

Cardiac Computed Tomography Angiography:

Peace of Mind Never Came so Easily

If you knew that a simple test could immediately tell you whether you were at risk for heart disease or heart attack, wouldn't you want to sign up for that test today? A simple procedure called a **Cardiac Computed Tomography Angiography (CTA)** can give you that peace of mind. Read on to learn more about this state-of-the-art procedure.

What is a Cardiac Computed Tomography Angiography?

A CTA is a non-invasive diagnostic study that is performed to evaluate the blood flow through the arteries of the heart. The study is performed utilizing the hospital's state-of-the-art 64-slice CT scanner. Waterbury Hospital is the only hospital in the area offering this leading medical technology. According to **Carmen Serafino**, Director of Radiology at Waterbury Hospital, "This technology allows us to detect signs of heart disease at its earliest stages. We can scan for blocked arteries to see if patients are at risk for a heart attack."

Types of CTA

Heart Imaging: Visualizes all structures of the heart, including arteries, valves and chambers.

Coronary Artery Calcium Scoring (CACS): Allows the radiologist to define and measure calcium deposits along the walls of the coronary arteries. Cholesterol and other substances build up along the walls of the arteries, which can restrict blood flow to the heart.

Vascular-Arteries and Veins: Allows visualization of the arteries that supply the organs such as the lungs, liver, kidneys and carotids in the neck.

The examination

A CTA study conducted on the 64-slice CT scanner is quick and painless. A contrast dye is injected through an intravenous line that is placed in your arm. The table is moved into the scanner opening and the patient is asked to hold his or her breath for 10-20 seconds and remain still while data is being acquired. The doctor is able to visualize the entire heart and its arteries.



Waterbury Hospital Radiologist John DeLeon, MD, uses the state-of-the-art 64-slice CT scanner to perform a Cardiac Computed Tomography Angiography (CTA).

According to **John DeLeon, MD**, a radiologist at Waterbury Hospital who conducts CTA exams, "The data that we acquire is immediately reconstructed to produce three-dimensional images. These images are so sharp, clear and precise, it's almost as if I am looking directly into a patient's chest cavity at the heart."

Steven Schneider, MD, Vice President of Medical Affairs at Waterbury Hospital, volunteered to be one of the first patients in Greater Waterbury to undergo a 64-slice CTA. According to Dr. Schneider, "I like to be proactive about my health. The

CTA *Continued from page 1...*

truth is that I did have some trepidation going into the procedure because I feared that maybe some blockages would be revealed. But not knowing that I was at risk for a heart attack would have been a much worse fate. Forewarned is forearmed and that's the mindset I had going into this." Dr. Schneider's test results came back fine and he remarked on the simplicity of the procedure, "One of the great things about this technology is how quick and non-invasive it is. It took about twenty minutes for the exam and after that, I was back at my desk."

Is a CTA right for me?

According to the American Heart Association, the following are risk factors for heart disease:

- Family history of heart disease
- High levels of cholesterol
- High blood pressure
- Smoking
- Lack of physical activity
- Over the age of 45

By way of comparison to the 64-slice CTA, most people are more familiar with an older and more invasive procedure called cardiac catheterization. This procedure requires a four- to six-hour recovery time and requires that a catheter (a tiny hollow tube) be inserted into an artery in the groin and threaded through to the heart's arteries in order to create an image of the heart and blood vessels.

How can I schedule a CTA?

Some insurance providers do not cover the cost for the 64-slice CTA, so you will have to contact your insurance provider to review your benefits. If your procedure is not covered by your insurance, payment is required prior to your procedure. To schedule a CTA, you may call 203-573-7661.

To learn more about cardiac computed tomography angiography (CTA), please join us on Tuesday, April 22, 2008, in the Bizzozero Conference Center, as John DeLeon, MD, discusses the procedure and how you can benefit. For more information, please see the calendar on page 3.

