A NUMBER OF CHANGES IN THE HEALTH AND PREFERENCES of consumers have informed today's local healthcare landscape. Historically, patients in need of specialized heart care were referred to larger health systems in or around major metropolitan areas—with particular focus and established reputations for beefed-up cardiology programs.

Today, as a more medically savvy consumer emerges, so does the demand for more convenient access to specialty services that address health concerns in a targeted manner. Supporting that demand is a trend toward higher numbers of illness, the high density of our aging population, and a greater tendency to seek medical care than previous generations—but often later than we should—among other factors.

Practically speaking, these shifts have made feasible—necessary even—the expansion of cardiac services offered by smaller local health systems. Over the past several years, Trios Health has been...
working to help answer this call, building on the continuum of cardiac capabilities available here at home.

BUILDING THE SYSTEM

Chest Pain Accreditation

Trios Health is an accredited Chest Pain Center by the Society of Chest Pain Centers. An international not-for-profit organization, the SCPC supports the transformation of cardiovascular care via best practice implementation through accreditation. This endorsement signifies that we are dedicated to continuous process improvement and measured excellence in treating patients with possible heart attack.

Broad Cardiac Assessment Capabilities

Having a range of tools at our fingertips allows us to get to the bottom of symptoms associated with various heart issues. We employ the combination of assessment tools necessary to pinpoint or rule out heart problems and quickly customize a course of treatment for every patient.

The following cardiac assessments look at specific heart issues:

- **Cardiac stress tests** measure the heart’s response to physical exertion in a monitored environment.
- **Nuclear medicine stress tests** measure blood flow to the heart, both at rest and during stress.
- **Echocardiogram** uses sound waves to create a moving picture of the heart.
- **Electrocardiogram** checks for problems with the heart’s electrical activity.
- **Cardiac catheterization** is a procedure involving the insertion of a thin, flexible tube into blood vessels for precise diagnostic imaging and certain treatments.
- **Peripheral vascular angiography** is a procedure similar to cardiac catheterization, involving insertion of a thin, flexible tube into the blood vessels in the arms and legs to diagnose and treat certain diseases that can relate to heart health.

Cardiac Procedures

With the recent addition of board-certified interventional cardiologists to the Trios Medical Staff, we have expanded our capabilities to diagnose and treat heart and blood vessel conditions in our Cardiac Catheterization Lab. Balloon angioplasty and stent procedures can also be performed to mechanically widen narrowed or obstructed arteries.

Cardiology Specialists

For patients who are stabilized but in need of ongoing oversight for a variety of heart conditions, Trios Cardiology offers board-certified, specialized outpatient heart care.

Rehabilitation

Cardiac rehabilitation is a specialized, referral-based physical therapy service designed for people with heart conditions, either as a preventive measure or following a cardiac event or surgery. Under the careful monitoring and instruction of exercise specialists and advanced nurse educators, this multi-week individualized program helps participants improve their cardiovascular health in a safe clinical environment. Our team takes care to know your name and unique health situation, allowing them to design a productive, personalized therapy experience and an effective total care program.

Home Health Services

If you need additional help recovering after a cardiac event or surgery—but do not require inpatient care—Trios Home Health Services can come to you with a range of services designed to keep you independent and healing in the comfort of home.

KEEPING AN OPEN MIND

Trending among today’s healthcare consumers is a tendency to choose where we receive medical care based on a facility’s perceived ability to handle a worst-case scenario. In the heart care world, this means open heart surgery. The good news is that most heart patients don’t require this invasive treatment, and there are many preventive and less intrusive measures available. In the rare case that open heart surgery would be necessary, we are prepared to quickly and safely transfer you to the appropriate facility.

### Know Your Numbers

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic (top #)</th>
<th>Diastolic (bottom #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120–139</td>
<td>or 80–89</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Hypertension) Stage 1</td>
<td>140–159</td>
<td>or 90–99</td>
</tr>
<tr>
<td>(Hypertension) Stage 2</td>
<td>160+</td>
<td>or 100+</td>
</tr>
<tr>
<td>Hypertensive Crisis (need</td>
<td>180+</td>
<td>or 110+</td>
</tr>
<tr>
<td>emergency care)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A Fresh Perspective

