

Saving Lives

One Patient at a Time

Time is the key factor when a heart attack hits, says David Hill, M.D., a board certified cardiovascular disease and interventional cardiology specialist at East Bay Cardiology Medical Group. Brain damage and death start to occur in just four to six minutes after someone has a heart attack.

According to the American Heart Association, it's estimated that more than 95 percent of cardiac arrest victims die before reaching the hospital. That's a statistic Carrie Paschal is lucky not to be a part of.

Lucky to Be Alive

In September of last year, Paschal lost consciousness and fell to the floor in her home. Her husband and son took her to her physician, Michael Moshier, M.D., at Sutter Regional Medical Foundation (SRMF). Dr. Moshier saw the seriousness of her condition and had Paschal immediately taken to the nearest emergency room (ER).

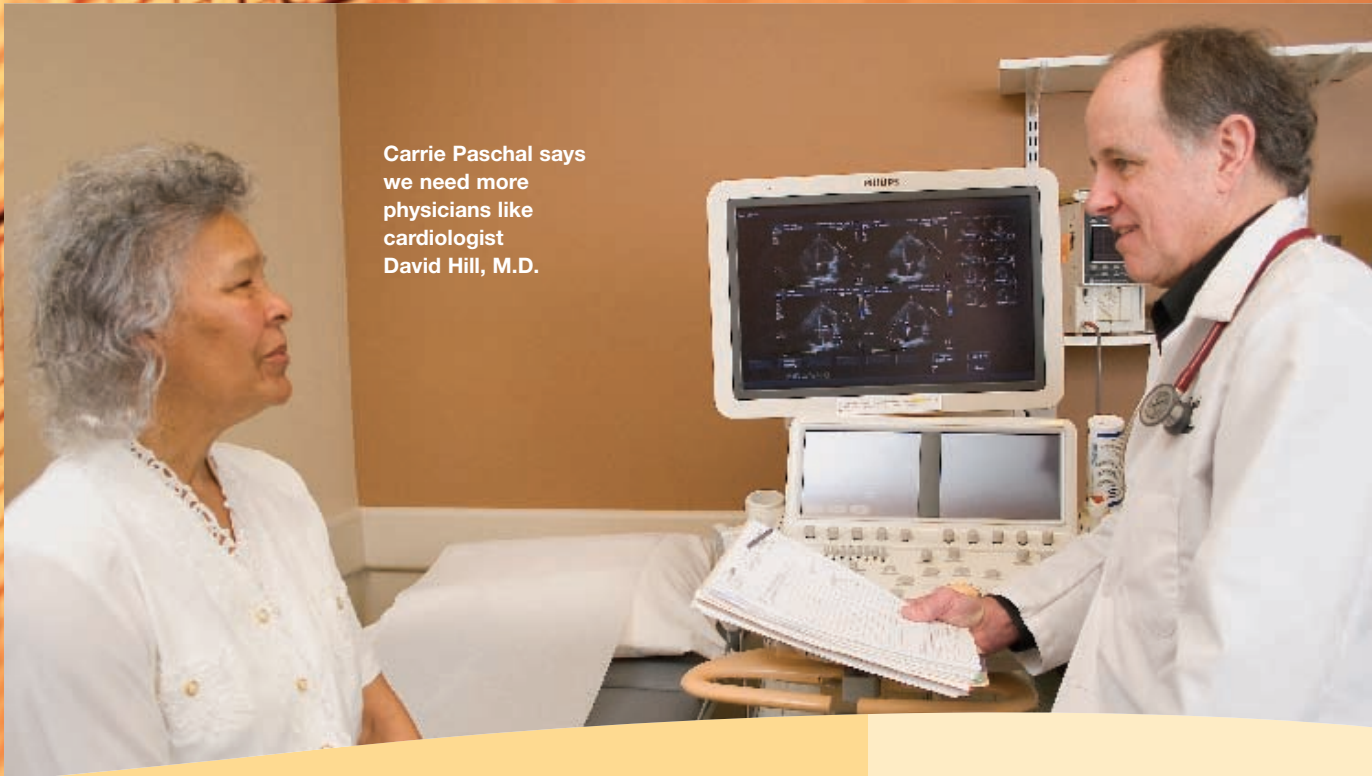
In the ER, Dr. Hill quickly recognized that Paschal had a life-threatening cardiac emergency. He and the team of ER doctors had a helicopter take her to another hospital, where she had an angioplasty and a stent implant.

"It's really imperative that we know and identify the danger signs when a cardiac arrest patient enters the ER," says Dr. Hill. "In Paschal's case, she had a limited amount of time to get the care she needed. I'm overjoyed that she is alive and healthy today."

Excellent Patient Care

With no control over her medical situation, Paschal knew her life depended on the specialists at SRMF.

"I feel very fortunate to have found a physician like Dr. Hill. His split-second decision making and assessment of my condition may have saved my life, and I am sure it influenced my speedy recovery from this unfortunate event," says Paschal. "We need more physicians like Dr. Hill, who is not only a brilliant doctor, but a caring individual, truly dedicated to saving human life. I thank him and my family thanks him for his excellence in patient care."



Carrie Paschal says we need more physicians like cardiologist David Hill, M.D.

Womens' Heart Attack Symptoms: Knowledge Is Power

In the U.S., heart disease kills more women than any other health condition. Unfortunately, women may fail to recognize that their symptoms could indicate a heart attack.

Why might this be? A woman's heart attack is more likely than a man's to lack the most common warning sign—sudden, intense chest pain. Instead, when a heart attack occurs, a woman might experience the following symptoms:

- Mild chest discomfort, pressure, squeezing, tightness or fullness
- Shortness of breath
- Weakness or unusual fatigue
- Cold sweats
- Dizziness

Call 911 right away if you experience any of these symptoms. Immediate treatment for a heart attack is critical.

Keeping Women's Hearts Healthy with a Free Brochure

Heart disease is a serious concern for women. That's why we're offering the brochure *Women Are Truly Different at Heart* for free. In it you'll find eight critical questions to ask your doctor and a questionnaire about your risk for heart disease. Call **707-428-2747** for your copy today.

To make an appointment with one of our skilled cardiologists or if you would like more information on our programs or services, call **707-427-4900** or visit **srmf.org**.

