

Carolinas Health

www.carolinasmedicalcenter.org • Fall 2009

Ready for a new you?

Learn about cosmetic
vs. plastic surgery

Beating breast cancer

One woman's story

Helping hearts thrive

↓
A healthy
recipe
for you!

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Carolinas Medical Center



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➔ **KEEP YOUR CHILD SAFE ALL YEAR**
 For additional injury prevention information and child-safety tips, visit www.carolinasinjuryprevention.org. Many helpful tips are organized by topic, age and season.

- the helmet sits level on the head, covering the forehead in front
- the chin-strap splitter lies right under the ears
- all straps lie flat
- there's room for only one finger between the chin straps and the neck
- the helmet doesn't rock from side to side
- the helmet rocks slightly forward and backward (if it lifts up off the forehead or comes down over the eyebrows, it needs adjusting)
- to trim any overlapping straps
- to avoid stickers and paint—they're cute but can affect the strength of the shell and may void the warranty

MAKING THE GRADE

Bicycle helmets must meet federal safety requirements. Purchase only those containing a special label indicating compliance with Consumer Product Safety Commission standards. Products that also meet Snell B-90/95 and N-94 standards are an even better choice. To reduce the risk of a brain injury, a properly-fitted bicycle helmet will work to absorb impact energy in a fall or collision. The safest helmets incorporate these three design elements:

- ▶ **Shell:** A smooth, full-cover hard shell made from Fiberglass, Lexan and ABS resin. Cooling vents should also be included in the design.
- ▶ **Liner:** A stiff polystyrene (Styrofoam) or similar liner is a must.
- ▶ **Straps and buckle:** Strong straps and a fastener are necessary to keep the helmet in place.

Once your child has a helmet, make sure he or she wears it. A helmet on the handlebars does no one any good! 🌐

How to buy a bicycle helmet

Cycling is a great way for your child to enjoy the outdoors and get some exercise. But before venturing out, make sure your child has a helmet to protect his or her head in case of a crash. Here's what you need to know about purchasing a helmet:

THE SIZE IS RIGHT

A helmet that fits properly will protect properly. Size is based on head size, not age. To ensure a proper fit, measure your child's head with a tape measure starting above the eyebrow and wrap it around the head. Jot down the size in inches and bring it with you to the store. Look for a helmet with universal fitting rings rather than foam pads; they're easier to adjust as your child grows. Make sure:

I was recently a patient [at Carolinas Medical Center] on the trauma floor. The nurses and assistants who cared for me during that time were wonderful. Everyone went above and beyond what you would expect nurses to do.

They sustained my family and me through an extremely difficult and challenging time and helped us make the best of it. The nurses and assistants were always extremely kind and attentive.

Over the years, I've been to other hospitals where family members were patients and I've never seen the level of support and caring that your nurses displayed.

Your hospital and staff are to be commended for the excellent quality of healthcare you give to patients and their families. Going forward, Carolinas Medical Center will be my *first* choice of hospitals.

Sincerely,

Jane M. Blanton, Charlotte, NC

“ Everyone went above and beyond what you would expect nurses to do. ”

Editor's note: We receive hundreds of letters each year from patients and family members who write to share their appreciation of the care they received. With each author's permission, we will share these letters with you. Please visit www.carolinasmedicalcenter.org for more patient testimonials.

Meet our doctors

JOIN US IN WELCOMING OUR NEWEST PHYSICIANS

To find a physician near you, call **704-355-7500** or visit www.carolinasmedicalcenter.org.



- ▶ **William Tyson Bennett, MD**
Sanger Heart & Vascular Institute
- ▶ **Tammy Bradshaw, MD**
*Piedmont GYN/OB
Ballantyne and Waxhaw*
- ▶ **Tara Branton, MD**
Weddington Family Medicine
- ▶ **Brian Brighton, MD**
Levine Children's Hospital
- ▶ **Kimberly D. Clay, MD**
*Mecklenburg Medical Group-
Morrocroft*
- ▶ **Benston Johnson, DO**
Dove Internal Medicine-Indian Trail
- ▶ **Juhayna Kassem, MD**
*Mecklenburg Medical Group-
Ballantyne*
- ▶ **Glencora Kheireddine, MD**
*Mecklenburg Medical Group-
SouthPark*
- ▶ **Gregory Kimmerle, MD**
*Mecklenburg Medical Group-
Carolina Lakes*
- ▶ **Kenesha Kirkland, MD**
*Mecklenburg Medical Group-
Steele Creek*
- ▶ **James LaRue, MD**
*Mecklenburg Medical Group-
Pineville*
- ▶ **Jakub Mieszczak, MD**
*Pediatric Endocrinology and
Diabetes Specialists*
- ▶ **Leeya Pinder, MD**
*Greater Carolinas Women's
Center-Mint Hill*

