
Lehigh Valley Health Network

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Dear Colleague:

We are pleased to share this report on cardiac and vascular patient care and statistics of the past three years at Lehigh Valley Health Network.

Our Heart and Vascular Center is a true collaboration among specialties resulting in streamlined referrals, cost-effective and efficient patient care, and advances in quality and innovation by experts in their respective fields. Weekly multidisciplinary clinical case conferences are part of the collaborative process that results in improved care, service and access for you and your patients.

Our programs continue to grow and earn recognition from prestigious national organizations. We are Pennsylvania’s best hospital for heart attack care, and second in the nation.

Our MI Alert program is a significant part of this accomplishment, consistently delivering the “gold standard” for treating heart attack patients with timely, lifesaving care. Our hospitals are accredited by the Society of Chest Pain Centers, and nine of our heart specialists were included in the Best Doctors in America list this year.

We continue to develop innovative programs and centers, including the Center for Advanced Heart Failure, Acute Aortic Treatment Center, Hypertrophic Cardiomyopathy Center, Heart Disease and Pregnancy Program, Heart Valve Center and Heart Rhythm Center. These programs bring sophisticated technology and a collaborative approach to patients with complex heart problems.

We encourage you to read about these accomplishments and others in this report. Our Heart and Vascular Center serves physicians and patients throughout eastern Pennsylvania and western New Jersey at our sites in Allentown and Bethlehem, Pa.

We welcome the opportunity to discuss our program with you in more detail, and to work with you to ensure the best care for your patients. In the back of this report you will find a referral guide listing all physicians in our cardiology, cardiothoracic surgery and vascular surgery departments. Please call any of the physicians listed to make a referral, or phone the Heart and Vascular Center at 610-402-7150 to speak with one of us about our center’s services.

Sincerely,

Ronald S. Freudenberger, M.D.,
F.A.C.C., Medical Director,
Heart and Vascular Center
Chief, Division of Cardiology

Raymond L. Singer, M.D.,
M.M.M., F.A.C.S., F.A.C.C.,
Associate Medical Director,
Heart and Vascular Center
Chief, Division of Cardiothoracic Surgery
Lehigh Valley Health Network treats more heart patients than any other hospital in our region at our two Heart and Vascular Center sites in Allentown and Bethlehem.\(^1\) In 2010, our interventional cardiologists performed nearly 12,000 diagnostic and therapeutic procedures (chart, page 6). Our cardiothoracic surgeons completed more than 1,000 surgeries, the third-highest volume in the state.\(^2\) Our valve surgery program leads the state in quality, with the only “lower than expected” mortality rating in four valve-related categories.\(^3\) Our vascular program—the fourth busiest in Pennsylvania\(^4\)—offers innovative procedures like endovascular aneurysm repair and carotid artery angioplasty. Our arrhythmia specialists performed more than 1,500 procedures in 2010 (chart, page 7).

At the same time we are caring for complex cardiac problems—including abnormal heart rhythms—with state-of-the-art technology and new forms of collaboration, we remain focused on providing a comfortable, high-quality experience for our patients and families. Open communication, compassion and respect remain central to this care.

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\(^1\) Overview of Inpatient Cardiology Volumes from Pennsylvania Hospitals; FY09 (PHC4, HCA4B)

\(^2\) Pennsylvania Hospital Inpatient Discharge Volume Rankings by Cardiology Sub-Product Line; FY09 (PHC4, HCA4B)

\(^3\) PHC4 Cardiac Surgery in Pennsylvania report, 2007-2008

\(^4\) CY09 Inpatient Discharges from Pennsylvania Hospitals for Vascular Services; (PHC4, HCA4B)
Lehigh Valley Hospital ranks among the best in the United States for heart attack survival. In 2008, we ranked first in the nation; in 2010, we were number two in the nation and the best in Pennsylvania.

**MI ALERT**

More patients survive a heart attack in part because of our MI Alert program, which provides emergency percutaneous coronary interventions 24/7 to patients with ST elevation myocardial infarction. This service is available at our hospital sites in Allentown and Bethlehem. The protocol is also available in six partner hospitals outside our region, giving patients in outlying communities the best chance to survive a heart attack.

