



Emergency: Where you go matters!



Heart attacks don't wait for business hours

Did you know the region's only 24/7 cardiac catheterization lab is here at CHI Health St. Francis? Restoring heart-saving blood flow during a heart attack is vital for recovery.

That's why we deliver a door-to-balloon time more than 35 minutes faster than the national recommendation. That's an average of 51 minutes once a heart attack is identified until blood flow is restored in our Cath Lab using a balloon catheter. Our hospital's leading-edge diagnostic and interventional capabilities, combined with more than 30 years of experience, make it possible.

Minutes matter. Choose the right place with the right time to help prevent permanent damage to your heart.



When a condition is life threatening, where you seek care matters. Maybe even more than how quickly you can get there.

"It's a misconception that all emergency departments are the same. They aren't," said Ed Hannon, President, CHI Health St. Francis. "You've lost valuable, life-saving time if the ER you choose doesn't have the right equipment or the right specialists."

St. Francis' newly renovated 26-bed Emergency Department has both. Built to accommodate advanced technology with additional infection prevention features and added security, the new space has what you'd expect from the area's only trauma center, including:

- Level III Trauma Center with neurosurgery
- Certified Primary Stroke Center
- Pediatric Ready Hospital
- Leading-edge Surgery department
- Local cardiologists available 24/7
- Inpatient Rehab vital for trauma/stroke patients
- Apollo MedFlight medical helicopter (CAMTS-certified) based at St. Francis and sister ship to Kearney's AirCare

"No one likes to think about medical emergencies, but it's good to know in advance the best place to seek care. The community can trust that our experts have worked hard these last couple of years building the Emergency Department of your choice."

Healthy? Having a doctor will help you stay that way



Anchalia Chandrakumar, MD
Internal Medicine
CHI Health Clinic
(St. Francis)

Establishing a relationship with a primary care provider – before you’re sick – has healthy advantages. Prevention, after all, is the best treatment.

“You want a provider to serve as a gatekeeper for your health. Someone who knows your history – what is ‘normal’ for you. Not only for preventative screenings and immunizations, but someone you trust for diagnosis and treatment,” said Dr. Chandrakumar.

“I spend time with my patients examining them and learning their health history, so when they need me most I’m available same-day. There’s nothing worse than searching for a doctor when you’re sick.”

Look for someone whose opinion you trust for specialty referrals, who will serve as an advocate with insurers and who already has a relationship with higher-level care. If hospitalization is ever needed, shared medical records and a collaborative care team are key for the best outcome.

“Knowing my patients helps me address problems before they start. A trusted and dependable partnership improves care and has the benefits of certain conveniences like visits over the phone or computer.”

Dr. Chandrakumar is joined by these quality Family Medicine providers in Grand Island.



Christina Bowers, APRN



Mandy Carlson, APRN, NP-C



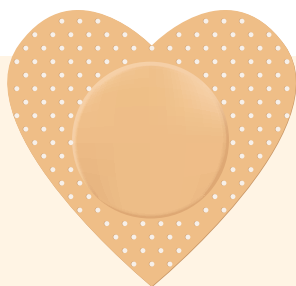
Stephanie Mastny, APRN-C



Jennifer Soria, PA-C

Need walk-in care?

Call 308.398.5522 or scan the code.



Flu shot: Do it for your heart

What does your annual flu shot have to do with heart health?

Getting a yearly flu shot decreases the risk of heart attack, stroke and heart-related death in people with heart disease, including heart failure, according to several research studies.

Some of the most likely complications from the flu include pneumonia, bronchitis, lung failure and heart attack. And just having the flu can make heart

failure, diabetes, asthma or other conditions more severe.

That’s why health care providers recommend the vaccine for most older adults and other high-risk groups, including people with heart disease. While the vaccine isn’t 100% effective, it remains the best defense against the flu. If you’re unsure, talk to your provider.

Get your flu shot today. Call 308.398.5522 for an appointment.

5 things I would never do:

Hometown doctor's heartfelt advice

By Clayton Jose Friesen, MD
Cardiology
CHI Health Clinic Heart Institute
(Grand Island)

- 1 DON'T smoke:** Smoking bans in bars and restaurants have helped some, but there remains overwhelming evidence that smoking is absolutely detrimental to heart health. And while there are fewer studies on the impact of e-cigarettes, steer clear of vaping as well.
- 2 DON'T avoid exercise:** A sedentary lifestyle is extremely hard on the heart. You don't have to sign up to run in the Boston Marathon tomorrow, but get up and get moving! Start by walking around the block and gradually increase your activity. You don't have to take exercise to extremes to realize the benefits.
- 3 DON'T drink energy drinks:** These products are very popular, but over-caffeinating is detrimental to the heart. Especially for younger people, energy drinks can be too stimulating and the risk of causing a bad heart rhythm is too high.
- 4 DON'T fudge your health history:** Many times, people tell physicians what they think we want to hear. This benefits no one. Men tend to try to be "tough" and women often minimize the situation, especially here in the Midwest in agricultural areas. Be honest with yourself – and your doctor – about your symptoms and your health.
- 5 DON'T rely on supplements:** Don't give too much credence to the sales staff at supplement stores and what they're trying to get you to buy. In the U.S., everything that we eat and drink is fortified and supplemented enough – we don't need anything extra.

Sugar: Killing you sweetly

Did you know concentrated amounts of sugar entering your body is essentially poison?

That sugary indulgence:

- Hinders body's ability to heal injuries and avoid chronic illness
- Fuels cancer cells and infectious diseases
- Blocks absorption of nutrients, especially minerals

"Of the people we see with heart disease, the vast majority have metabolic syndrome with elevated triglycerides and blood sugars consistent with pre-diabetes or diabetes," said Cardiologist Douglas Kosmicki, MD, CHI Health Clinic Heart Institute. "A lot of that is driven by sugar in their diet and all the processed foods that have hidden sugar. It's a huge risk factor

and requires change, rather than a pill."

Dr. Kosmicki recommends eating more single-ingredient foods like lean meat, fish, chicken, non-starchy vegetables and eggs, **and** reducing processed foods as much as possible. "Every little positive change in your diet helps."



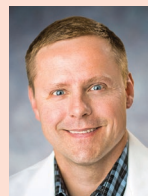
Your experienced Cardiology team in Grand Island



Clayton Jose Friesen, MD



Erich Fruehling, MD



Jeffrey King, MD



Douglas Kosmicki, MD

Our cardiologists see patients in Hastings, St. Paul and surrounding communities.*



*Alma, Broken Bow, Cozad, Franklin, Henderson, Holdrege and Minden



better you

September 2023
CHIhealth.com

Inside GI's leading- edge ER

Is sugar killing you sweetly?



Our new CHI Health Clinic on
Capital Avenue in Grand Island
will have everything your
family needs to stay healthy –
all under the same roof.
From yearly wellness visits to
preventative screenings to a
full complement of specialty
care like gastroenterology
and neurosurgery, we are
making convenient, high
quality and accessible health
care a priority for our region.
With MyChart, all your
clinic and hospital health
information is in one place, too.
Now you can spend
time on what
matters most, rather
than driving around
town for health care.

Coming Soon: Your Family Health Center



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