

2017 ANNUAL REPORT

PROVIDENCE HEART INSTITUTE

ACCELERATING THE TRANSFORMATION
OF HEART CARE



PROVIDENCE HEART INSTITUTE BY THE NUMBERS

- 117,489** Clinic visits
- 27,987** Cardiac rehabilitation visits
- 9,262** Catheter lab procedures (excluding TAVRs and EPs)
- 8,800** Free youth heart screenings
- 6,100** BASECAMP | Cardiac Prevention + Wellness Participants
- 1,257** Electrophysiology procedures
 - 911** Open-heart surgeries
 - 367** Transcatheter Aortic Valve Replacements (TAVRs)
- 94** Physicians, surgeons and advanced practitioners
- 37** Active clinical trials
- 21** Practice locations

A Rapid and Radical Transformation of Heart Valve Treatments

Since participating in early donor-supported clinical trials, Providence Heart Institute has emerged as one of the nation's top sites for transcatheter aortic valve replacements, or TAVRs, in which cardiologists replace a failing aortic valve without open-heart surgery. The institute has performed more than

1,000 TAVRs since 2012. In 2017, we performed 367 TAVR procedures, a 25 percent increase over 2016.

Brandon Jones, M.D., came to Providence Heart Institute from The Cleveland Clinic in 2017. In November he gave Sam Craven a new valve. By December, Sam was impatient with the weather. "I wanted to get back out on the golf course. I didn't expect to feel this much better so quickly."





We're very pleased to report on progress made at Providence Heart Institute in 2017.

Providence Heart Institute brings the world's best heart care to Oregon and provides national leadership to heart care innovation, heart disease prevention and cardiac wellness.

As the leading heart care provider in Oregon and southwest Washington, we served more than 100,000 patients in our hospitals and clinics in 2017. We continued to grow as a national leader in innovative heart valve replacements and introduced nationally significant advances in caring for people with arrhythmia and heart failure. We achieved high marks in the quality of our care, including the best patient outcomes for coronary artery bypass surgery in Providence St. Joseph Health's 50-hospital system. At the same time, we achieved the lowest cost for those procedures, proving our belief that outstanding care not only delivers great outcomes, it reduces costly complications.

To fight the oncoming tsunami of heart disease, with strong support from our donors we continued to grow our prevention and wellness programs, which served more than 20,000 people, a five-fold increase over 2016. Each of our existing programs expanded significantly, and we introduced several new ones, including our Pathfinders Peer Support program, which provides support and encouragement to patients who have experienced cardiac events by matching them with volunteers who have experienced similar events.

We continued to lead Oregon in bringing patients innovative treatments and technologies years before they are available elsewhere.

We participated in 37 active clinical trials, completed more than 40 national publications and presentations, and launched the Center for Cardiovascular Analytics and Data Science, or CARDS, which will use the information in millions of electronic medical records to improve patient outcomes and deliver personalized cardiovascular care.

Throughout this progress, we kept several commitments:

- Continue the pioneering spirit of our founders and their tradition of service
- Advance heart care through innovation and research
- Help our patients live their fullest, healthiest lives
- Always work as a team for our patients
- Act as courageously as our patients do

If you would like to see our work firsthand, please call 503-216-7153 or email welovethat@providence.org. We would love to host you for a visit, observation or tour.

Thank you,



Dan Oseran, M.D.
Executive Medical Director
Providence Heart Institute



Jennifer Zelensky
Executive Director
Providence Heart Institute

CENTER FOR CLINICAL CARE: ADVANCING THE VERY BEST CARE

New Leadership to Advance Surgical Innovation

In December, Eric Kirker, M.D., was appointed senior medical director of cardiovascular surgery to oversee the region's highest-volume heart surgery program. Since joining the institute in 2008, Dr. Kirker has played a key role in establishing Providence as a national leader in transcatheter aortic valve replacements and introduced dozens of innovative surgical techniques. He also provides system leadership through his membership on the Providence St. Joseph Cardiovascular Leadership Council.

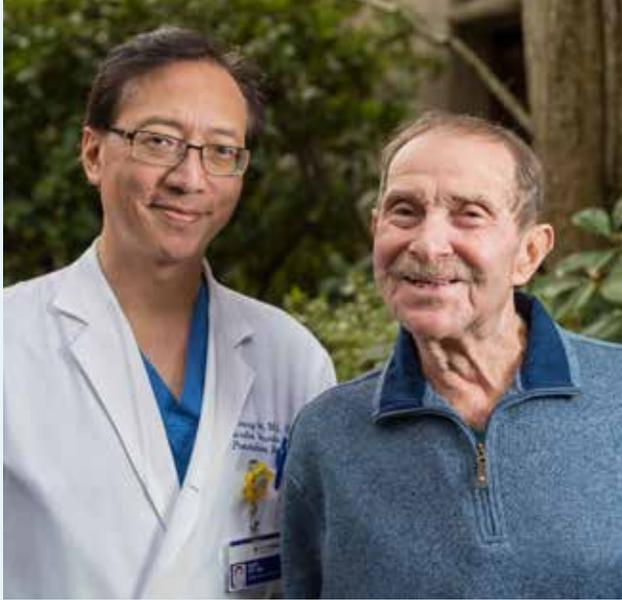
To support his work, Ed and Katie Foehl generously established the Dr. Eric Kirker Fund at Providence St. Vincent Medical Foundation.