Our MI Alert program began in 1997; in 2010, we treated more than 425 STEMI patients. The teamwork of our physicians and staff, our MedEvac helicopters and area first-responders has led to median door-to-balloon times in the one-hour range, well below the 90-minute gold standard for heart attack care.

Lehigh Valley Health Network’s three hospital sites (Lehigh Valley Hospital–Cedar Crest; Lehigh Valley Hospital–Muhlenberg; Lehigh Valley Hospital–17th Street) are accredited as Chest Pain Centers from the Society of Chest Pain Centers; Lehigh Valley Hospital–Cedar Crest and Lehigh Valley Hospital–Muhlenberg are Primary Coronary Intervention sites.

**THERAPEUTIC HYPOTHERMIA**

Since 2005, we have used therapeutic hypothermia combined with coronary intervention on nearly 90 cardiac arrest patients who suffered ventricular tachycardia or ventricular fibrillation. With this cooling technology, we have achieved a 50 percent patient survival rate. Also, 47 percent of our patients have regained moderate to good neurological function after cooling. This program relies on collaboration among specialists in cardiac care, neurology and critical care, as well as emergency responders and referring hospitals. As part of the International Cardiac Arrest Registry, we are one of six major U.S. heart centers collaborating to produce data that will guide treatment.

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**MI MORTALITY* JULY 2006–JUNE 2009**

*Source: U.S. Centers for Medicare and Medicaid Services

1 U.S. Centers for Medicare and Medicaid Services
ADVANCES IN CARDIOLOGY

DIGITAL IMAGING
We offer every modality of advanced cardiac imaging in order to gain a clear picture of the patient’s health. Our board-certified cardiologists all receive training in cardiac imaging during their fellowship. As a digital heart hospital, our system gives consulting and referring physicians quick and easy access to data, images and reports.

Lehigh Valley Health Network offers three-dimensional transesophageal echocardiography, an innovative test that provides 3D moving images of the heart in real time. This test is especially beneficial in the diagnosis and treatment of valve problems.

Our 64-slice CT scanner has the most advanced radiation-lowering software available, providing unparalleled three-dimensional images of the heart and blood vessels. This allows us, in appropriate cases, to view coronary artery disease with low-radiation exposure. We use CT angiography in the emergency department for rapid evaluation of chest pain.

Cardiac MRI produces superior images of the heart, enabling us to more accurately assess heart structure and function. Our Cardiac MRI program is accredited by the American College of Radiology. We performed more than 350 cardiac MRIs in 2010, and are participating in national trials and registries in a variety of cardiac MRI-related areas.
INTERVENTIONAL CARDIOLOGY

Lehigh Valley Health Network operates eight cardiac catheterization laboratories at our two Heart and Vascular Center sites in Allentown and Bethlehem. Interventional cardiologists perform transradial artery access, a relatively new approach that results in less blood loss, fewer complications, less pain and a shortened hospital stay.

INTERVENTIONAL CARDIOLOGY PROCEDURES

**Diagnostic**
- Left heart catheterization
- Right heart catheterization
- Coronary angiography
- Cardiac biopsy
- Combined left and right heart catheterization with transeptal approach

**Therapeutic**
- Percutaneous transluminal coronary angioplasty
- Coronary stenting
- Drug-eluting stenting
- Intra-cardiac ultrasound
- Intra-vascular ultrasound
- Intra-aortic balloon pump insertion
- Valvuloplasty—aortic and mitral
- Pericardiocentesis
- Coronary rotational atherectomy
- PFO closure
- ASD closure
- PDA closure
- Angiojet thrombectomy
- Impella® heart pump
- Laser atherectomy

**Peripheral Procedures**

**Diagnostic**
- Peripheral angiography—cerebral, carotid, thoracic, aortic, renal, iliac, femoral, lower extremities

**Therapeutic**
- Peripheral angioplasty and stenting
- Vena cava filter placement
- Carotid stenting
- Laser atherectomy

CATHETERIZATION PROCEDURES

**DIAGNOSTIC AND THERAPEUTIC**

![Bar chart showing catheterization procedures from 2008 to 2010.]

**SOURCE:** Lehigh Valley Health Network Interventional Cardiology

PERIPHERAL PROCEDURES

**DIAGNOSTIC AND THERAPEUTIC**

![Bar chart showing peripheral procedures from 2008 to 2010.]

