

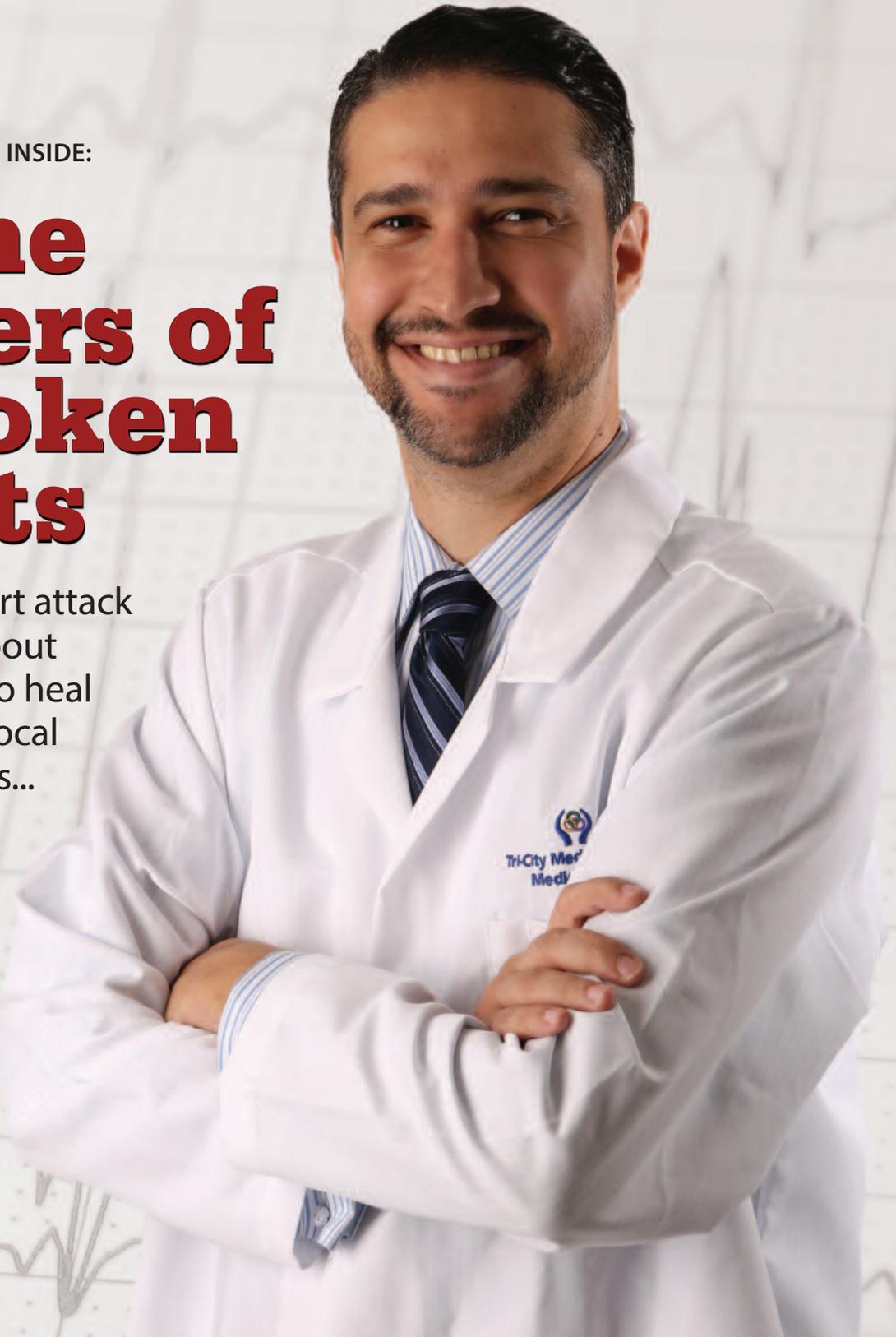
SPRING 2018

# For Good

THIS STORY AND MORE, INSIDE:

## The Healers of Broken Hearts

A top Tri-City heart attack specialist talks about hearts and how to heal them, thanks to local support like yours...  
page 2



# The Healers of Broken Hearts



Part of the all-star cardiovascular team that helps make Tri-City Medical Center one of North County's only receiving centers for the deadliest form of heart attack, interventional cardiologist and director of Cardiac Rehab Karim El-Sherief, MD, talks about hearts and how to heal them...