A recent national study led by Johns Hopkins cardiologist Thomas Aversano, MD—and released in 2012 at the American College of Cardiology’s 61st annual scientific session—concluded that patients who have non-emergency angioplasty to open blocked heart vessels are at no greater risk of complications or death regardless of whether the procedure is performed at a facility with cardiac surgery backup. The study evaluated the nine-month outcomes of nearly 19,000 patients who were randomly assigned to have elective heart artery-opening angioplasty or stenting at hospitals with or without cardiac surgery capability. It included 60 hospitals in 10 states that do not offer cardiac surgery and perform at least 200 angioplasty procedures each year.
Physician Irene Feria, MD, recently became the third endocrinologist in the state of Washington to receive an Endocrine Certification in Neck Ultrasound. The other two Washington-based endocrinologists with ECNU credentials are located west of the Cascades.

The ECNU is a professional certification from the American College of Endocrinology for physicians who perform consultations and diagnostic evaluations for thyroid and parathyroid disorders through both diagnostic ultrasound and ultrasound-guided fine needle aspiration. The credential signifies that Dr. Feria has passed a comprehensive exam and completed a formal competency validation process.

Dr. Feria has been performing ultrasound-guided thyroid fine needle biopsies since 2006, and continues to provide this service in her office at the Trios Care Center at Vista Field in Kennewick. She also offers Afirma Gene Expression Classifier analysis as an extension of this service. The GEC is a molecular marker that has been validated in the prestigious New England Journal of Medicine for its ability to identify benign nodules among those for which cytology (cell) testing was inconclusive, potentially reducing unnecessary thyroid surgeries.

**What Is the Thyroid?**

**FOUND AT THE BASE OF THE NECK,** the butterfly-shaped thyroid gland is one of the largest in the endocrine system. It produces hormones to control how quickly the body uses energy and makes proteins, and how sensitive the body is to other hormones. It influences the function of many bodily organs, including the heart, brain, liver, kidneys, and skin.

Think of your thyroid as a car engine that sets the operational pace of your body. In the same way that an engine produces the energy a car needs to move at certain speeds, the thyroid produces enough hormones to prompt cells to do their own jobs at a certain rate. Just as a car can’t produce energy without gas and a signal from the accelerator, the thyroid can’t produce its hormones without iodine extracted from the bloodstream and proper signals from its “master control”—the pituitary gland.

An estimated 15 million Americans have undiagnosed thyroid problems. The effects of these problems, including hyper- and hypothyroidism, as well as benign or cancerous nodules, can significantly affect health. Check your neck and keep in touch with your doctor about symptoms you’re experiencing. If a thyroid issue is suspected, you may need thyroid function blood tests or referral to an endocrinologist for further exploration and treatment.
TRIOS FOUNDATION ANNUAL BREAKFAST
Date: Feb. 12
Time: 7:30 a.m.
Location: Kennewick Red Lion
This annual breakfast meeting brings community members together to celebrate the Trios Foundation’s fundraising successes of the past year, announce scholarship recipients, and raise funds for future scholarships and hospital equipment. Sponsorships are available. Advance sign-up is required. Go to trioshealth.org/Foundation or call 509-586-5776 for more information.

It’s All in the Details
As construction continues and the final aesthetic and technical touches are put on the new Trios Southridge Hospital, our transition planning team is busy working out the many details associated with moving an entire hospital operation. Because we can’t close one hospital to work on opening another—and patient care must continue seamlessly—we’ll be working hard behind the scenes to make important transitions and conduct extensive training and drills before opening those Southridge doors. It’s getting close, and we’re getting excited. Follow the progress at trioshealth.org/southridge.

Trios Physical Therapy Service Expands
Accessing physical therapy at Trios Health has just become even more convenient with our recent expansion of the outpatient service to a second location near Columbia Center Mall. Both locations are fully staffed to provide high quality, comprehensive, individualized care to patients of all ages—and with a broad range of conditions or injuries.

Trios Health—Auburn Campus
241 W. 8th St., Kennewick
Trios Care Center at Vista Field (New location!)
521 N. Young St., Kennewick

For more information, visit trioshealth.org/physicaltherapy. To schedule an appointment, call Trios Therapy Services at 509-586-5866.

Trios Welcomes …
… our first new baby of 2014! Baby girl Ellie was born Jan. 1 in the Trios Family Birthing Center at 5:32 a.m. Congratulations to parents Ericka and Raul of Kennewick!

We look forward to celebrating life all year long. Visit trioshealth.org/familybirthing.