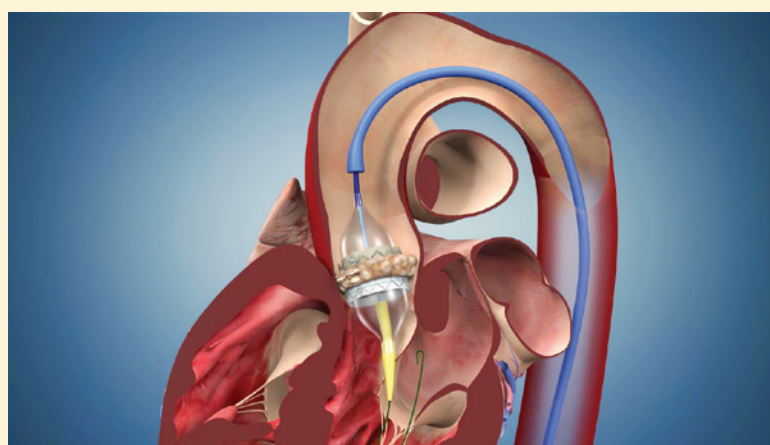


# Explore Health

WITH  SENTARA®

## Medical Breakthroughs at Sentara Aortic Valve Replacement Using A Catheter Transcatheter Aortic Valve Replacement (TAVR)



Sentara Heart cardiologists and cardiothoracic surgeons at Sentara Heart Hospital have begun offering transcatheter aortic valve replacement (TAVR) therapy. Sentara Heart Hospital is the first heart program in Virginia to offer this non-surgical therapy outside a research study. Sentara Heart cardiologists involved in this procedure also see patients at Sentara Williamsburg Regional Medical Center and Sentara CarePlex Hospital.

The number one cause of death in America is cardiovascular disease.\* Aortic stenosis, a deterioration of the heart valve, makes the heart work harder to pump blood. For patients 75 and over who suffer from calcific aortic valve stenosis (where calcium deposits decrease heart blood flow), it can weaken the heart and lead to heart failure or heart attack. Often, patients may be too frail to undergo open heart surgery to correct this heart condition.

**TAVR offers heart valve replacement to older patients without open heart surgery.**

With the transcatheter aortic-valve replacement (TAVR) procedure, Sentara Heart cardiologists and cardiothoracic surgeons are able to perform heart valve replacement through the placement of a collapsible aortic heart valve into the body via a catheter that is inserted through the leg, and threaded up to the heart.

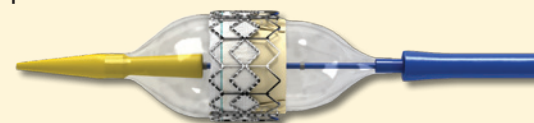
TAVR patients do not require open heart surgery or a heart bypass machine. Recovery is typically one to three days in the hospital. Once home, patients are able to get around better than before the procedure.

\*Source: American Heart Association

### Severe Aortic Stenosis Symptoms:

- Severe shortness of breath
- Chest pain or tightness
- Fainting
- Extreme fatigue
- Lightheadedness/dizziness
- Difficulty exercising
- Rapid or irregular heartbeat

This innovative procedure is performed in the region's only Hybrid Cardiac Operating Suite at Sentara Heart Hospital. This Hybrid OR allows for advanced procedures using cardiac catheterization equipment combined with the amenities of a full service operating room. Sentara Heart cardiologists and cardiothoracic surgeons make up the multidisciplinary team who perform these procedures.



To request an appointment or learn more about this and other treatments available at the Sentara Heart Valve and Structural Disease Center, visit [sentara.com/heart](http://sentara.com/heart), call (757) 388-8389 or (877) 261-2225 (toll-free).

## For Wound Care That's More Than Skin Deep.



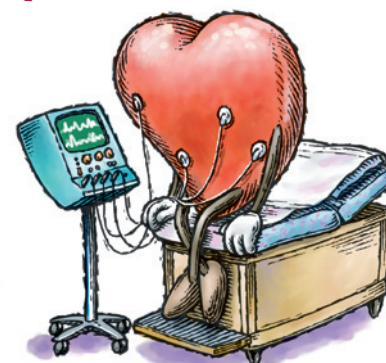
### Sentara Wound Healing Center

Specialized care for slow and non-healing wounds

**Williamsburg**  
400 Sentara Circle, Suite 300  
Geddy Building  
Sentara Williamsburg Regional Medical Center  
757-345-4554

**Newport News**  
Sentara Port Warwick  
11803 Jefferson Avenue  
Suite 125  
757-594-1990

## Sentara Heart Is Offering A Special Heart Screening



**Thursday, February 23 • 9 am – 1 pm**  
Sentara Gloucester Medical Arts  
Sentara Family Medicine Physicians  
**Wednesday, March 14 • 10 am – 2 pm**  
Sentara St. Luke's  
Carrollton

- 12-lead EKG Reading
  - Blood Pressure Check
  - Cholesterol Test
  - Heart Risk Evaluation
- Cost: \$20 • By Appointment Only  
(lasts about 30 minutes)

Screening results are provided to you on a pocket-sized card with an image of your EKG on the back.

Register online at [sentara.com/pocketekg](http://sentara.com/pocketekg) or call 1-800-SENTARA (1-800-736-8272)

## Knowledge. It's Good For Your Joints.



### Joint Replacement Workshops

The more you learn about your knees, hips and shoulders, the healthier you can keep them.

**Orthopaedic Hospital at Sentara CarePlex**  
Just Orthopedic Care.

Call 73-ORTHO (736-7846) to talk to the Orthopedic Navigator.

## Droid App Now Available

Download  
Sentara MyChart



Get the app at  
[www.sentara.com/app](http://www.sentara.com/app)  
or scan here.



 facebook.com/sentarahealth

 twitter.com/sentarahealth

 youtube.com/sentarahealthcare

## HEALTHY HAPPENINGS

### Man-to-Man Prostate Cancer Support Group

Sponsored by the American Cancer Society

**Monday, February 6, 6:30 – 8 pm**  
Gloucester Main Library  
Free. More information at 757-591-8330.

**Tuesday, February 14, 7 – 8:30 pm**  
Sentara CarePlex Hospital  
Free. More information at 757-827-2438.

### Bosom Buddies Breast Cancer Support Group

**Tuesday, February 21**  
7 – 8:30 pm

Sentara CarePlex Hospital  
Conference Room C

Free. More information at 757-594-1939.

### Nutrition For Life

An American Cancer Society program for cancer survivors and caregivers.

**Wednesday**  
**February 15**  
2 – 3 pm

Sentara CarePlex Hospital  
Free.  
Preregistration required to 757-591-8330.

### Senior Living Driver Safety

**Thursday, February 9**  
10 am – Noon  
Sentara Williamsburg Regional Medical Center

**Wednesday, February 15**  
10 am – Noon  
Sentara CarePlex Hospital

Free. More information at 1-800-SENTARA (1-800-736-8272).

### Sentara Living: Family & Friends "Hands Only" CPR Technique

**Friday, February 3**  
9:30 am – 12:30 pm  
Sentara CarePlex Hospital

**Thursday, February 23**  
9:30 am – 12:30 pm  
Sentara Williamsburg Regional Medical Center

Free. Registration required to 1-800-SENTARA (1-800-736-8272).