## Could you tell readers a little about your position, and what you do here?

I'm one of a few cardiologists who help serve the area, and I have a private practice. I'm also director of Cardiac Rehab at Tri-City and one of the physicians here who takes what's called "STEMI call," or heart attack call. Every third day of the calendar year I'm on call for heart attacks. We're one of the few STEMI receiving centers in all of North County and have some of the best success rates. In essence we do a very efficient, thorough, successful job of having our patients survive heart attacks and then transitioning them to our Cardiac Rehab program.

## What kinds of tools do you rely on when patients arrive in cardiac distress?

The first tool is an EKG. Another is the 512-slice CT scanner. As an interventional cardiologist, I'm a

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**760-940-5433.**



heart attack specialist. I put in stents. You could say that I "fix broken hearts." As you know, surgeries or other invasive measures themselves can sometimes have complications. So the goal is to use the CT scanner whenever possible because it's noninvasive and provides a quick

and thorough evaluation that can prevent long hospital stays and even prevent other invasive measures going forward. I know that people who give to Tri-City Hospital Foundation helped fund the scanner. I hope they'll be proud to know I've used it multiple times and it's been quite successful.

## Are there other new generations of technology you're excited about?

Absolutely. My friend and colleague, David Cohen, MD, put in the first leadless pacemaker a few months back. He's an electrophysiologist. I assisted him in gaining access to the patient and closing that access, but he did pretty much all the work implanting the pacemaker. What's great about it is that patients with chronic arrhythmias like atrial fibrillation don't need a lead in the upper chambers of their hearts.



"As a heart attack specialist, I always tell patients that after a heart attack, it's kind of a rebirth," says Director of Cardiac Rehab and interventional cardiologist Karim El-Sherief, MD, proudly wearing two years of his National Doctors' Day Honoree pins. "We're starting anew, to help make them stronger and prevent it from happening again."

Fast help for the deadliest form of heart attack —

## Not All Heart Attacks are the Same! Know Your Warning Signs:

*Cardiovascular disease is the #1 cause of death in the U.S. and worldwide. When you sense something's wrong, please don't try and tough it out. **IF...***



♦ **You have chest discomfort:** This means any uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes (five minutes max), or goes away and comes back.



♦ **You have discomfort in other areas of the body:** This means pain or discomfort in your left OR right arm (or both), in your back, neck, jaw, or stomach.



♦ **You are short of breath:** Shortness of breath can occur before or after chest discomfort.



♦ **You are a woman and/or have diabetes:** IMPORTANT! Women and people with diabetes often do not experience classic heart attack symptoms. Take symptoms seriously such as nausea, vomiting, lightheadedness, and breaking out in a cold sweat.



**To save heart muscle, every minute matters! Don't wait.  
Never drive yourself to the hospital.**

**Have someone drive you immediately or  
CALL 9-1-1 RIGHT AWAY. Fast action saves lives.**

It gives us a smooth, easy to place implantation that prevents infections of the chest, and it's durable, with a battery life of 12 years.

### **Amazing! Can you explain why cardiac rehab matters after a heart attack?**

Sure. What separates Tri-City from other North County medical centers is our focus on taking patients through the whole journey – creating a new story for them, in essence. The story doesn't end at the hospital. It's just the beginning. That's where cardiac rehab comes in, for patients after

heart attacks, or after heart surgeries, whether open-heart or bypass, or bowel surgeries. They get transitioned to cardiac rehab, which is staffed by nurses, exercise physiologists, and physicians, one of whom is me. It's a holistic approach. We have courses on diabetes and nutrition. We have counseling. We assess for depression. At Tri-City the thought isn't just that you had a heart attack and we saved your life. It's, you've had a heart attack. Now let's make you stronger and prevent it from happening again – that's cardiac rehab. Lots of patients become role models for the community.

### **Talk to us about heart attack warning signs. What do you want readers to know?**

I always say to embrace your inner Jiminy Cricket – he was the famous Disney cricket that was Pinocchio's conscience. If there's any type of discomfort above the belly button, especially related to some type of exertion, talk to your doctor about it. I've done research and I can tell you: different genders and ethnicities experience heart attacks, and symptoms of heart attacks, differently – women especially! I'm married with three little girls at home. Women are a huge part of my life. They are so stoic about things that sometimes it's too late. Communication is key. Please never disregard any symptoms.

