

Heartfelt gratitude

When Stan Krogh learned he needed open-heart surgery last May, he wondered if he'd be able to keep his promise to walk his cousin down the aisle for her July wedding.

"Her parents are gone so she asked me, and I was honored to be asked," the Fargo man recalls.

Krogh had rheumatic fever as a child but had been active all his life. At age 69, he'd convinced himself that shortness of breath and weakness were just part of getting older.

"The heart surgeon told me, 'Stan, you're dying,'" Krogh recalls. "He said my heart was about to explode."

Calcium from Krogh's bout with rheumatic fever was closing off the aortic valve and making his heart work too hard. The blockage was putting him at risk of profound heart failure.

On May 24, Krogh underwent open-heart surgery to replace his defective valve at Essentia Health-Fargo. Soon after surgery he suffered irregular heartbeats, a condition called atrial fibrillation, so he spent three days in the Intensive Care Unit.

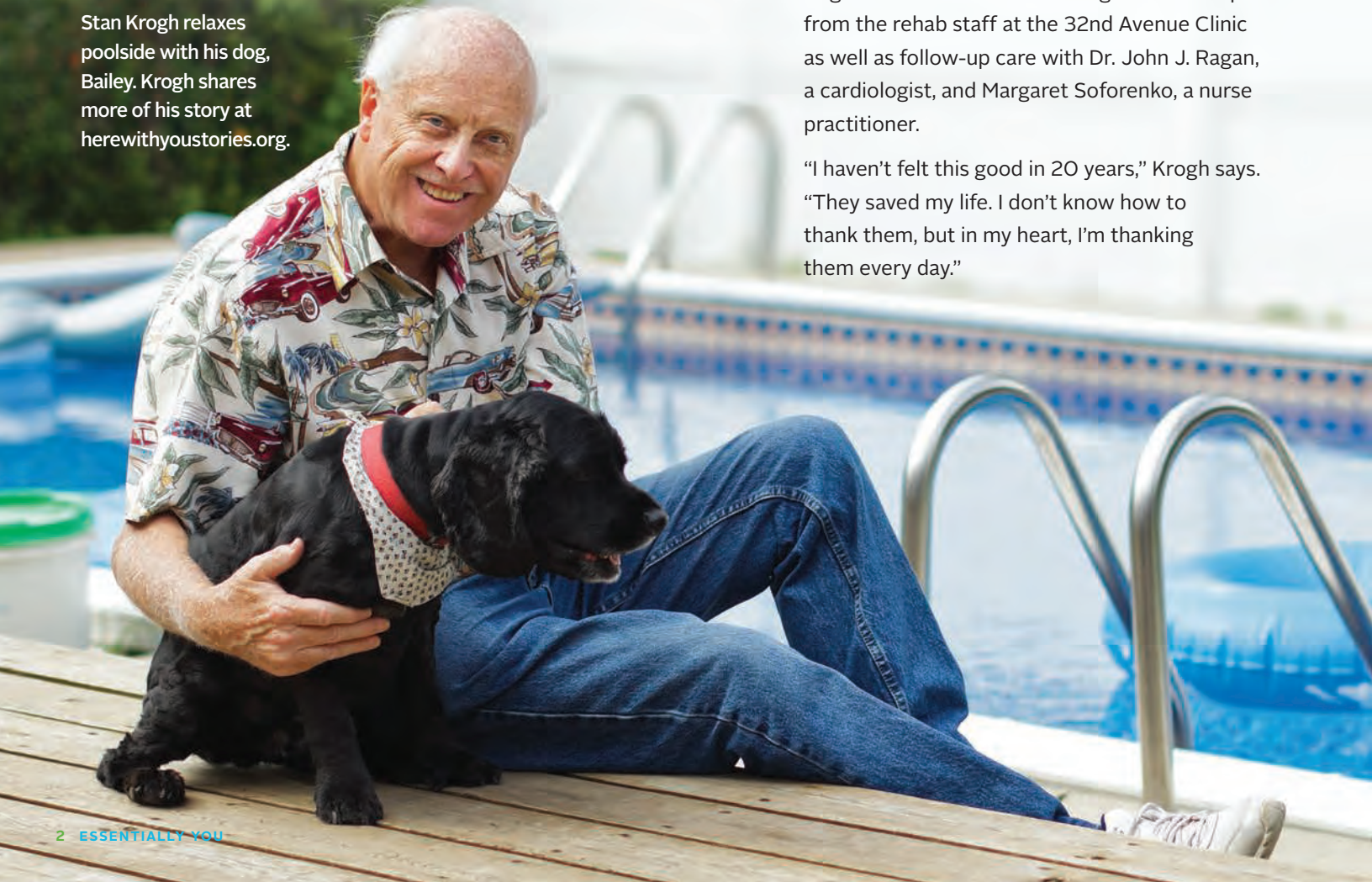
"The care I got was above and beyond," Krogh says of the surgical and hospital staff. "My wife, Mary, and my daughters and son-in-laws were there with me and they were taken care of, too. They say the care was remarkable."