Ed has benefitted from some of Dr. Kirker's life-saving surgical creativity. "Dr. Kirker's knowledge and skill restored me to excellent health," he said. "His innovation, concern and know-how permit him to address the most challenging situations." The Foehls have committed to a dollar-for-dollar match for the next \$100,000 given to the Kirker Fund.



Clinical Care Priorities

- Advance statewide hub-and-spoke model with strategic distribution of specialty care services
- Grow size and excellence of specialty care programs: valve, heart failure, arrhythmia, and vascular care
- Expand and enhance facilities



Best Outcomes in the System

Our open-heart surgery teams secured the best results for coronary artery bypasses in the Providence St. Joseph Health system, achieving the highest

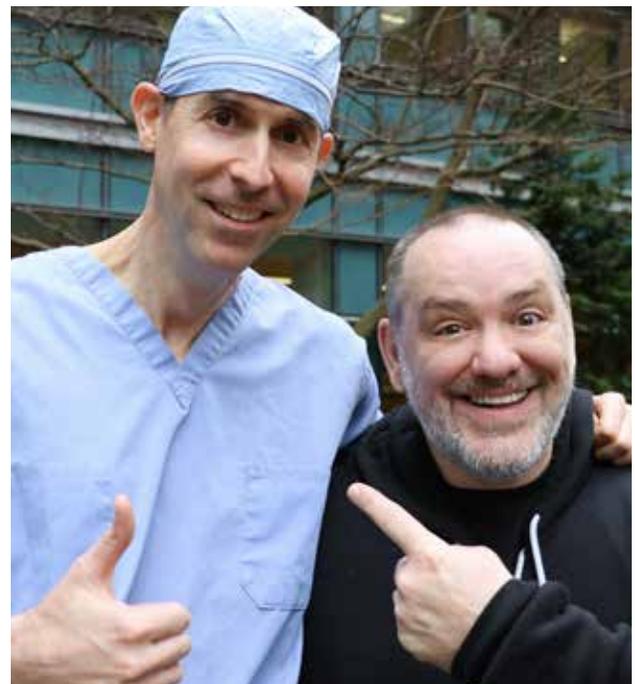
outcomes for patients and lowest average cost per procedure. According to surgeon Gary Ott, M.D., great outcomes result from teamwork. “It’s humbling. A lot of people have to work well together,” he said. “Everyone’s goal is to return patients to the things that make life good for them.”

Results were so good for Al Giacchero that just six weeks after Dr. Ott performed his surgery he was back to yard work and hiking the hills around his home. “My walking is all uphill and downhill, which I was worried I wouldn’t be able to do any more,” he said. “I’m used to Providence being great. Everyone watches over us real well.”

New Care for Chronic Total Occlusion

In 2012 interventional cardiologist Jason Wollmuth, M.D., learned a revolutionary technique to treat chronic total occlusion. CTO is a condition in which a coronary artery has a longstanding complete or almost complete blockage. He and colleague Richard Sohn, M.D., are now two of the nation’s top practitioners. Together, they created the only program in Oregon to treat CTO. “This is my passion in life,” said Dr. Wollmuth. “It’s just the coolest thing ever.”

Jamie McParland suffered from CTO for years. “I thought I was tired just because I was getting older. But, my heart was slowly dying,” he said. “When you have



this block, you don’t realize how bad you feel. Now I walk around feeling like I’m shooting out of a cannon.”

New Treatment to Prevent Strokes

Carotid artery disease causes one-third of all strokes, but treating it with surgery or standard stenting techniques can lead to serious complications, including strokes. In 2017 the institute adopted a new technique called transcrotid artery revascularization, or TCAR, to treat the condition. TCAR temporarily reverses blood flow in the affected artery, allowing physicians to place a stent while keeping plaque and debris from reaching the brain.

Providence cardiologist John Wiest, M.D., and vascular surgeon Richard Cook, M.D., used TCAR to treat 81-year-old Janine McLean. “It typically takes a few minutes with the flow reversed, then flow is restored and we’re done,”



said Dr. Wiest. For Janine, the procedure was painless. “It was much simpler than I thought it was going to be,” she said. “The whole hospital visit was just 28 hours. Now that it’s done, I feel a greater sense of well-being.”

