

Invest in **lifesaving medicine.**



**MOUNT NITTANY HEALTH**  
*Foundation*

# Message from the CEO

In a cardiac emergency, minutes matter. That's why having access to lifesaving cardiovascular services right here at Mount Nittany Medical Center is so important to our community — and why we have decided to develop a new state-of-the-art cardiovascular pavilion.

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*“Our team has achieved Accreditation for Cardiovascular Excellence (ACE), the proven gold standard for lifesaving and life-improving medicine.”*

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Our commitment to advanced cardiovascular services started in 2000 when we opened Centre County's first and only cardiac catheterization lab under the leadership of Jeffrey G. Eaton, MD. In 2007, under the leadership of Al Zoda, MD, FACC, we added interventional services and stents to ensure that we could save lives locally. Since that time, we have responded to over 745 heart alerts, and currently we serve more than 1,600 people every year, treating conditions ranging from heart attacks to heart failure.

Our team has achieved Accreditation for Cardiovascular Excellence (ACE), the proven gold standard for lifesaving and life-improving medicine. In addition,

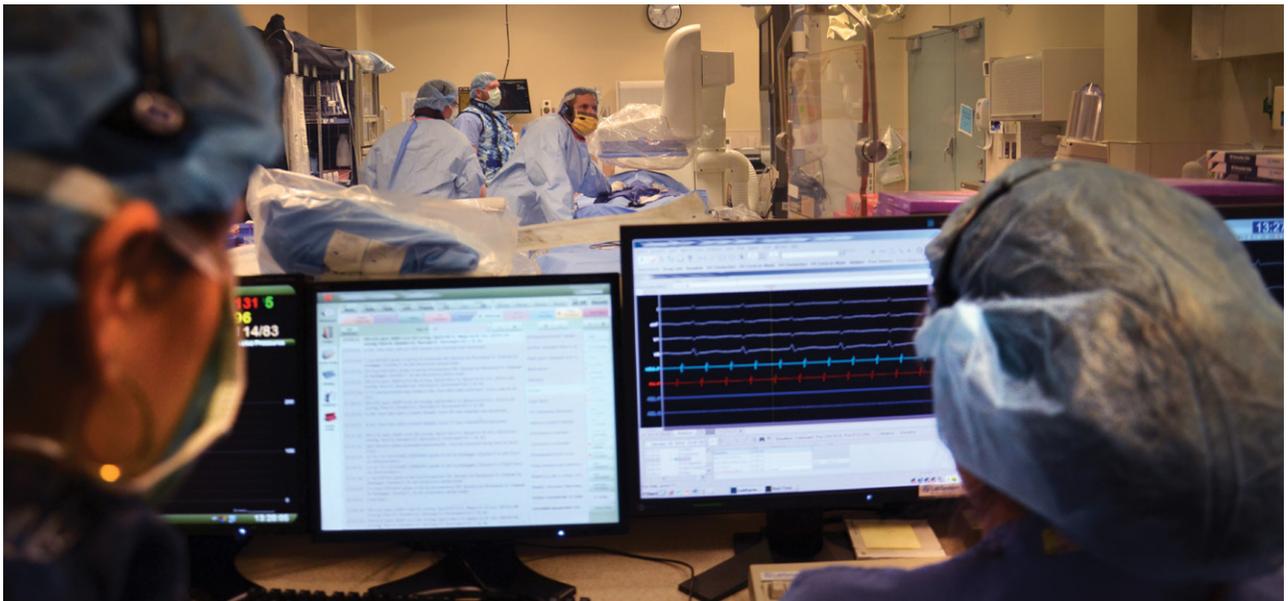
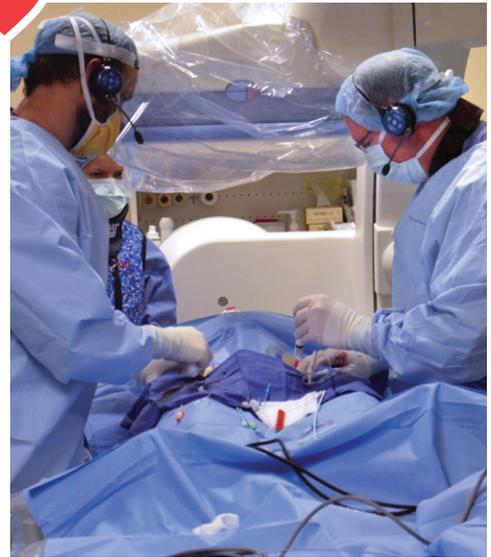
as you'll read about in this piece, we exceed other national markers of quality care, such as those pertaining to patient satisfaction and timeliness of care.