Battling breast cancer and winning

A story of hope, strength and survival

In 2008, WCNC newscaster Ann Sheridan was going about her life with her husband of 15 years and her three wonderful children. That November, however, after a routine physical, Ann's world was turned upside down. Her doctor felt a lump in her breast and sent her for a mammogram. Ann wasn't worried—she had no family history of breast cancer. Although the lump in one breast turned out to be benign, the mammogram detected suspicious cells in the other breast. Ann was sent to Carolinas Medical Center for a biopsy, where she was told the news—she had breast cancer.

Ductal carcinoma in situ, or DCIS, is an early form of breast cancer in which abnormal cells multiply and form growths within the milk ducts. It's the most common type of noninvasive breast cancer (cancer that doesn't spread outside the ducts to other parts of the breast). Fortunately for Ann, the condition wasn't life threatening, but it did require treatment. "Here's the thing about my breast cancer—even with a diagnosis, I didn't feel sick," says Ann.

TARGETED TREATMENT

Richard White, MD, co-director of the Breast Cancer Program at Blumenthal Cancer Center, reviewed Ann's mammogram. He recommended a lumpectomy to treat DCIS because it was less invasive. He assured her that her chance of survival would be excellent—about 95 percent—if he could remove all of the cancer. "The goal was to take out the suspicious areas as best as we could while leaving as much normal tissue as possible," says Dr. White.

The challenge for Dr. White was removing cancer cells he couldn't see. The skilled radiologists at Charlotte Radiology highlighted the suspicious areas to guide Dr. White to the cancer. After the procedure, Ann woke up hopeful. "I wanted to stay positive for my two daughters' sake since they were now at higher risk for developing breast cancer down the road," says Ann. Yet, one important question remained—was Dr. White able to get it all?

COMPREHENSIVE, PERSONALIZED CARE

Blumenthal Cancer Center has been recognized by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. This recognition signifies the highest level of quality breast care. Currently, only three hospitals in North Carolina have received this recognition.

Receiving care at a NAPBC-accredited facility ensures that patients have access to:

- ▶ comprehensive care, including a full range of state-of-the-art procedures
- ▶ a multidisciplinary team to coordinate the best treatment options
- ▶ information about ongoing clinical trials and new treatment options
- ▶ quality breast care, close to home

For more information, visit www.blumenthalcancercenter.org.





SUPPORTING SURVIVORS: Jeffrey Kneisl, MD, medical director of Blumenthal Cancer Center, and Ann Sheridan at the 2009 Cancer Survivors' Day, where Ann was the featured speaker.

REBUILDING AFTER CANCER

Days later, Ann learned that some of the cancer remained. The good news, however, was that it hadn't spread. Now her debate was whether to have another lumpectomy or a mastectomy. Ultimately, Ann chose to have a mastectomy followed by a breast reconstruction.

Today, Ann is cancer-free and credits three important factors in saving her life—her annual physical, her mammogram and the staff at Blumenthal Cancer Center. Her experiences have led her to support a variety of local breast cancer initiatives and become an advocate for early detection and mammography. Ann has teamed up with Carolinas HealthCare Foundation to raise funds for the Carolinas Breast Cancer Fund, which helps provide support for mammograms for lower income women in Charlotte and the surrounding communities. To contribute to “Ann’s Fund,” visit www.givechf.org and click on the link from the homepage. 

➔ TAKE CHARGE OF YOUR HEALTH

Talk to your doctor about scheduling a mammogram. If you need a doctor, call the Physician Referral Line at **704-355-7500** or **1-800-821-1535**.