**SOURCE:** Lehigh Valley Health Network Interventional Cardiology
Our specialists care for all types of arrhythmias and offer a full spectrum of ablation procedures for atrial fibrillation, supraventricular tachycardias and ventricular tachycardias. Our experienced, board-certified electrophysiologists work closely with other cardiologists, surgeons, and imaging and nursing specialists, using state-of-the-art computer technology to ensure the highest likelihood of control or complete elimination of abnormal heart rhythms. As an example of our success, the National Cardiovascular Data Registry shows that in 2009 our complication rates for implanted cardioverter defibrillator devices were better than those of hospitals with comparable volume and the nation as a whole.

**HEART RHYTHM CENTER**

**Diagnostic**
- Complex EP studies
- ICD checks and follow-up
- Tilt table studies

**Therapeutic**
- Pacemaker insertions and generator changes
- Pacemaker lead extractions
- Pacemaker upgrades, single to dual
- ICD insertions
- ICD generator changes
- Pacemaker upgrade to ICD and/or biventricular pacer
- Biventricular pacemaker insertions and generator changes
- Biventricular pacemaker upgrades to biventricular ICD
- AV node ablation
- SVT ablation
- VT ablation
- Atrial tachycardia ablation
- Atrial flutter ablation
- Wolf-Parkinson-White pathway ablation
- Atrial fibrillation ablation
- Event recorder implants

**ELECTROPHYSIOLOGY PROCEDURES**

**ICDS**

**ABLATED**

**PACEMAKERS**

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**SOURCE FOR ALL CHARTS:** Lehigh Valley Health Network Interventional Cardiology
CARDIOTHORACIC SURGERY

Lehigh Valley Health Network’s cardiothoracic surgery program has one of the highest patient volumes in Pennsylvania, with more than 1,000 surgeries each year. The program is known for its experienced surgeons, technological innovations and low mortality.

The Pennsylvania Health Care Cost Containment Council continues to show that our results in coronary artery bypass surgery are among the best in the state. Since 2002, Lehigh Valley Hospital–Cedar Crest has experienced an approximately 1 percent or lower mortality rate for CABG surgery. The most recent state average is 1.9 percent. An internal review of 2,333 consecutive CABG cases performed at Lehigh Valley Health Network over five years using conventional techniques found that we achieved a 0.86 percent mortality rate and a stroke rate of only 0.9 percent.

Small-incision surgery, stents, robots and percutaneous valve therapies have become important options that require collaboration between specialties. To prepare for the future, Lehigh Valley Hospital is building a state-of-the-art, dedicated hybrid operating room that combines the capabilities of a cardiac catheterization lab with the equipment and sterility of an operating room—to be used by cardiologists and surgeons working side-by-side.

HEART VALVE CENTER

A team of cardiothoracic surgeons, cardiologists and a dedicated nurse practitioner is available to evaluate patients with complex heart valve disease. We provide expedited appointments for elective patients or an automatic transfer of in-hospital patients without delay. In addition to offering a team approach that includes all aspects of heart valve disease therapies, we provide referring physicians with frequent updates, and patients return to the referring physician for their follow-up and continuing care.

Our cardiac surgeons perform more than 300 valve procedures each year. Lehigh Valley Hospital–Cedar Crest was the only hospital in Pennsylvania to receive lower than expected mortality ratings for in-hospital and 30-day mortality for total valves and valve without CABG.

PERCUTANEOUS VALVE THERAPIES

Lehigh Valley Health Network is preparing to offer percutaneous valve therapies, another exciting innovation that requires a collaborative team of cardiologists, cardiac surgeons and vascular surgeons. We are developing the infrastructure to be one of the first non-university programs to acquire the technology, thanks to our large heart valve volumes and excellent outcomes.

COMPLEX MITRAL VALVE REPAIR

Mitral valve repair affords patients freedom from anticoagulation and less risk for endocarditis, as well as overall preserved ventricular function. Our surgeons have undergone mitral repair education with international leaders. Our mortality rate for isolated mitral valve repair is 0 percent, putting us among the country’s leading organizations.