Evergreen Club 50 Book Club

2:00 pm to 4:00 pm
No registration required

The Village at East Farms
180 Scott Road • Waterbury, CT

Monday, April 7

Suite Francaise
by Irene Nemirovsky

Monday, May 5

Waiting
by Ha Jin

Monday, June 2

The Glass Castle
by Jeannette Walls

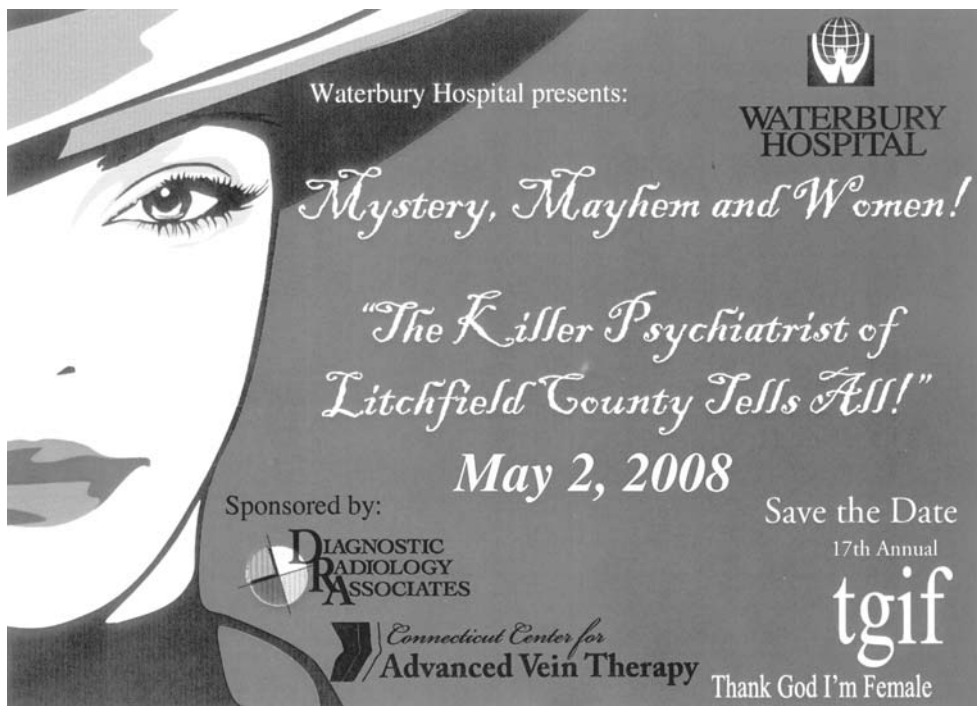
No book club July and August

Monday, September 8

The Deadliest Strain
by Jan Coffey

Monday, October 6

Fahrenheit 451
by Ray Bradbury



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WATERBURY HOSPITAL

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"The Killer Psychiatrist of Litchfield County Tells All!"

May 2, 2008

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Connecticut Center for Advanced Vein Therapy

Save the Date
17th Annual
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Thank God I'm Female

Evergreen Club 50

Join us for these upcoming programs!



Program Schedule Spring 2008

You may also register for any of these Evergreen Club 50 programs online at www.waterburyhospital.org

Waterbury Hospital is always happy to make accommodations for the hearing impaired who wish to attend our programs. If you would like assistance, please call us a minimum of one week in advance of the program at (203) 573-7385.

APRIL

MAY

Ancestral Body and Modern Life:

The complex mismatch and consequences to health

Monday, April 7, 2008, 2:00 pm - 3:30 pm

Bizzozero Conference Center, 4th fl., Waterbury Hospital

The Florence Erlanger Alternative Medicine Annual Lecture will be presented by **Beatriz Olson, MD**. Dr. Olson will present how our body's biology evolved to deal with a simpler environment than we currently have and how our ignorance about interacting with our environment results in a lack of wellness. She will discuss how self-awareness and treating our bodies in "old ancestral" yet "alternative" ways can create a mind-body balance to help prevent disease.

