is staffed continuously with nurses experienced in advanced cardiovascular care. Patients are typically discharged within 24 hours.

Penn State Heart and Vascular Institute also offers a pacemaker, ICD and arrhythmia clinic staffed with cardiovascular technologists with specialized focus in electrophysiology. Here patients receive comprehensive information about implanted cardiac device function, restrictions and lifestyle modifications, standard follow-up procedures, and direct contact numbers to use if any questions arise.

LOCAL EXPERTISE WITHIN A NATIONAL MODEL.

The unique care delivery model of the Penn State Heart and Vascular Institute enables heart and vascular experts to collaborate to provide seamless continuity of care unmatched in the region (see sidebar for locations). We maintain open lines of communication between our team, primary care physicians, specialists, and the patient and family to ensure seamless care. This multidisciplinary approach, not typical among academic medical centers, allows patients streamlined access to a variety of medical and surgical resources in one location. Patient-focused care and access to the latest advancements in prevention, diagnosis, treatment and follow-up, make Penn State Heart and Vascular Institute the choice for comprehensive cardiac and vascular care.

For more information about the cardiac electrophysiology program, visit www.pennstateheartandvascular.com.

If you experience any of the following common symptoms of arrhythmias, contact your health care provider:

Sensation of feeling the heart beat (palpitations)

Fainting

Lightheadedness, dizziness

Chest pain

Shortness of breath

Fatigue

Changes in the rate, rhythm, or pattern of the pulse

PENN STATE
heart & vascular
INSTITUTE

500 University Drive, P.O. Box 850 • Hershey, PA 17033-0850

www.PennStateHeartandVascular.com

The Penn State Heart and Vascular Institute team provide comprehensive cardiac and vascular care to residents of central Pennsylvania and beyond. To schedule an appointment at any of our locations, please call (877) GO-PSHVI.

CENTRE COUNTY

Centre Medical and Surgical Associates, P.C.
1850 East Park Avenue, Suite 201
State College, PA 16803

CUMBERLAND COUNTY

University Physician Group—
Silver Springs
3 Flowers Drive
Mechanicsburg, PA 17050

DAUPHIN COUNTY

Penn State Heart and Vascular Institute
Penn State Hershey Medical Center
500 University Drive
Hershey, PA 17033

I.O. Silver Cardiovascular
Specialties Clinic
University Physician Center—
Suite 600
500 University Drive
Hershey, PA 17033

University Physician Group—
Nyes Road
121 Nyes Road, Suite E
Harrisburg, PA 17112

LEBANON COUNTY

University Physician Group—
Palmyra
941 Park Drive
Palmyra, PA 17078

NORTHUMBERLAND COUNTY

Shamokin Area
Community Hospital
4200 Hospital Road
Coal Township, PA 17866

YORK COUNTY

Hanover Cardiology Associates, P.C.
310 Stock Street, Suite 3
Hanover, PA 17331