LESS-INVASIVE HEART VALVE SURGERY OPTIONS

Performing complex valve repair or replacement through a smaller incision requires advanced technology as well as advanced surgical skill. At Lehigh Valley Health Network, our board-certified heart surgeons, with a collective 40 years experience and an estimated 10,000 cardiothoracic surgery procedures, perform many types of minimally invasive heart valve repair or replacement surgeries.

1 PHC4 Cardiac Surgery in Pennsylvania, 2007-2008
2 PHC4 Cardiac Surgery in Pennsylvania, 2007-2008
3 STS Database, period ending June 30, 2010
### TOTAL CARDIAC SURGERY 2008-2010

<table>
<thead>
<tr>
<th>Volume</th>
<th>CABG</th>
<th>Valve</th>
<th>CABG/Valve</th>
<th>TAAs</th>
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<tr>
<td>FY08</td>
<td>585</td>
<td>282</td>
<td>112</td>
<td>143</td>
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<tr>
<td>FY09</td>
<td>611</td>
<td>356</td>
<td>124</td>
<td>170</td>
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<tr>
<td>FY10</td>
<td>546</td>
<td>314</td>
<td>111</td>
<td>181</td>
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<tr>
<td>TOTAL</td>
<td>1742</td>
<td>952</td>
<td>347</td>
<td>494</td>
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*SOURCE: Lehigh Valley Health Network*

### VALVE SURGERY 2008-2010

<table>
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<tr>
<th>Mitral/Aortic Valve</th>
<th>Mitral Valve</th>
<th>Aortic Valve</th>
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<tr>
<td>FY08</td>
<td>9</td>
<td>64</td>
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<tr>
<td>FY09</td>
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<td>87</td>
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<tr>
<td>FY10</td>
<td>16</td>
<td>75</td>
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<tr>
<td>TOTAL</td>
<td>45 (4.4%)</td>
<td>226 (22.2%)</td>
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*SOURCE: Lehigh Valley Health Network*

### CARDIAC SURGERY IN-HOSPITAL MORTALITY

#### PENNSYLVANIA

<table>
<thead>
<tr>
<th>MORTALITY %</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
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<tr>
<td>CABG</td>
<td>1.8</td>
<td>1.8</td>
<td>1.9</td>
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<tr>
<td>VALVE</td>
<td>3.3</td>
<td>3.2</td>
<td>3.0</td>
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<tr>
<td>CABG/Valve</td>
<td>6.2</td>
<td>4.8</td>
<td>5.6</td>
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<tr>
<td>TOTAL VALVE</td>
<td>4.7</td>
<td>3.9</td>
<td>4.1</td>
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#### LEHIGH VALLEY HOSPITAL-CEDAR CREST

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<th>MORTALITY %</th>
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<th>2007</th>
<th>2008</th>
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<tbody>
<tr>
<td>CABG</td>
<td>0.9</td>
<td>1</td>
<td>1.1</td>
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<tr>
<td>VALVE</td>
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<td>0</td>
<td>0</td>
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<tr>
<td>CABG/Valve</td>
<td>7.5</td>
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<td>TOTAL VALVE</td>
<td>5.8</td>
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#### LEHIGH VALLEY HOSPITAL-MUHLENBERG

<table>
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<th>2007</th>
<th>2008</th>
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<tr>
<td>CABG</td>
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<td>2.4</td>
<td>2.7</td>
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<tr>
<td>VALVE</td>
<td>*</td>
<td>*</td>
<td>0</td>
</tr>
<tr>
<td>CABG/Valve</td>
<td>*</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>TOTAL VALVE</td>
<td>1.7</td>
<td>3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

*SOURCE: Pennsylvania Health Care Cost Containment Council

*Not enough data to reach a statistically significant conclusion*
VASCULAR SURGERY

Our vascular surgeons perform all the latest percutaneous and minimally invasive options for vascular disease, including carotid stenting and aortic stent grafting for thoracic and abdominal aortic aneurysms. We have the fourth-largest vascular program in Pennsylvania. Our carotid endarterectomy program in FY09-10 ranked in the top 5 percent for mortality of the 100+ hospitals in the University Health System Consortium (UHC). Our vascular laboratory is accredited by the Intersocietal Commission for the Accreditation of Vascular Laboratories.