Seating is limited. Pre-registration is required by April 2 to the Development Office at (203) 573-7691.

Cardiac Computed Tomography

Tuesday, April 22, 2:00 pm - 3:30 pm

Bizzozero Conference Center, 4th fl., Waterbury Hospital

Would you sign up for a simple test that could immediately tell you if you were at risk for heart disease or a heart attack? Cardiac computed tomography (CTA) is a simple procedure that can give you that peace of mind. This non-invasive diagnostic study is performed to evaluate the blood flow through the heart arteries.

Join Waterbury Hospital physician **John DeLeon, MD**, as he explains this state-of-the-art procedure and how it is performed using the 64-slice CT scanner. Waterbury Hospital is the only hospital in the area offering this leading medical technology.

Seating is limited. Pre-registration is required by calling the Evergreen Club at (203) 573-7385.

Fighting Off Fraud

Wednesday, April 23, 2:00 pm - 4:00 pm

Bizzozero Conference Center, 4th fl., Waterbury Hospital

The jury duty scam. The checking account scam. The lottery scam. These are just three of the many scams out there that try to get a person's money, social security number, bank account number, etc. You may think that you know enough to never fall prey to scams, but people nonetheless become victims every day!

Join our partners at the Western Connecticut Area Agency on Aging for a presentation that will provide invaluable information to help you fend off fraud. There will be food, fun (bingo with prizes!) and facts to help you fight fraud.

Seating is limited. Pre-registration is required by calling the Evergreen Club at (203) 573-7385.

Own Your Future: Long-term Care Awareness

Thursday, May 8, 2:00 pm - 4:00 pm

Bizzozero Conference Center, 4th fl., Waterbury Hospital

The Own Your Future Campaign is a joint federal-state initiative begun in January 2005 to increase awareness about the importance of planning for long-term care needs. There is a good chance you or a loved one may need long-term care services in the future. Planning ahead allows you to have more control than having to figure it out when it becomes an urgent need with no planning done.

Join the Western Connecticut Area Agency on Aging in partnership with Attorney Michael Giardina as they explain to you what steps to take so you can "own your future."

Seating is limited. Pre-registration is required by calling the Evergreen Club at (203) 573-7385.

Brain Bingo

Thursday, May 15, 2:00 pm - 4:00 pm

Bizzozero Conference Center, 4th fl., Waterbury Hospital

The Connecticut Alzheimer's Association will stimulate your mind with "Brain Bingo" and discuss options for caregivers. Learn what services are available to help individuals diagnosed with Alzheimer's, Dementia, and Parkinson's Disease.

Seating is limited. Pre-registration is required by calling the Evergreen Club at (203) 573-7385.

Recognition and Treatment of Stroke

Monday, May 19, 1:00 pm - 2:00 pm or 5:30 pm - 6:30 pm

Bizzozero Conference Center, 4th fl., Waterbury Hospital

Stroke is the third leading cause of death and the leading cause of adult disability in the United States. More than 750,000 Americans experience a stroke every year. Stroke can happen to anyone regardless of age, gender or race. High blood pressure, high cholesterol, diabetes, smoking, obesity and family history are some of the risk factors for a stroke.

Understanding what you can do to reduce your risk can decrease your chances of having a stroke. The more risk factors you have, the greater your chance of having a stroke. Join Paramedic Brad Fowler as he presents how to protect yourself and your loved ones from having a stroke. You will also learn about the new advances in stroke care by attending this important, free seminar sponsored by the Waterbury Hospital Stroke Team.

Pre-registration is required by calling the Evergreen Club at (203) 573-7385.

The Waterbury Hospital Auxiliary, Inc.
cordially invites you to attend its

Spring into Elegance

Luncheon and
Fashion Show

on

Sunday, April 6, 2008

12:00 pm until 3:00 pm

Crowne Plaza Hotel

1284 Strongtown Road, Southbury

Door Prizes!

