

HEART PROGRAM

More Than Four Decades of Leading-Edge Care



Almost four decades after performing San Diego's first open heart surgery, our physicians and surgeons continue to provide leading-edge heart services. The hospital's cardiologists, cardiac surgeons and other specialists are committed to bringing the latest research-based diagnostic, therapeutic and surgical services to San Diegans.

Our state-of-the-art cardiac catheterization labs offer our patients and physicians access to the advanced technology.

Here are some of the exciting, innovative techniques doctors are currently performing at Alvarado Hospital:

- A minimally invasive procedure for patients with atrial fibrillation that helps prevent strokes and may ultimately replace blood-thinning medications
- A noninvasive technique that determines the amount of arterial plaque build-up in the heart
- A minimally invasive technique that places a tiny filter into a leg vein in order to prevent blood clots from traveling into the lungs

Heart Attack Receiving Center

Alvarado Hospital is designated a STEMI (severe heart attack) Receiving Center by San Diego County.

STEMI stands for ST-elevation myocardial infarction. This designation is only given to hospitals that prove their staff can meet stringent standards of getting a patient from the ER to the cardiac cath lab in 90 minutes or less. This is the time frame wherein blood flow must be restored to achieve the best outcomes for heart attack patients.

Hospitals with this designation have demonstrated that their emergency departments have the facilities, technology and specialists necessary to provide the immediate diagnostic tests and interventions to save lives.

Quality Indicators

Committed to continuous quality improvement, Alvarado Hospital regularly participates in statewide quality measurements. We consistently meet and exceed state quality and outcomes measurements for cardiac services.

Diagnostic Cardiac Testing

Equipped with advanced monitoring, imaging and testing technologies, Alvarado's diagnostic services provide a comprehensive approach to detecting and tracking cardiac and cardiovascular irregularities. Many of these services may be provided on an outpatient basis.

Alvarado Advantage

Join the Alvarado Advantage Club for free and enjoy special benefits just for our members, including prioritized parking (when available); newspaper delivery if hospitalized; 10% discount at the Alvarado Gift Shop, Café and the Alvarado Medical Plaza Pharmacy; discounts at partner hotels and much more! New benefits are being added all the time, so register online and receive a welcome gift just for signing up.

Trust your heart to Alvarado Hospital's specialists. For more information, visit AlvaradoHospital.com or call (800) ALVARADO (800-258-2723).