ACUTE AORTIC TREATMENT CENTER

Through our Acute Aortic Treatment Center, we treat aortic emergencies, including dissections, ruptures, intramural hematomas and penetrating aortic ulcerations. We are able to offer complex stent graft repair and thoracic stent grafts because of the collaboration between our vascular and cardiothoracic surgeons. With percutaneous valve therapies on the horizon, this collaboration is being expanded to include cardiologists. This collaborative approach is being developed as a national model.

MINIMALLY INVASIVE SURGERY FOR FRAGILE PATIENTS

Advanced minimally invasive options, including carotid endarterectomy and carotid stenting, are available for patients who have had a stroke, are at high risk for stroke, or who are too fragile for surgery.

PERIPHERAL ARTERIAL DISEASE

We offer peripheral artery angioplasty and stenting as well as laser angioplasty to open blocked arteries that cause claudication.

We offer radiofrequency ablation to treat varicose veins. We also offer limb salvage surgery for diabetic foot problems as well as treatment for other vascular diseases.
MULTIDISCIPLINARY SPECIALIZED PROGRAMS

CENTER FOR ADVANCED HEART FAILURE
Patients receive inpatient and outpatient disease monitoring, optimized drug therapies and clinical trial opportunities. The heart failure team on our designated unit provides patient education and counseling on lifestyle changes and self-care to improve symptoms and quality of life. Our close relationship with cardiac transplant centers and leadership from a physician board-certified in advanced heart failure and transplant cardiology ensure seamless care for patients needing transplantation or ventricular assist-device placement. Case management and collaboration with outpatient services ensures that patients experience safe transitions to home and better outcomes.

HYPERTROPHIC CARDIOMYOPATHY CENTER
We have evaluated more than 150 patients since launching the center in January 2010. We care for and educate patients with hypertrophic cardiomyopathy (HCM), the leading cause of sudden cardiac death in young people who often have no symptoms. Because HCM is transmitted genetically, people with a family history of HCM or sudden cardiac death should be tested. Our program was featured on the national HCM website, and we presented on HCM at the American College of Cardiology annual meeting.

PREGNANCY AND HEART DISEASE
Cardiologists, obstetricians and maternal fetal medicine specialists collaborate to manage heart disease in pregnant women, giving them the best chance for a safe delivery and healthy baby. Cardiologists and maternal fetal specialists see patients together, discussing risks, medications and planning for labor and the postpartum period. An estimated 25 percent of pregnancies are complicated by heart disease, with the number increasing as women delay pregnancy and women with congenital heart disease live longer.

SMARTHEART CARDIOVASCULAR RISK MANAGEMENT
SmartHeart is a lipid management and risk reduction program for people at risk for heart and vascular disease, especially those with recalcitrant lipid levels or inherited lipid abnormalities. Using historical information, lab data and advanced imaging, we determine people’s risk for cardiovascular disease, and plan programs of education, lifestyle changes and medical interventions to help them improve their health. SmartHeart is managed by a cardiologist who is board-certified in clinical lipid management and a nurse practitioner with expertise in lipid management and cardiovascular risk reduction.

GENETIC COUNSELING
Our two board-certified genetic counselors provide genetic testing, clinical diagnosis confirmation and counseling on inherited cardiac conditions, including hypertrophic cardiomyopathy, Marfan syndrome, long QT syndrome and Brugada syndrome. Because genetic testing and interpretation of results can be complex, our counselors are available as a service to you and your patients.

HCM echocardiogram
RESEARCH AND EDUCATION

CARDIOLOGY FELLOWSHIP PROGRAM
We launched a three-year cardiology fellowship in 2007, becoming the first hospital in the Lehigh Valley to provide formal education for future heart specialists. The program is accredited by the Accreditation Council of Graduate Medical Education (ACGME) for five years, the maximum allowed. It recently has been approved to expand from 12 fellows to 15, beginning July 2011.

The cardiology fellowship meets a critical need in the region as the population ages and requires advanced clinical therapies. The hospital’s program is one of just 13 cardiology fellowships in Pennsylvania. It is part of the health network’s commitment to professional education and research that includes our Cardiovascular Research Institute, which is actively engaged in seeking new and better ways to prevent and treat heart disease.