Fashions by
Talbots - Southbury
Val's Unique Boutique - Oakville
Delianne Bridal & Formal Wear - Waterbury

Tickets available:

Canfield Corner (Woodbury) • Dinovas Four Corners Store (Middlebury)
The Grotto (Waterbury) • Koenig Art Emporium (Southbury)
Sullivan's Jewelers (Middlebury) • The Waterbury Hospital Gift Shop

Or call (203) 753-5613



Advance Purchase Only by Tuesday, April 1, 2008

\$30 Adults ~ \$25 Students



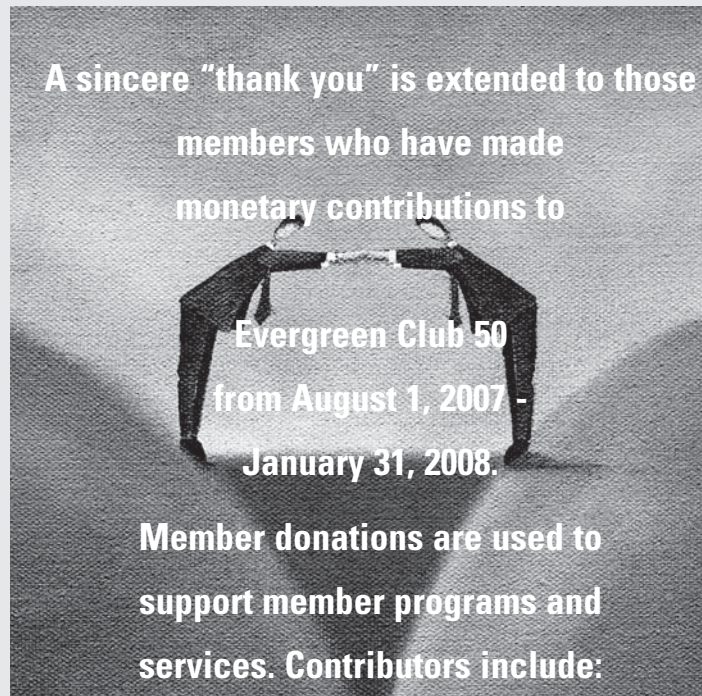
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Thank You For Your Generosity!

Don't Be Without Your Television

The Western Connecticut Area Agency on Aging is reminding people that television will change dramatically on February 17, 2009, when a federally mandated transition from analog to digital television broadcasting is complete.

Analog TV is a signal that is transmitted in a manner similar to radio. Digital TV, or DTV, transmits data bits of information, just as computer data is written or the way music is written on a CD. DTV provides a higher quality image and better sound.

If you receive your television signal through antennas or "Rabbit Ears," you will be affected by the transition to take place on February 19, 2009. If you subscribe to a cable, satellite or telephone company to provide your television reception, you will not be affected by this change.

To change your television to accommodate the new digital broadcast system, you must get a DTV Converter Box. A converter box will plug into your existing analog set and will enable you to receive free over-the-air television reception. You will still continue to use your antenna. The cost of a DTV Converter Box is estimated between \$50-\$70, but you can apply for two, free \$40 coupons to purchase two DTV Converter Boxes (one coupon per converter box). You will be able to get these converter boxes from major retailers that will be listed when you get your converter coupons. These coupons can only be used for

a government certified DTV Converter Box (your retailer will have them) and must be used within 90 days of receiving them.

To get your two free \$40 coupons, please call 1-888-388-2009 (1-888-DTV-2009).

If you do not get a converter box for your television, it will not work after February 19, 2009.

There are 78,710 households in Connecticut that will be affected by this change. Please do not be one of those households that will lose television reception.

Article submitted by the Western Connecticut Area Agency on Aging

**Please join our partner
VNA Health at Home, Inc.
for free stroke assessments**

American Stroke Association

STROKE ALERT!

