

## keeping the beat: heart rate devices

Sara Meslow's heart is keeping a steady beat thanks to the electrophysiology experts at St. Paul Heart Clinic and United Hospital.

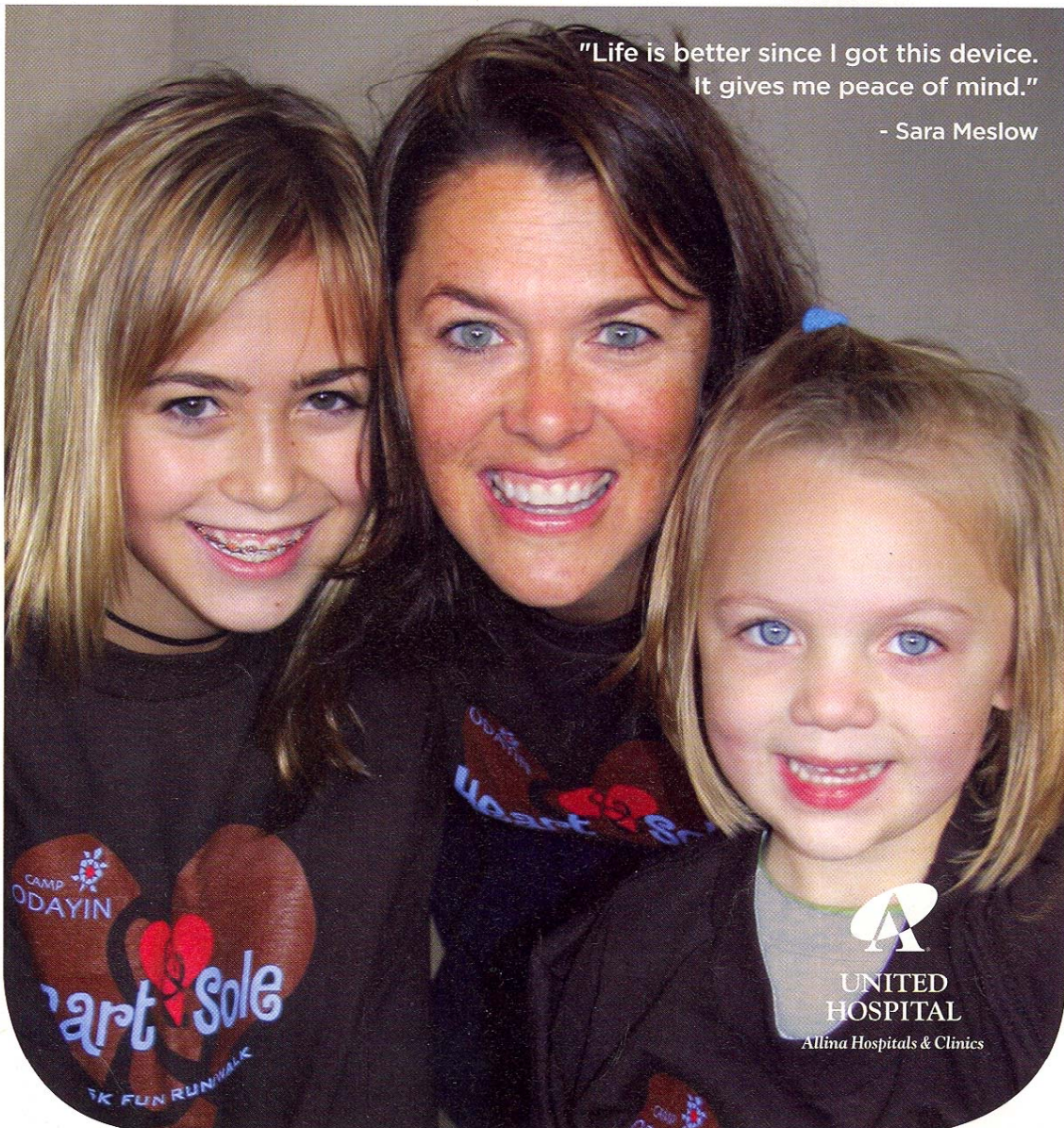
Sara got an implantable cardioverter defibrillator (ICD) at age 29 to help regulate her heart. Her experience inspired her to create Camp Odayin, the only camp in the Midwest for kids with heart disease.

United is in the top 10 percent of heart hospitals in the nation. When your heart beat is irregular, you don't want to go anywhere else. Together with St. Paul Heart Clinic, everything we do is united in pursuit of a single goal: your total well being.

### UNITED HOSPITAL

Nasseff Heart Center

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# electrophysiology experts help patients' hearts keep the beat

Sara Meslow's implantable cardioverter defibrillator (ICD) helps stop her heart from beating too rapidly (ventricular tachycardia). Since receiving the device seven years ago, the 37-year-old executive director and founder of Camp Odayin, a recreational camp for children with heart disease, says that "Life is better since I got this device. It gives me peace of mind."

Meslow had her first episode of arrhythmia (irregular heartbeat) at age 13. At 23, she underwent a procedure in which wire catheters were threaded through a main artery to her heart. The wires helped the physician identify and destroy (ablate) a small area of tissue that was causing the rapid heart beat. She also received the ICD to help with heart rate control.

United's state-of-the-art electrophysiology services help keep your heart beating correctly.

## Electrophysiology saves lives

To help her take control of her heart, Meslow relied on the expertise of the electrophysiology program at United Hospital. Together with our partners at the St. Paul Heart Clinic, we offer state-of-the-art electrophysiology services to help keep your heart beating correctly.

"Sara has been able to return to a completely normal, active life," said Pierce J. Vatterot, MD, a cardiologist and electrophysiologist with St. Paul Heart Clinic who placed Meslow's ICD. "In fact, she gave birth to her daughter after receiving her ICD."

Millions of Americans are affected by arrhythmias, which are caused by a problem in the heart's electrical system. United Hospital not only offers electrophysiology studies to help evaluate and treat the electrical activity of your heart, we also offer the following:

- Pacemaker — single and dual chamber pacemaker implantation for the treatment of slow heart rates.
- ICD — implanted defibrillators can shock the heart into a normal rhythm.

- Biventricular pacing — pacemakers and ICDs that improve the pumping of the heart.
- Ablations — use of radio waves to "short-circuit" the site that is causing the arrhythmia.
- Cardioversion — a procedure using electric current to shock the heart into a normal rhythm. Both internal and external electrical cardioversion is available.
- Laser lead extraction — St. Paul Heart Clinic is a leader in the upper Midwest in the removal of infected and malfunctioning pacemaker and ICD leads.



Pierce J. Vatterot, MD, an electrophysiologist with St. Paul Heart, operates in the electrophysiology lab at United Hospital.



Camp Odayin is the only recreational camp for children with heart disease in the Midwest. It was founded by Sara Meslow, who has had a procedure to correct her rapid heart rate and has an implanted cardioverter defibrillator. She believes in "the positive impact summer camp can have on everyone, especially children with special health concerns." For more information about the camp, visit [www.campodayin.com](http://www.campodayin.com)

For more information about our heart rhythm program or any other service of the Nasseff Heart Center, please contact United Hospital at 651-241-8811.

[www.unitedhospital.com](http://www.unitedhospital.com)