CARDIOVASCULAR RESEARCH INSTITUTE
The Cardiovascular Research Institute (CVRI) was created in 2005 to aid in the development of new therapies that potentially offer patients new treatment options and better outcomes. Since its inception, the CVRI has participated in approximately 80 national and international research studies of medications and devices to treat arrhythmias, ischemic heart disease, acute myocardial infarction, carotid artery disease and abdominal aortic aneurysms.

AAHRPP ACCREDITATION
Lehigh Valley Health Network was the first community hospital system in Pennsylvania to gain accreditation by the Association for the Accreditation of Human Research Protection Programs. AAHRPP accreditation ensures that all research participants enrolled in cardiovascular research studies (and all research) at the health network receive the highest level of protection, above and beyond the requirement of the federal regulations.

PUBLICATIONS
Many of the cardiologists at Lehigh Valley Health Network are actively involved in clinical research and publications. To read a complete list of these publications for the years 2008-2010, visit lvhn.org/cardio-publications.
The Heart and Vascular Center at Lehigh Valley Health Network

Lehigh Valley Hospital–Cedar Crest
Allentown, PA.
The Heart and Vascular Center at Lehigh Valley Hospital–Cedar Crest has been the region’s leader in cardiovascular care and clinical innovation since it opened in the early 1970s. The specialists here continue to introduce new technology and techniques in interventional cardiology, electrophysiology, cardiac surgery and vascular surgery. A hallmark of our recent developments has been collaboration between specialists to help people with heart failure, hypertrophic cardiomyopathy, lipid management and complications of pregnancy as well as other cardiovascular concerns.

The Center’s five cardiac catheterization labs are equipped with the latest digital imaging systems. The interventional suite also includes a special catheterization lab for peripheral diagnostics and angioplasties, and two electrophysiology labs for diagnosing and treating arrhythmias and other electrical problems. Bypass, valve, minimally invasive and other types of heart and vascular surgery are performed in four cardiac surgery suites.

Lehigh Valley Hospital–Muhlenberg
Bethlehem, PA.
The Heart and Vascular Center at Lehigh Valley Hospital–Muhlenberg has two cardiac catheterization labs and an electrophysiology room that provide a base for interventional and electrophysiology specialists to perform the latest diagnostic and therapeutic procedures using digital equipment.

Medical, interventional and surgical cardiac and vascular patients are cared for in a spacious intensive care unit and cardiovascular care unit, which feature the “universal bed” concept of keeping patients in one unit throughout their stay.

All patient rooms are private, and patients and families report a high level of satisfaction with the staff, facilities and physicians in the Heart and Vascular Center. Patients at the Muhlenberg site also have access to innovative collaborative programs for pregnancy and heart disease, hypertrophic cardiomyopathy, valve disease, advanced heart failure and lipid management.
Key Services and Contact Numbers

One-Call Patient Transfer: 610-402-6100 or 1-800-280-5524
One-Call Direct Admit: 610-402-4508

- Physician-to-physician consultation and referral: 1-800-LVH-2040
- On-call admissions or scheduling diagnostic testing: 610-402-TEST
- Lehigh Valley Hospital–Cedar Crest cardiac cath lab: 610-402-8828
- Lehigh Valley Hospital–Cedar Crest EP lab: 610-402-5339
- Lehigh Valley Hospital–Muhlenberg cardiac cath/EP lab: 484-884-7020
- Lehigh Valley Hospital–Cedar Crest and Muhlenberg Heart Station (nuclear stress tests, holter monitor, 2D echo, Doppler, stress echo, TEE): 610-402-TEST
- Lehigh Valley Hospital–Cedar Crest cardiac rehabilitation: 610-402-5915
- Lehigh Valley Hospital–Muhlenberg cardiac rehabilitation: 484-884-2559
- Heart and Vascular Center administrative offices: 610-402-7150
- Heart Valve Center: 610-402-6650

Information for Your Patients

If your patients have questions about Lehigh Valley Health Network’s services, you may direct them to call 610-402-CARE.

Your patients can view animations of cardiovascular conditions and treatments by going to lvhn.org/lvhn/Healthy_You/Your_Body_in_3-D.