



Patient & Family AMI Information

AMI: What you must know!

What is an AMI?

AMI stands for *acute myocardial infarct*, or heart attack. It means that the heart tissue has been damaged.

Is it serious?

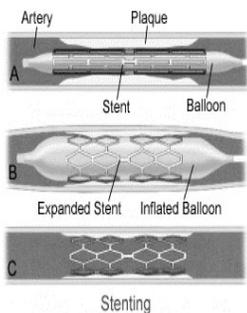
AMI / heart attack is a serious condition. It can cause permanent damage and sometimes death. Opening the blocked artery as quickly as possible is the best approach to improving survival.



Blocked Artery

How is it treated?

A medical team will work to stop the heart attack and reduce the demands on the heart so that it can heal and prevent complications.



How do they do that?

They may use a procedure called an *emergency coronary angioplasty*. This is a procedure that is used to open blocked heart arteries. It may be used after or instead of thrombolytic therapy (clot buster medication). During this procedure, the patient may have a small device called a *stent* placed in the artery to help keep it open.

How long will the hospital stay be?

At least 3 and up to 5 days.

What are the risks of the procedure to open the artery?

2-3 people out of 100 may develop stroke. In a small percentage of cases, there may be injury to the blood vessels, which would require transfusion or surgery. There is also a risk that the patient will have to have the angioplasty procedure repeated.

What might the doctor find during the angioplasty?

While most times, the doctor is able to successfully open the blocked artery, they sometimes find that the artery cannot be opened. In this case, the doctor may find that open heart surgery or medical therapy is the best treatment.

What causes these blockages?

Blockages of the heart (coronary) arteries are often caused by a small clot or narrowing of the heart arteries. Fatty collections, called plaques, develop in the heart arteries when substances (such as cholesterol) and other materials are deposited in the inner lining of a coronary artery. Smoking, high blood pressure, high cholesterol levels, lack of exercise and obesity are all factors linked with a higher risk of plaque build-up and blockages.

Directions to Maine Medical Center 22 Bramhall Street, Portland, Maine

From the North:

Take the Maine Turnpike (I-95) south to Exit 7 which is the South Portland exit at the Maine Mall. Take the Interstate 295 exit after the toll booth, continue on I-295 north to Exit 5, Congress Street. Continue along Congress Street through three traffic lights. At the fourth traffic light, turn right onto Bramhall Street. Bear right at the fork and continue to the next intersection. Maine Medical Center's main entrance will be on your right and the visitor parking lot will be on your left with an entrance on Chadwick Street.

From the South:

Take the Maine Turnpike (I-95) north to Exit 6A which is downtown Portland. After toll booth continue straight on Interstate 295 to Exit 5, Congress Street. Continue along Congress Street through two traffic lights. At the third traffic light, turn right onto Bramhall Street. Bear right at the fork and continue to the next intersection. Maine Medical Center's main entrance will be on your right and the visitor parking lot will be on your left with an entrance on Chadwick Street.

From the West -- Rte. 302

Follow Route 302 east to Forest Avenue. At the end of Forest Avenue, turn right onto Congress Street. Follow Congress Street to the third traffic light at Bramhall Street and turn left onto Bramhall Street. Bear right at the fork and continue to the next intersection. Maine Medical Center's main entrance will be on your right and the visitor parking lot will be on your left with an entrance on Chadwick Street.

Once you arrive at Maine Medical Center,

- Enter the hospital at the Main Entrance on the corner of Bramhall Street.
- Take the "Richards" elevators to the 8th floor. Go to the R8 waiting room, just off the elevators.