

IT'S A FACT – heart disease is the leading killer throughout our community.*

In response, Underwood-Memorial Hospital offers the programs and clinical services to help change this chilling fact.

The Heart Center at Underwood-Memorial is the only hospital-based cardiac diagnostic and rehabilitation facility in Gloucester County. Here we offer a broad range of diagnostic testing using the latest and most sophisticated cardiac technology all within a comfortable atmosphere with personal attention and care provided by our physicians, nurses, and staff.

Our state-of-the-art cardiac catheterization laboratory and board certified invasive cardiologists bring to our community hospital environment one of the most advanced and effective means to evaluate heart structure and function while determining severity of coronary artery blockage. What this means is that you, your family and your physician can access and count on first class cardiac diagnostics close to home.

"Your staff was so supportive of my efforts and progress."



Additional diagnostics include the following:

- **Electrocardiogram: EKG** – Allows for the documentation and interpretation of the heart's rhythm.
- **Holter Monitor:** Provides continuous documentation of the heart's rhythm over a 24-hour period.

The Heart Center is staffed by skilled and experienced cardiac nurses who provide ongoing patient education and care during testing. Stress tests include:

- **Regular, Nuclear (isotope with scanning), non-walking tests** using medications, Stress Echocardiography allowing ultrasound of the heart while exercising, and Dobutamine stress echocardiography.
- **TEE (Transesophageal Echocardiogram):** Allows for an ultrasound view of the heart via the esophagus while sedated.
- **Echocardiogram:** A non-invasive procedure that will allow us to view the heart walls and chambers.

REHABILITATION

Reinforcing our diagnostic and treatment capabilities is Underwood's award winning** cardiac rehabilitation program. Our patients and their physicians have recognized that cardiac rehabilitation services at The Heart Center can play a valuable role in helping people with cardiovascular disease recover faster and return to full and productive lives.

* Source: NJ Department of Health and Senior Services

**Awarded best overall nursing performance in outpatient cardiac rehabilitation by Nursing Enrichment Consultants



"Thank you for the encouragement and understanding you offered me."

Enhanced External Counter Pulsation (EECP) is a non-invasive treatment program for people who suffer from chronic angina unrelieved by medication.

Additionally, nutrition intervention is provided by our registered dietician to all people enrolled in our cardiac rehab program. The dietician is available for questions and for follow up information as one makes progress through the individualized rehab programs.

Underwood's cardiac rehab is a gradual, progressive and telemetry monitored exercise program for those recovering from a heart attack, angioplasty/stent placement, coronary bypass surgery, heart transplant, congestive heart failure or angina.

Upon physician referral for cardiac rehabilitation, each patient undergoes an assessment, including health history and review of risk factors. Underwood's cardiac rehabilitation team then works with you to develop individualized goals and risk reduction education.

"I enjoyed getting to know your staff and the other patients who were part of your cardiac rehab program."

LIFESTYLE MANAGEMENT

Our cardiac rehab professionals will further assist you by educating, focusing on issues such as lifestyle modification, chest pain and emergency management, smoking cessation, weight and stress management, cardiac medications, changing dietary habits and the importance of exercise maintenance. Education and counseling are provided by a multi-disciplinary team composed of a physician, nurse, exercise physiologist, dietician and psychologist.

INSURANCE

Medicare and most other insurance companies will cover cardiac rehabilitation. Following your physician's referral, we will be pleased to contact your insurance provider to confirm insurance coverage prior to enrollment.

Cardiac diagnostics and rehabilitation at Underwood-Memorial—helping our friends and neighbors enjoy a better quality of life. And that's a fact you can live with!

"Knowing I was getting better and stronger made my day!"



FOR MORE INFORMATION

The Heart Center is conveniently located across from Underwood-Memorial's main building and is easily accessed from either the Hospital's main parking lot or the adjacent multi-level garage.

For additional assistance call us at 856-853-2123. For detailed directions please visit our website www.umhospital.org.



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WWW.UMHOSPITAL.ORG



Underwood-Memorial Hospital is accredited with Full Standards Compliance by the Joint Commission.

DISCOVER
Discover
THE HEART CENTER