PROTECT YOURSELF

The best protection against breast cancer is early detection. If you experience any of the following symptoms, contact your physician. (Note: You may or may not have pain with these breast changes.)

- ▶ any new, hard lump or thickening in any part of the breast
- ▶ change in breast size, shape or color
- ▶ dimpling or puckering of the skin
- ▶ swelling, redness or warmth that does not go away
- ▶ pain in one spot that does not vary with your monthly cycle
- ▶ pulling in of the nipple
- ▶ an itchy sore or scaling area on the nipple
- ▶ nipple discharge that starts suddenly and appears only in one breast

The most common signs of breast cancer are a lump in the breast, an abnormal thickening of the breast or a change in the shape or color of the breast. Finding a lump or change in your breast doesn't necessarily mean you have cancer.

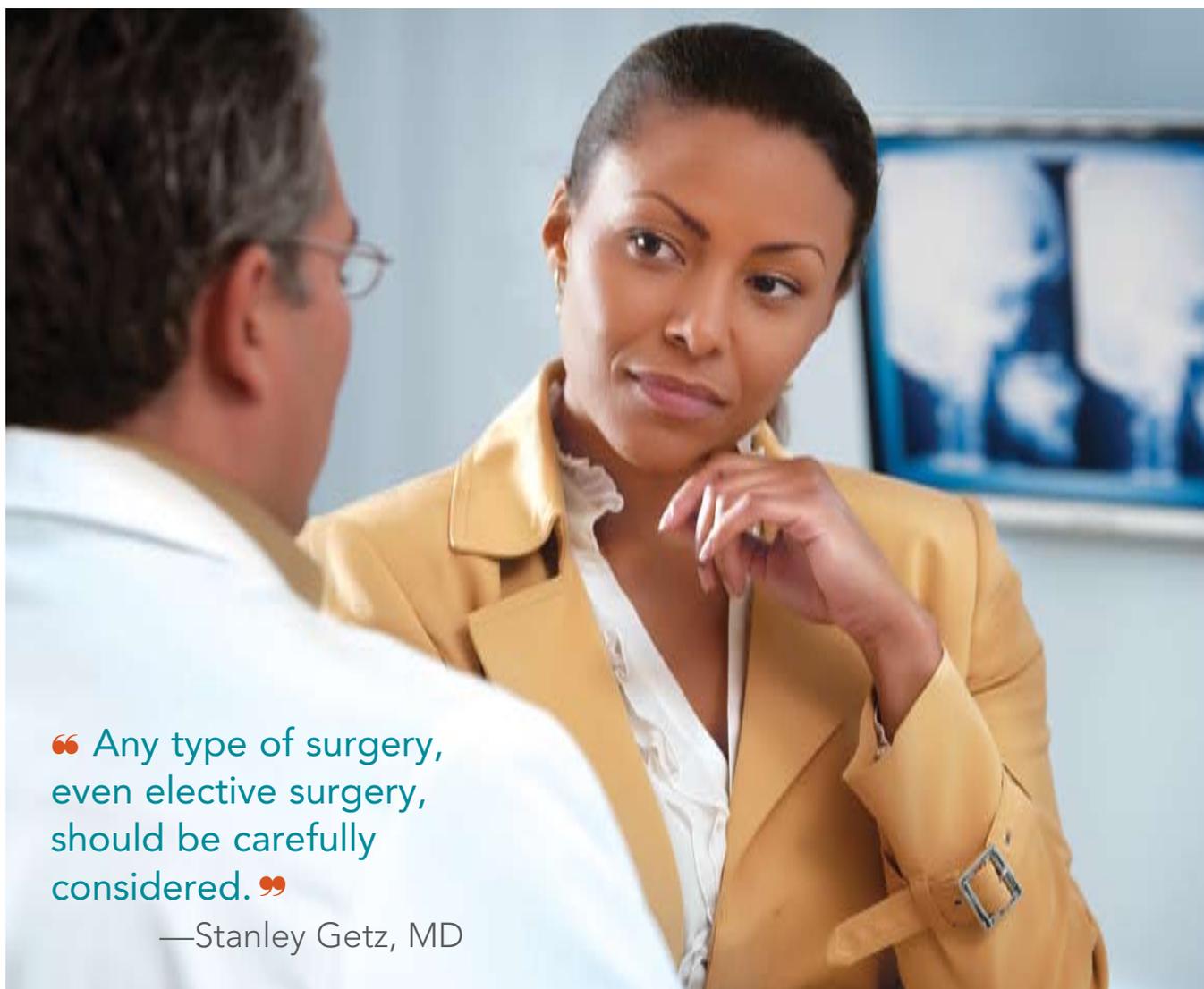
Plastic surgery vs. cosmetic surgery: What's the difference?