### **Is there anything else you want to share today?**

Yes. Remember that here in America we lead some of the most stressful lives. One thing I want everyone to know is that a patient should never feel uncomfortable or silly, or that they're wasting our time with the problems they have – the symptoms they're feeling. Please never feel it's too little, or too big, to ignore. Bring it up. Thank you to everyone for donating to the Foundation for work like mine, and thank you for having me here today. ■

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**To support more next generation technology at Tri-City for top physicians like Dr. El-Sherief, call Glen at 760-940-3370. Or give online at [TriCityHospitalFoundation.org](http://TriCityHospitalFoundation.org).  
**Thank you!****

The Legend of Cary the Bear:

## A Tri-City Hospital Foundation Love Story



**C**ary the Bear began as all of life's most precious things do, in stardust and love and magic. Crafted by the hands of the good folks at Gund – much like the skilled, caring hands that help North County's tiniest infants here at Tri-City Medical Center – Cary's one purpose in this world is to be a true friend and comfort to Tri-City babies and their families. With a name that means "pure," Cary the Bear is a forever gift to every newborn here at the hospital...made possible by generous people like you who believe in the healing work of Tri-City Hospital Foundation. ■

**To donate a bear to a newborn baby in our Level III Neonatal Intensive Care Unit and help support the purchase of lifesaving medical technology,** simply make a gift of \$25 or more using the envelope provided with this newsletter, or give online at [TriCityHospitalFoundation.org](http://TriCityHospitalFoundation.org).

*From Cary and all of us here, thank you "beary" much!*

*Thank you!*

## 2nd Annual Sock & Shoe Drive a Huge Success!

- More than 1,100 pairs of shoes and socks donated
- Helped one elderly patient to go home less than an hour after shoes were donated!
- Gave one homeless patient his first pair of new shoes in over a decade

**B**efore patients can be discharged from Tri-City Medical Center they must have proper foot protection to prevent infection, pain, and injury. Yet often the patients who turn to us for medical care arrive with no socks or shoes. So this



past spring, for the second year in a row, corporate friends like Cobian Footwear and incredible supporters like you from the community rallied to help. **Thank you for donating more than 1,100 pairs of socks and shoes to help Tri-City patients in need. See you next year!** ■

*Please will you join us?*

### 30th Annual Tri-City Hospital Foundation Golf Tournament

Monday, August 20, 2018  
Registration opens at 8:30am  
Fairbanks Ranch Country Club,  
15150 San Dieguito Road  
Rancho Santa Fe



### 38th Annual Diamond Ball

*Featuring Grammy-nominated,  
Blue Collar comedian Bill Engvall!*

Saturday, October 27, 2018  
Starting at 5pm  
Park Hyatt Aviara,  
100 Aviara Resort Drive, Carlsbad

For tickets, sponsorships, and pricing for the above events, go to [TriCityHospitalFoundation.org](http://TriCityHospitalFoundation.org) or call **Rosella at 760-940-3597**. Tickets will sell out. Purchase early!

Saving lives thanks to generosity like yours —

# The Rare Childhood Disease That Still Kills Adults

*Less than twenty years before Ryan Frankowski was born, a deadly serious and often misdiagnosed childhood illness was officially described for the very first time. But like a growing number of women and men worldwide, Ryan would be an adult before Kawasaki disease almost killed him...*



Kawasaki disease survivor,  
Ryan Frankowski

In 1967 a Japanese pediatrician by the name of Tomisaku Kawasaki published the first paper describing a little-known disease that now bears his name. Today that paper is classic: Kawasaki disease (KD) isn't common, but can be misdiagnosed or remain undiagnosed because some of the symptoms mimic other childhood diseases. Most children recover.

However doctors are learning it's when children with Kawasaki grow up — many with no idea they ever had the disease — that things can turn deadly, as life-threatening heart problems start to surface twenty or more years later. The development is so recent that

evaluation guidelines don't yet exist for adults and young adults.

## "I had this thing going on"

For Ryan Frankowski it began with back pain, and mucus in his lungs that made him vomit. He was nearly thirty by then. "There was a Tri-City doctor who came into the shop where I worked. We ended up talking. I said, 'I've had this thing going on, and the last medical center I went to wouldn't look twice at me.' He made a place for me. He said, 'We're going to start at ground zero.'"

## Exposing a master of disguise

It wouldn't be the last time Frankowski landed in good hands.