To continue to meet the needs of our region, we are planning to develop a new cardiovascular pavilion, with more space to improve patient privacy, provide space for families and make staff workflow more efficient so that our award-winning team can continue to provide the care you have come to expect.

I sincerely hope that you will want to be involved by supporting this project. With heart disease being the leading cause of death, I know you join us in wanting to be sure that our community has access to this lifesaving care and treatment.

With sincere appreciation,  
Kathleen L. Rhine, President & CEO  
Mount Nittany Health





# Message from the Medical Director, Al Zoda, MD, FACC

Ten years ago, I was proud to lead a special group of professionals who brought a new, advanced service to our community — percutaneous coronary intervention — as part of our existing cardiac catheterization program.

Cardiac catheterization is a general term for a procedure that, through an artery in a patient's wrist or leg, allows us to take care of the heart. The procedure involves advancing a thin, plastic tube (called a catheter) up into the heart. We then inject dye through the arteries of the heart to see if there are any blockages. We also use catheterization procedures to assess pressures inside the heart, the heart valves and the heart function.

Most patients experiencing a heart attack do not need open heart surgery; they can be treated with cardiac catheterization and coronary intervention. For these patients, opening the artery as quickly as possible is most important. Every second in which an artery is blocked threatens heart muscle, which could cause significant, even fatal, damage to the patient if the clock ticks without intervention.

The national benchmark (also called “door-to-balloon” time) for opening a blockage is 90 minutes. In other words,

it should take no more than 90 minutes to open a blockage in a patient from the time the patient arrives at the hospital. At Mount Nittany Medical Center, we exceed this benchmark, averaging 54 minutes for our door-to-balloon time. This puts us on par with some of the leading hospitals across the country.

Since our program began, we have always been dedicated to providing the best possible service to the community. Through the hard work of the cardiac catheterization lab staff, nurses, technicians, physicians, administrators and our dedicated cardiologists (which includes cardiologists from Mount Nittany Physician Group, Geisinger and Penn State Health), we've put together an excellent program of which we are very proud.

To achieve excellence, we set our expectations high, ascribing to the highest standards in care. In 2015, we first received full accreditation for our cardiac catheterization lab through the Accreditation for Cardiovascular Excellence (ACE) organization. ACE is sponsored by the American College of Cardiology and the Society for Cardiac Angiography and Interventions. These are the two main organizations that determine and write the guidelines for the types of

procedures we perform. They set the gold standards for these procedures, so to receive this prestigious accreditation shows that we are meeting or exceeding those standards for providing care in the catheterization lab.

In 2016, we achieved ACE reaccreditation, again confirming our dedication to providing the highest standards of cardiac care to our patients. Without a doubt, patients should feel confident that the cardiac catheterization team at Mount Nittany Medical Center is fully trained and expertly skilled to care for them and their families. With the new cardiovascular pavilion, we can provide an even higher caliber of services and an even more positive experience for our patients and their loved ones.