Many people are under the impression that plastic surgery and cosmetic surgery are one and the same and use the phrases interchangeably. In fact, they're actually different types of procedures. "Understanding the difference between the two can help you choose the right surgeon and achieve your desired results," says Stanley Getz, MD, medical director for Carolinas Cosmetic and Plastic Surgery.

PLASTIC SURGERY

Plastic surgery, also known as reconstructive surgery, involves correcting a part of the body that is abnormal due to birth defects, developmental abnormalities, trauma, infection, tumors or disease. While it's generally performed to improve function, surgery may be performed to create a more normal appearance.

The word "plastic" comes from the Greek word



“ Any type of surgery, even elective surgery, should be carefully considered. ”

—Stanley Getz, MD

plastikos, meaning “to mold or shape.” Many of the first plastic surgeries were developed to close a difficult wound or replace tissue lost due to injury or cancer. They often involved the formation of a skin flap to reshape or mold the defect to approximate the original shape.



Breast reconstruction following breast cancer surgery, a cleft lip repair or surgery to correct a broken nose are some examples of plastic surgery.

Most health insurers cover plastic surgery, but coverage for specific procedures and levels of coverage may vary greatly. Some procedures may require special consideration by an insurance carrier.

COSMETIC SURGERY

Cosmetic surgery differs from plastic/reconstructive surgery because it's performed on normal body structures to improve appearance and self-esteem. Cosmetic surgery isn't required due to a deformity or health issue—in most cases, the individual simply wants to improve his or her appearance.

Surgeries that don't serve a reconstructive purpose, such as breast implants, liposuction or a face-lift, are considered cosmetic. Since cosmetic surgery is elective, it's usually not covered by health insurers.

DO YOUR RESEARCH

“When choosing a surgeon for either reconstructive or cosmetic procedures, be sure that he or she is board certified, or at least board eligible, in plastic surgery,” says Dr. Getz. Ask questions and check the surgeon's references. Request before-and-after pictures of patients who have had the same procedure you're looking for. If you are uncomfortable with the surgeon for any reason, move on. “Any type of surgery, even elective surgery, should be carefully considered,” adds Dr. Getz. 🌐

▶ LET YOUR INNER CONFIDENCE SHINE THROUGH

Make your appointment at Carolinas Cosmetic and Plastic Surgery today by calling **704-446-6810**.
Learn more at www.carolinascosmetic.org.

CHOOSING YOUR SURGEON WISELY

These seven points can help make sure you and your surgeon are a good match.

- ▶ **1** Ask the surgeon how frequently he or she has performed the specific procedure you want. Look for a specialist in that procedure.
- ▶ **2** Consult more than one surgeon, if necessary, to find someone with whom you feel comfortable discussing your needs and expectations.
- ▶ **3** Don't “bargain shop” or fall for gimmicks like rebates, discounts, premiums, gifts or similar incentives.
- ▶ **4** Never allow yourself to be talked into a procedure you don't want. The surgeon should let you suggest what you want and then advise you on what is or isn't possible.
- ▶ **5** Beware if you're told there are no risks involved in plastic or cosmetic surgery. All surgery entails some risks, and these should be discussed frankly.
- ▶ **6** Be skeptical of a doctor who avoids answering questions about his or her training and professional qualifications.
- ▶ **7** Realize that pre- and postoperative photos of the surgeon's patients can help you understand the surgery, but such photos are no guarantee that your results will be similar. Likewise, “computer imaging” can't predict exact results.

FIVE YEARS AND COUNTING!

Carolinas Cosmetic and Plastic Surgery recently celebrated its fifth anniversary. This dedicated team of board-certified physicians offers a full array of plastic and cosmetic surgical procedures, including tummy tucks, facelifts, Mohs surgery, cleft lip/cleft palate surgery and breast enhancement, reduction and reconstruction.