May is American Stroke Month

 **VNA
Health at Home, Inc.**

Will Provide

FREE STROKE ASSESSMENTS

**Tues., May 20, 2008 – 10:00 am - 12:00 pm or
1:00 pm - 3:00 pm**

Oakville Senior Center

Wed., May 21, 2008 – 12:00 pm - 4:00 pm

**Evergreen Club 50, Waterbury Hospital
Bizzozero Conference Center, 4th Floor**

Thurs., May 22, 2008 – 12:00 pm - 4:00 pm

Harold Leever Regional Cancer Center

**To make an appointment or for additional information,
please call: VNA Health at Home @ 860-274-7531**

Medicare Deductibles

Medicare Deductibles	2008
Medicare Part A <i>Hospital Stay</i> Days 1-60	\$1,024.00 each admission
<i>Hospital Stay</i> Days 61-90	\$256.00 per day
<i>Hospital Stay</i> Days 91-150	\$512.00 per day
Skilled Nursing Facility Days 21-100 <i>Medicare covers days 1-20</i>	\$128.00 per day
Part A Coverage for those with less than 40 quarters	\$233.00 per month
Less than 30 quarters	\$423.00 per month
Medicare Part B <i>Medically necessary</i> doctors, lab work, durable equipment, ambulance, outpatient medical and surgical services, blood, home health care, oxygen, medical supplies, occupational and physical therapy	\$96.40 per month
Part B Deductible	\$135.00 per year

Isn't it Time You Tried Yoga for Relaxation?

Relax and rejuvenate your body and soul with Yoga classes. Instructors from our partners at the Woodbury Yoga Center will teach you breathing and relaxation techniques and exercises to help you feel refreshed and invigorated.



Tuesday evenings
5:30 pm - 7:00 pm

Bizzozero Conference Center
4th floor, Waterbury Hospital

Please call Woodbury Yoga Center
at (203) 263-2254
for more information

WE'VE MOVED!!

Waterbury Hospital Blood Drawing Facility

Formerly located at The Be Well Center
in the Brass Mill Center,
has relocated to:

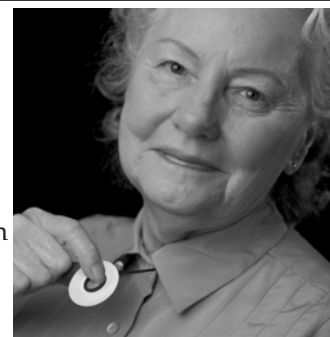
WATERBURY HOSPITAL
BLOOD DRAWING FACILITY
2154 East Main Street
Waterbury, CT 06705
203-575-0730

Monday through Friday
8:00 am - 3:30 pm

(closed 12:30 pm - 1:00 pm for lunch)

Saturday, 8:00 am - 12:00 pm


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**DATED MATERIAL
PLEASE RUSH!!**

The Evergreen Club 50 newsletter is partially funded through donations from Evergreen Club 50 members.

Save the Date!!



17th Annual tgif

(Thank God I'm Female)

Mystery, Mayhem and Women!

"The Killer Psychiatrist of Litchfield County Tells All"

Keynote Speaker:

Psychiatrist and Author
Charles Atkins, MD

Special Guest:

Karen Kangas, EdD
"It's a Bipolar World"

FRIDAY, MAY 2, 2008

4:30 pm - 9:00 pm

SOUTHBURY CROWNE PLAZA

For more information, contact the Development Office at 203-573-7691

Keep Us Informed... Are you moving?

Have you or someone you know moved and stopped receiving the newsletter three times a year?

This means we do not have a current address and the Post Office will not forward the Evergreen newsletter.

Please update your information (and tell your friends to do the same!) by mailing it to us or by calling (203) 573-7385.

Please include your former address. If you no longer wish to receive the newsletter, please inform us of this in writing.

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