Beyond fixing hearts, I know that our team is also mending lives, helping to heal entire families after a devastating traumatic event. We are honored to assume the great responsibility of taking care of our patients and their loved ones when it matters most. Like any labor of love, the effort put into the work is most often reflected in the results. We are proud of the results we've seen from our hard work, and we hope you will join us in saving more lives by investing in lifesaving cardiovascular medicine that our communities need and deserve.

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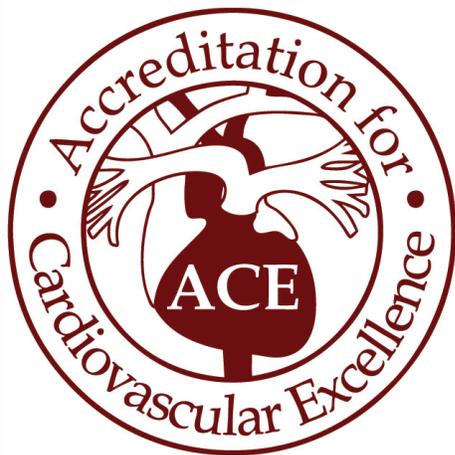
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Albert Zoda, MD, FACC,  
Medical director, cardiac catheterization lab,  
Mount Nittany Medical Center





*“All my questions were answered — no matter how silly. Made me feel at ease with the test.”*



**ACE™**  
**Accreditation for  
Cardiovascular Excellence**

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The **highest-quality heart care**, quickly and right where you need it

**For saving hearts,  
we have the ACE.™** ❤️

Mount Nittany Medical Center is proud to be one of only 50 hospitals in the country with ACE™ accreditation, meeting the gold standard in cardiac catheterization care. ACE™ is an independent, physician-led organization sponsored by the Society for Cardiovascular Angiography and Interventions (SCAI) that evaluates and monitors facilities providing cardiovascular care. The certification awarded by ACE™ means that the **highest-quality standards for cardiovascular care** are met by doctors and staff that are caring for patients undergoing diagnostic and interventional catheterization procedures.

## Quality where it matters:

- + Much better than the national standard for door-to-balloon time (less than 90 minutes)
- + One of only 50 to hold 3 ACE™ accreditation in the U.S.
- + IAC-accredited echocardiography lab

## Our services include:

- + Emergency 24-hour heart attack management
- + Cardiac catheterizations
- + Coronary angioplasty and stenting
- + Pericardiocentesis
- + Temporary transvenous pacing
- + Chemical and electrical cardioversion
- + Transesophageal echocardiogram
- + Electrophysiology
  - Ablation
  - Diagnostic electrophysiology (EP) studies
  - Pacemaker implantation
  - Defibrillator implantation
  - Tilt-table testing



# Be part of lifesaving medicine at Mount Nittany Medical Center with **your gift.**

The new pavilion will house cardiac catheterization and electrophysiology labs, complete with new imaging and monitoring technology.

## The new pavilion will feature:

- + Two cardiac catheterization labs
- + Updated technology for the most sophisticated cardiac catheterization and electrophysiology and imaging services
- + New and expanded space for patients and loved ones
- + Improved patient privacy
- + Improved patient and family education and communication





*“Staff at the cardiology lab were all terrific.”*

## ♥ When it comes to the heart, every second counts.

In a heart emergency, every second is critical. Our team beat the national standards by more than 35 minutes. The national standard is 90 minutes from the door to a catheterization opening the blockage, and at Mount Nittany Medical Center, our average is 54 minutes. We can do that because of the excellence of our physicians, staff, technology and more. You can be part of our team with your gift. At Mount Nittany Medical Center’s new cardiovascular pavilion, we can ensure that the highest-quality heart care is available quickly and right where you need it — close to home.