Join us as we welcome Michael Robinson, MD, to the group. A graduate of Jefferson Medical College in Philadelphia, Dr. Robinson completed his general surgery residency at Mercy Hospital of Pittsburgh and his plastic surgery residency at the Medical University of South Carolina. Dr. Robinson specializes in reconstructive surgery for breast cancer patients.



◀ ON THE GO: Julia Engel during the cycling leg of a 2007 Ironman competition.

Iron will, strong heart

Crossing the finish line to good health

If you've ever participated in a marathon or triathlon, you know how physically demanding the events can be. And months of strenuous training can take their toll on anyone.

Now, imagine doing all that activity with a serious heart defect. Sound impossible? Try telling that to Julia Engel.

Despite having a ventricular septal defect her entire life, Julia's strong spirit—with a little help from Sanger Heart & Vascular Institute—has carried her to the finish line on more than one occasion.

SOMETHING'S AMISS

A Charlotte native, Julia was born with a ventricular septal defect—a hole between the heart's lower pumping chambers. It's a common heart defect and, in Julia's case, it caused a heart murmur. At 17, she received her first pacemaker to regulate her slow heartbeat to a normal pace. "After I got my pacemaker, I was scared. I didn't know what the rest of my life would be like," says Julia. Doctors advised her not to run or push herself. This advice kept Julia from doing the things she really wanted to do. "I was on the track team but I didn't run. I kept score instead."

THE BEAT GOES ON

Fifteen years ago, Julia went to see Paul Colavita, MD, FACC, a cardiac electrophysiologist and president of Sanger Heart & Vascular Institute, who discovered that Julia had a heart block. Dr. Colavita recommended an upgrade to her pacemaker. "Julia's first pacemaker was a single chamber, so it only paced the top of the heart. We upgraded it with a dual-chamber pacemaker and later to a physiologic rate-responsive device, which wasn't available years earlier," he says.

Dr. Colavita encouraged Julia to be as physically active as she wanted to be and not to see her heart condition as limiting. “My goal is to have patients not only live life but also live the kind of life they want to live,” he says.

Julia was thrilled with this encouraging news and began a running and cycling regimen. She participated in her first marathon in 1996 and the MS 150 Ride in 1997. Dr. Colavita knew that Julia wanted to live an even more active lifestyle. “We gave Julia a new, blended sensor physiologic pacemaker,” says Dr. Colavita. “This offered her improved heart rate control as it increased her heart rate, which helped Julia to perform at a world-class level.”

ENJOYING LIFE

Julia thrives on competition. In 2003, she completed a half marathon; she later went on to do three half-Ironman triathlons. What was next? “I knew that completing a full Ironman would be a huge milestone in my life,” she says. While Julia began training, Dr. Colavita monitored her through echocardiograms and pacemaker tests—no one

could find a reason for her not to compete. “We should all be as fit as Julia,” Dr. Colavita says. In 2007, Julia completed her first Ironman—a 2.4-mile swim, 112-mile bike ride and 26.2-mile run—which is regarded as one of world’s most challenging endurance events. This past April, she finished the Boston Marathon.

Today, Julia enjoys running, swimming, teaching a weekly cycling class and spending time with her husband (and co-athlete), Doug, along with Charlie, her border collie.

“Although I’ve had seven pacemakers in 30 years, my experiences prove that having a cardiac condition isn’t limiting,” says Julia. “Having a pacemaker has allowed me to lead a very active and normal life.” 

EARLY DETECTION IS KEY

Take our quick and confidential risk assessment to determine if you may have heart disease. Visit www.carolinasmedicalcenter.org/heartaware.

KEEPING THE BEAT, CLOSE TO HOME

For more than 50 years, Sanger Heart & Vascular Institute has provided residents of the Carolinas with comprehensive cardiovascular care. Our specialists are active in patient care, clinical care and research. Services include the care of:

- ▶ adult congenital heart disease
- ▶ atrial fibrillation
- ▶ cardiac murmurs
- ▶ diseases of the aorta and pericardium
- ▶ general heart failure
- ▶ infiltrative diseases
- ▶ inflammatory diseases
- ▶ rheumatic heart disease
- ▶ supraventricular tachycardia
- ▶ valvular heart disease

Sanger Heart & Vascular Institute physicians currently work in more than 30 full- and part-time offices across 16 counties in North and South Carolina. For more information, call **704-373-1503** or visit www.sangerheart.org.



