



Keys to a Healthy Heart

LET US HELP YOU BEAT THE ODDS

Imagine you feel sudden pain in your chest, you have shortness of breath, sweating, and now you're starting to feel nauseous. You probably know it already - you're having a heart attack, or "STEMI", which stands for ST-Elevation Myocardial Infarction.

Early treatment to the blocked coronary artery minimizes the extent of the heart muscle damage and preserves the pumping function of the heart, thereby increasing survival and reducing or eliminating complications. One of the deciding factors for whether you live or die is how quickly your artery is opened (or "STEMI Time").

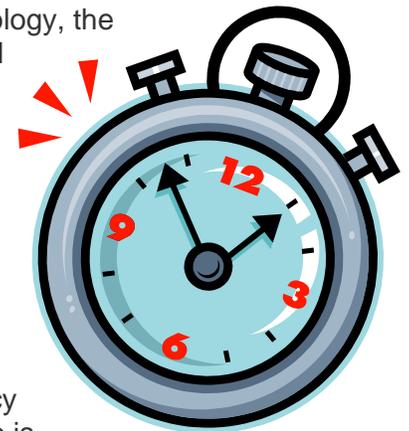
STEMI Time represents an average of our hospital's STEMI cases over the past 52 weeks for which data is available. It is defined as the time it took to re-establish blood flow from the time the patient arrived at our Emergency Room. The American College of Cardiology, the American Heart Association and The Joint Commission have established that this should occur in 90 minutes or less.

The Medical Center of Plano's average STEMI Time is 48.5 minutes, which is lower than the national benchmark of 90 minutes.

But we take it one step further. Because our STEMI Time is so quick, we also measure the time it took to re-establish blood flow from the moment the patient dialed 911.



Thanks to a close partnership with Plano Emergency Medical Services, our average time for that scenario is 74.9 minutes - which is still 15 minutes faster than the national STEMI Time benchmark. Our strategic partnerships and efficient processes mean we can open your artery faster than other hospitals.



The bottom line? The Medical Center of Plano is the place to go if you have a heart attack . . . but the real goal is to take steps NOW to prevent a future heart attack!