His battery of tests showed an aneurysm — a balloon-like bulge on one of the blood vessels to Ryan's heart. Then, incredibly, Tri-City interventional cardiologist Karim El-Sherief, MD (see feature story page 2), exposed the little-known vascular weakness for what it was: the aftereffects of Kawasaki disease.

## "We're doing the surgery now"

Many aneurysms go forever unnoticed. Ryan Frankowski's burst. "My fingertips went numb. My chest was on fire. But even though I was having a heart attack, there was a comfort seeing Dr. El-Sherief. I just felt safe. He said, 'We're doing the surgery now.'"

With Tri-City cardiothoracic surgeon Dr. Daniel Gramins leading, and Dr. El-Sherief by his side, Ryan Frankowski had open-heart surgery. He'll always be monitored, but he's on the mend. "Hopefully I can condition my heart to relax after having had limited blood flow for so long. The medication makes a big difference but it packed on the pounds. So I've been getting back on my bike

*continued on page 6*

## Did You Have Kawasaki Disease?

Research now estimates that every year in the US 1,400 new adults and young adults become at risk of stroke or heart attack due to childhood Kawasaki disease (KD). Talk to your doctor about KD if as a child you had:

- ✓ A prolonged, high fever
- ✓ Swollen lymph nodes on your neck
- ✓ "Strawberry" tongue (bright red lips or mouth)
- ✓ Scarlet fever or measles (common misdiagnoses of KD)
- ✓ Peeling fingers and toes as you recovered



## Rare Disease

*continued from page 5*  
to build up stamina.” Then this survivor of Kawasaki disease smiles. “I just celebrated my one-year anniversary post-surgery. And yesterday, I walked twenty miles at Disneyland.”

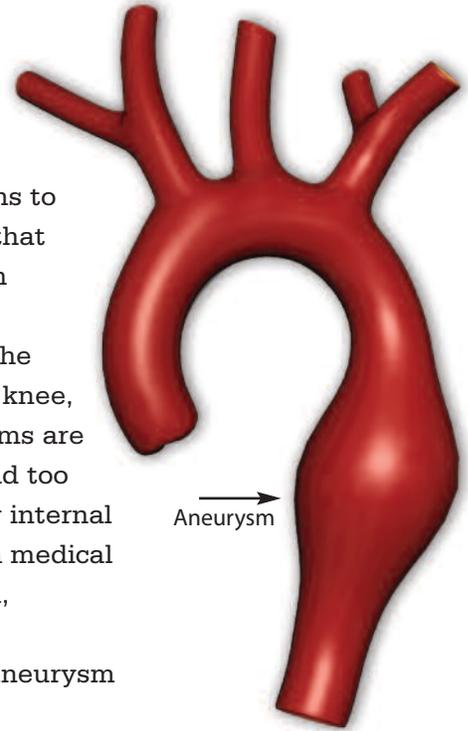
### Thank you for their new life stories

If not for donations from people like you to Tri-City Hospital Foundation, Ryan Frankowski might not be alive. Local, tax-deductible support funds advanced technology most community medical centers can't afford – and in turn attracts dedicated doctors and specialists. Thank you! ■

### FAST FACTS:

## Inside Aneurysms

When a part of an artery wall weakens, stretches, and begins to widen or “balloon” outward, that bulging is what’s known as an **aneurysm**. Aneurysms occur anywhere, but commonly in: the heart, brain, belly, behind the knee, and the spleen. Most aneurysms are symptomless until they expand too quickly or they burst, creating internal bleeding that is a life-or-death medical emergency. Pain, clammy skin, dizziness, low blood pressure, nausea, and vomiting are all aneurysm danger signs.



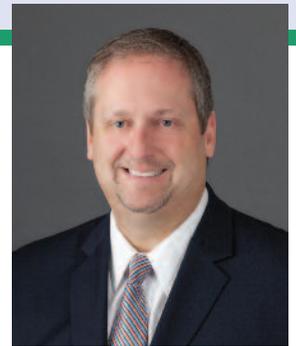
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such as bone and joint conditions, heart health, and Parkinson's wellness, followed by certified planner Ken Turpen of Thompson & Associates on the best options for your will and estate plan. Don't miss this opportunity to get the peace of mind that your values and your priorities have been clearly and properly communicated. ■



Certified planner Ken Turpen offers free will and estate guidance for groups and individuals through Tri-City Hospital Foundation. Call today to schedule!

**Private individual estate guidance also available at no cost. To learn more or schedule your group or individual session, call Glen Newhart today at 760-940-3370.**



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