WOMAN ON A MISSION: Julia in the final stretch of a 2007 Ironman competition.

Run * Walk * Hope

Support Levine Children's Hospital

Lace up your running shoes and join in the fun at the 14th annual Hopebuilders 5K Run/Walk presented by Babson Capital! More than 1,700 people turned out for last year's event, which benefits Levine Children's Hospital.

Hopebuilders kicks off at 8 a.m. on Saturday, Oct. 10, at the corner of Kenilworth Avenue and Morehead Street on the campus of Carolinas Medical Center. The race course goes through Myers Park and ends with a family festival. Look for appearances by special guests including, Charlotte sports mascots Sir Purr of the Carolina Panthers and Homer of the Charlotte Knights, as well as WSOC-TV personalities.

From corporate sponsors to competitive runners, fitness walkers and family teams, thousands have run



or walked in honor of or in memory of special children in their lives. Don't miss your chance to join a team or walk on behalf of a child, and help us build hope for children in our community. Register today and join the Circle of Hope! The cost is \$20 for adults who register by Oct. 8, or \$30 on race day. The cost is \$10 for children who register by Oct. 8, or \$20 on race day. Visit www.hopebuilders5k.org.



Chicken with samfaina and couscous

BY CHEFS IAN JOHNSTON AND CRAIG LAURO, CAROLINAS MEDICAL CENTER

- 4 skinless, boneless chicken breasts (about 4 ounces each)
- 3 tablespoons olive oil
- 6 ounces onion (finely diced)
- 2 garlic cloves (finely minced)
- 6 ounces red bell pepper (diced into 1-inch pieces)
- 8 ounces eggplant (diced into 1-inch pieces)
- 4 medium tomatoes (peeled and finely chopped)
- 1 cup water
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup whole-wheat couscous, uncooked



- 1 Heat 1 tablespoon of olive oil in a medium-sized pan over medium heat. Place all four chicken breasts in the pan. Cook thoroughly (breasts should be a golden brown).
- 2 While chicken is cooking, prepare the vegetable samfaina. Heat 2 tablespoons of olive oil in another medium-sized pan over medium heat. Add the onions and cover. Cook for 3 minutes or until golden brown. Add the garlic and stir. Add the peppers and cook for 3 more minutes. Add the tomatoes and stir. Cover and cook for 3 minutes on low heat. Add the eggplant and cook for 3 more minutes.
- 3 Bring the water to a boil in a saucepan. Add salt and pepper. Stir in the couscous and remove from heat. Allow it to absorb the water for about 5 minutes. Couscous should be light and fluffy, not gummy.
- 4 To serve, spoon 3 ounces of the couscous onto plates. Place a chicken breast on the couscous and top with the vegetable samfaina.



Mark your calendar

FALL 2009

Carolinas Medical Center is committed to improving the health and wellness of your family by participating in a wide variety of community health events, educational seminars and wellness classes. To view a complete list of upcoming events and classes, visit www.carolinasmedicalcenter.org for more information.

COOKING FOR A HEALTHY LIFESTYLE

Join *Active Women* members for this event, led by Chris Smith, the Diabetic Chef.

- ▶ **WHEN:** Tuesday, Oct. 6, 6:30–7:30 p.m.
- ▶ **WHERE:** The Ballantyne Hotel and Lodge, 1000 Ballantyne Commons Parkway, Charlotte
- ▶ **COST:** Free for *Active Women* members
- ▶ **VISIT:** www.carolinasmedicalcenter.org/active to become a member of *Active Women*
- ▶ **CALL:** 877-667-2525 to register

CMC-MERCY GRAND OPENING CELEBRATIONS**Ribbon Cutting Ceremony, Art Tour and Reception**

Join us as we unveil the renovated facility and original art collection.

