

## Advanced heart care for women.

Heart disease affects women differently than men. It creates unique risks for women, and often hits them harder. Women have higher complication rates and worse outcomes with cardiac surgery. They are also more likely to experience complications after angioplasty.

Chest pain typical of angina is less likely to be associated with coronary artery disease in women than men. Some women continue to have symptoms of chest pain even though they do not have significant blockages in the major coronary arteries. This type of chest pain cannot be treated by angioplasty or stents.

That is why URMC created the Women's Heart Program. It is the only program in the region that is devoted exclusively to preventing and treating heart disease in women.

### The highly specialized care a woman needs.

We have been exclusively focused on the special needs of women since 2005.

- The Women's Heart Program is run by a woman cardiologist and a woman nurse practitioner, who understand the challenges women face—in heart disease, and in everyday life.

- We place our focus on prevention, helping to identify risk factors early so you can avoid heart disease and its complications.
- We offer the only subspecialty arrhythmia clinic for women, run by a women cardiologist who is a specialist in heart rhythm problems. We are offering more advanced treatment of certain arrhythmias such as atrial flutter/atrial fibrillation, including ablations, pacemakers and defibrillators.
- Our program has been a leader in research that has helped to identify the unique risks women face in heart disease.
- We provide experts who can help women to live a healthier lifestyle, through better eating and a more activity.
- We provide all the diagnostics most women need in one place, including echocardiograms, stress echo, SPECT, cardiac MRI, and PET CT.
- We work closely with the area's top experts in smoking cessation, hypertension (high blood pressure) and high cholesterol.
- We have a dietitian who can advise about cardiac/diabetic diet.
- We can make special arrangements to help women who cannot afford a cardiologist.



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## Patient story: Nancy Hine



Nancy Hine has a family history of heart disease.

"My mother passed away at 53 from a heart attack," she says. "And my sister had a quadruple bypass at age 50."

So when Nancy started exhibiting risk factors at a young age, she was pleased to find the Women's Heart Program.

"I wanted a program geared just to women," says Nancy. "And there's something different about Dr. Mieszczanska. She's very down to earth and personable. And after I smoked for 38 years, she got me to quit. I don't know how she motivated me, but she did!"

Nancy recently returned to college at age 50 to pursue a degree in nursing.

### One number for excellent care.

For more information on the Women's Heart Program, or to set up an appointment, please call us today. With just one phone number for every heart and vascular need, we make getting the care you need simple: **call 585-275-2877** or visit us at [heart.urmc.edu](http://heart.urmc.edu).

## Multidisciplinary care for women.

There are many factors that contribute to heart disease in women. So the best way to prevent and treat women's heart disease is with a coordinated, multidisciplinary approach.

The Women's Heart Program puts all the experts you need in one place. Everyone here is an expert in working with women. We understand how heart disease affects women differently, and we understand the unique stresses women face at home and in the workplace. We have also assembled a world-class team with expertise in the top risk factors for heart disease: smoking, high blood pressure and high cholesterol.

## Conditions we treat.

The Women's Heart Program treats all types of heart disease in women. We work closely with the top experts at URMC to ensure that women can get the highly specialized expertise they need for any heart condition.

- Coronary artery disease
- Diabetes mellitus
- Congestive heart failure
- High blood pressure
- High cholesterol
- Obesity/Metabolic syndrome
- Palpitations (arrhythmias, atrial fibrillation)
- Peripheral Artery Disease
- Valvular heart disease



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