### Statistics\*

- + 745+ heart alerts  
(*emergency procedures*)
- + 1,580+ percutaneous coronary interventions (*pcis*)
- + 6,050+ diagnostic cardiac catheterizations
- + Fast 53-minute “door-to-balloon time”\*\*
- + 705+ electrophysiology device implants (pacemakers), system upgrades or generator changes
- + 435+ electrophysiology studies, ablations and other procedures

\*As of the fourth quarter, 2016

\*\*Door-to-balloon time is the period between the arrival of a patient at the hospital and the point when the balloon (placed in the catheterization lab) reaches the blockage during an intervention. The shorter this critical time period is, the less damage done to the heart muscle due to a lack of oxygen-enriched blood flow. The national standard is 90 minutes or less.



*“Very happy with my interaction with the staff — very pleasant, big smiles!”*

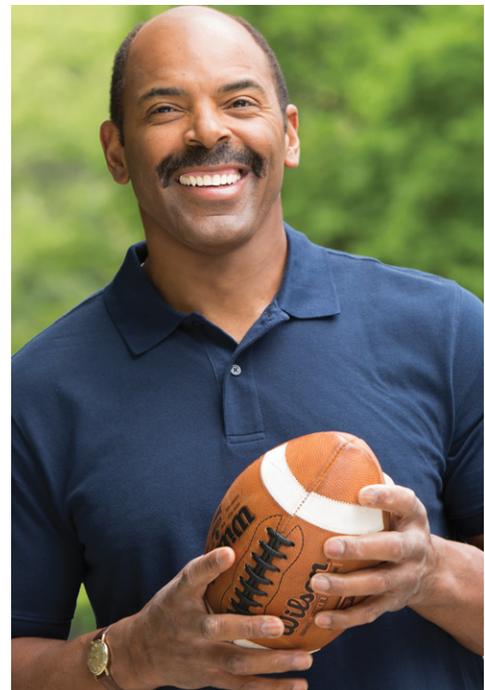
## Help save more hearts like Bob's. ❤️

If Bob were to be described in one word, it would be *active*. As a vital part of the gardening community, a dedicated Centre Community Church of Christ member and a passionate history buff, Bob is always on the move. Physically, the same word rings true. Bob is a dedicated gym-goer and an athletic development staff member for Penn State, where he played defensive tackle in college.

So, what are the odds that a former co-captain of the football team, who still practices an active lifestyle, would experience an alarming cardiac event? Bob probably would've thought “slim to none” until that very scenario happened. Needless to say, he was taken by surprise.

Albert Zoda, MD, FACC — Bob's cardiologist — was there to calm Bob's nerves and save his life with cardiac catheterization services. Working with Dr. Zoda was an entire team of dedicated providers who helped guide Bob through 12 weeks of rehabilitation. It was their genuine care and compassion that Bob cites as the reason he's back to his healthy, active self.

His gardens are also as vibrant as ever, thanks to the perennials — his favorite type of flower — that he plants and tends to year-round, and Centre Community Church of Christ is back to having another strong and positive light in its congregation.



Be part of lifesaving medicine with your gift.



Community investment of \$15,000,000  
is needed for our new cardiovascular pavilion.

Give today by visiting **mountnittany.org**  
or by calling **814.234.6777**.

### **Giving recognition opportunities:**

- + Facility naming: \$7.5 million
- + Cath lab #1: \$1 million
- + Cath lab #2: \$1 million
- + Reception space: \$1 million
- + Electrophysiology lab area: \$500,000
- + Echocardiology: \$500,000
- + Nursing stations: \$250,000
- + Treatment, diagnostic and patient areas: \$100,000
- + Gifts greater than \$25,000 will be recognized  
on a cumulative wall in the public space.

#### **Fundraising committee:**

William P. Hayes, Mount Nittany Health Foundation Board of Directors

Thomas F. Brown, Mount Nittany Health Board of Directors

Kasandra A. Botti, DO, FACEP

*Thank you to our cardiovascular pavilion fundraising committee and all those who make lifesaving care, close to home, possible with gifts to the Mount Nittany Health Foundation!*



**MOUNT NITTANY HEALTH**  
*Foundation*

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