- ▶ **WHEN:** Monday, Oct. 12, 3–6 p.m.
- ▶ **WHERE:** CMC-Mercy, 2001 Vail Ave., Charlotte
- ▶ **COST:** Free
- ▶ **VISIT:** www.cmc-mercy.org/spiritofmercy

Patient-Centered Care Community Day

Join us for a health fair and learn more about the Planetree model of healthcare.

- ▶ **WHEN:** Sunday, Nov. 1, 1–4 p.m.

- ▶ **WHERE:** CMC-Mercy
- ▶ **COST:** Free
- ▶ **VISIT:** www.cmc-mercy.org/spiritofmercy

CBCB BLOOD DRIVE AT GATEWAY VILLAGE YMCA

Give the gift of life to members of your community.

- ▶ **WHEN:** Wednesday, Oct. 14, 11 a.m.–1 p.m.
- ▶ **WHERE:** Gateway Village YMCA, 900 W. Trade St., Suite 100, Charlotte
- ▶ **COST:** Free
- ▶ **CALL:** 704-716-4724 or register online at www.cbcc.us/donate (Sponsor code: ymcagw)

DOWD YMCA/CMC HEALTH FAIR

Receive free health information, blood pressure checks, body fat analyses and glucose screenings, as well as prizes and healthy snacks. You'll also have a chance to "Ask the Doctor" your health questions. Flu shots (\$25) will be available for adults. No appointment necessary.

- ▶ **WHEN:** Wednesday, Oct. 14, 11 a.m.–1 p.m.
- ▶ **WHERE:** Dowd YMCA, 400 E. Morehead St., Charlotte
- ▶ **COST:** Free
- ▶ **CALL:** 704-716-6194 for more information

CMC-MORROCROFT SPEAKER SERIES

Join these free, physician-led discussions about the following topics.

All discussions begin at 7 p.m.

- ▶ **WHERE:** CMC-Morrocroft Medical Plaza, Community Room, 4525 Cameron Valley Parkway, Charlotte

- ▶ **CALL:** 704-512-3209 to register
- Breast Cancer Awareness and Prevention**
- ▶ **WHEN:** Wednesday, Oct. 21

Men's Health

- ▶ **WHEN:** Wednesday, Nov. 4

I Can't Sleep ... Now What?

- ▶ **WHEN:** Wednesday, Dec. 2

PRIME CLUB

Join Sander VanCleeff, MD, of Sanger Heart & Vascular Institute and other *Prime Club* members for a presentation called "Heart Health Dangers You Don't Know About."

- ▶ **WHEN:** Thursday, Nov. 5, 6–7 p.m.
- ▶ **WHERE:** CMC-Morrocroft Medical Plaza, Community Room, 4525 Cameron Valley Parkway, Charlotte
- ▶ **COST:** Free for *Prime Club* members
- ▶ **VISIT:** www.carolinasmedicalcenter.org/prime to become a member of *Prime Club*
- ▶ **CALL:** 866-325-8208 to register

WEIGHT LOSS/LIFESTYLE CHANGE PROGRAM

Gain the tools you need to live a healthy life with our six-month weight-loss program. Participants receive a personal lifestyle change notebook, individualized meal plans, grocery lists, food records and a six-week referral to the YMCA medical referral program.

- ▶ **WHEN:** Wednesdays, 5–6 p.m.
- ▶ **WHERE:** CMC-University, Hospital Resource Room, 8800 N. Tryon St., Charlotte
- ▶ **COST:** \$35 per month
- ▶ **CALL:** 704-863-5713

Carolinas Health

Carolinas Health is published for Mecklenburg County residents as a community service of Carolinas Medical Center. There is no fee to subscribe.

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Carolinas Heart & Vascular Institute at Carolinas Medical Center, Charlotte Cardiology Associates and Sanger Clinic have provided leadership, innovation and compassionate care for over 50 years. These respected groups are now Sanger Heart & Vascular Institute, the region's undisputed leader in comprehensive cardiac care.

Our innovations and list of firsts include the region's only heart transplant program, pediatric heart specialists, congenital surgery, clinical research, a cardiac teaching program, nationally-renowned specialists and much more.

After more heart procedures with greater success than anyone else, people know who to trust with their heart. And they know their heart's in the right place.



Sanger Heart & Vascular Institute

Uncompromising Excellence. Commitment to Care.