Krogh says doctors, nurses and other staff were always there to explain what was going on, and to answer any questions. "The attitude of the staff was so sincere, you can tell that they care and they're not just doing a job," he says.

When Krogh began cardiac rehabilitation on June 20, he told therapists he had two goals: Walk his cousin down the aisle on July 29 and return to work as a Veterans Administration audiologist on Aug. 1. He met both ambitious goals with help from the rehab staff at the 32nd Avenue Clinic as well as follow-up care with Dr. John J. Ragan, a cardiologist, and Margaret Soforenko, a nurse practitioner.

"I haven't felt this good in 20 years," Krogh says. "They saved my life. I don't know how to thank them, but in my heart, I'm thanking them every day."

Stan Krogh relaxes poolside with his dog, Bailey. Krogh shares more of his story at herewithyoustories.org.



NEW STAFF AND SERVICES ENHANCE CARE AT HEART & VASCULAR CENTER IN FARGO

When it comes to taking care of your heart, turn to the experts at the Essentia Health Heart & Vascular Center in Fargo.

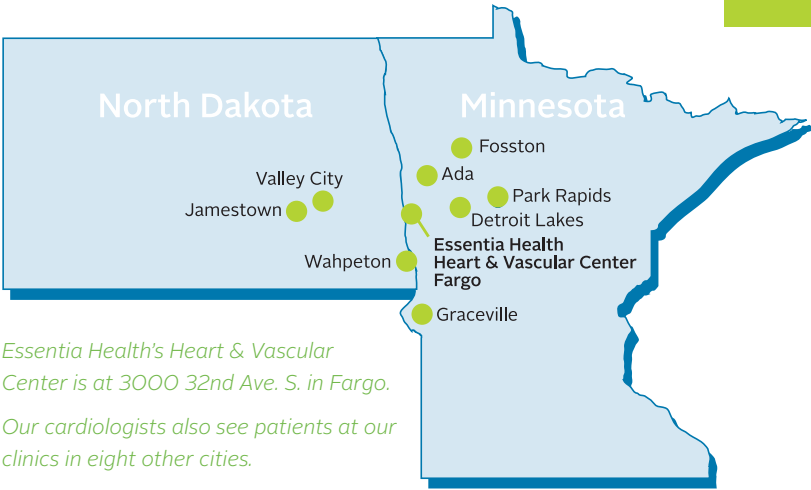
Our specialists diagnose and treat the most complex conditions. They can help you prevent heart and vascular diseases, and, if you're diagnosed with one, they'll work to improve your quality of life.

The Heart and Vascular Center, located at our 32nd Avenue Clinic, is growing to offer more comprehensive care. We're with you every step of the way, from diagnosis, treatment and procedures to follow-up care and cardiac rehabilitation.

You and your family are the center of our healthcare team. Our four experienced cardiologists and their care team have built their practices here and earned a solid reputation with patients and referring physicians.

Our cardiologists are Dr. Yassar Almanaseer, Dr. Garfield Grimmett, Dr. Donald Jenny and Dr. John Ragan. They're joined by Dr. Eric Keyser, a new cardiothoracic surgeon. The team includes Physician Assistant Marcie Grogan, Physician Assistant Wyatt Mitzel and Nurse Practitioner Margaret Soforenko.

Our cardiologists bring care closer to their patients' homes by offering regular appointments at eight regional clinics (see map above). For our youngest patients, we offer regular



Essentia Health's Heart & Vascular Center is at 3000 32nd Ave. S. in Fargo. Our cardiologists also see patients at our clinics in eight other cities.

appointments in Fargo with a pediatric cardiologist from the Children's Heart Center in Minneapolis.

Here are the latest developments at the Heart & Vascular Center:

- Cardiothoracic surgeon: After training at some of the nation's leading heart centers, Dr. Eric Keyser now offers minimally invasive surgeries and traditional open-heart procedures.
- Electrophysiology (EP) Lab: Dr. Michael Mollerus, a nationally recognized electrophysiologist, treats heart rhythm disorders with pacemakers, defibrillators and ablations.
- Hybrid Cardiac Catheterization Lab: An upgraded cardiac catheterization lab allows cardiologists to diagnose and treat heart conditions in the same room with the latest technologies.
- Heart Failure Clinic: We'll soon launch a program modeled on a nationally recognized program at our Heart & Vascular Center in Duluth, Minn. A team helps patients with heart failure better manage their condition with some patients using a unique home telemonitoring system.

Risk factors for heart disease
 Some risk factors for heart disease – your age, gender and family medical history – can't be changed. But you can reduce your risk by making changes in these factors:

- Smoking
- High blood cholesterol
- Physical inactivity
- Stress
- High blood pressure
- Obesity/overweight
- Diabetes