Implantable Monitor Captures Elusive Arrhythmias

Abnormal heartbeats can cause the heart to flutter, race or beat slowly. They can cause chest pain, shortness of breath, dizziness and fainting. When they only happen every few months, catching and diagnosing them becomes a matter of chance.

To solve this dilemma, in November the institute became one of the first centers in the nation to give a patient an implantable and smart phone-compatible heart rhythm monitor.



Electrophysiologist Randy Jones, M.D., spent about three minutes implanting the device with the patient awake.

When patients with this device experience an arrhythmia, they can open an app on their phones and send their cardiologists 16 minutes of data. “It’s a big step,” said Dr. Jones. “Before, patients didn’t really have a way to record these episodes.” Our first patient expressed her gratitude for the new technology. “Hopefully it will give me some answers and be a breakthrough for other people, too,” she said.

Specialized Skill Creates Second Chances

Thanks to strong donor support, it was another year of growth for the institute's Center for Advanced Heart Disease, which cared for hundreds of people for whom conventional heart therapies no longer work. But the center's specialized skills and technologies also created second chances for people without heart failure.

Kirk Klinger was stuck in traffic with his girlfriend, Sarah, last May when he experienced crushing chest pain. Advised by 911 not to wait for an ambulance, he drove himself to the emergency department at Providence

St. Vincent Medical Center, where he suffered a massive heart attack.

While Rick Sohn, M.D., and Mike Wilson, M.D., performed CPR and placed stents to open Kirk's blocked artery, Jacob Abraham, M.D., director of the Center for Advanced Heart Disease, oversaw the insertion of a temporary heart pump and a device to help Kirk's lungs oxygenate his blood. "He's very lucky that the traffic jammed near the hospital," said Dr. Abraham.

Kirk went home after three weeks. He and Sarah married in October. "I don't get stressed about traffic anymore," he said. "Life is too good."



RESEARCH AND INNOVATION: ACCELERATING DISCOVERY IN HEART HEALTH

Research Goes Big to Go Small

Propelled by donor support, the institute launched the Center for Cardiovascular Analytics, Research & Data Science, or CARDS. Cardiology has a growing array of tools to fight heart disease, but there are many unanswered questions about how to use them to achieve best outcomes. CARDS will analyze the data in millions of electronic medical records to answer these questions. The center will address complicated issues, such as how to structure entire organizations to deliver the best possible care at the lowest possible cost.

It will also answer questions that patients ask every day, such as “Which drug will do the best job for my heart?”

Ty Gluckman, M.D., has undertaken medical leadership of CARDS. A graduate of Northwestern University Medical School and The Johns Hopkins Hospital, Dr. Gluckman joined Providence Heart



Institute 11 years ago and has assumed progressively greater responsibility. “This is a great place to practice medicine and a system well positioned to improve health care,” he said. “What’s the highest quality care that corresponds to what the patient wants? That’s our North Star.”

Key Research and Innovation Priorities

- **Expand capacity to use data and predictive modeling**
- **Recruit additional research leadership and biostatisticians**
- **Continue to grow clinical trial partnerships**
- **Expand CardiInnovator research fellowships**
- **Create a new physical home for research close to centers for clinical care and prevention and wellness**

Trials Bring Early Access to New Treatments

The institute continues to conduct more heart-related clinical trials than any other organization in Oregon – 37 in 2017. This means we can bring our patients new treatments years before they are available elsewhere.

Among 2017's highlights were trials that improved heart valve repair and replacement, tested treatments for critical blockages of blood flow in limbs, and assessed heart failure medications.

Successful heart valve trials led to invitations to participate in several more such studies.

Steve Pokropowicz participated in a trial managed by Ellen Muir, clinical research coordinator, that tested an advanced stent for serious blockages of peripheral arteries. "I've seen Ellen juggle a dozen things at once and still have a pleasant demeanor," he said. "The whole study was very smooth. And my legs don't cramp anymore. I don't have to sit down and take a break while I'm grocery shopping."



CARDS: GOING BIG TO GO SMALL

Using real-world data to create more personalized medicine

Traditional Clinical Trial Approach

Relatively small treatment groups based on restrictive study criteria.



TRIAL

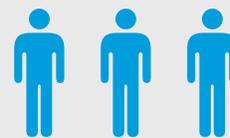
Averaged, one-size-fits-all
treatment recommendations



Some may not benefit.



Some may.



Some may be harmed.

Historically, most new medical knowledge has come from randomized clinical trials – studies in which a relatively small number of participants are assigned by chance to separate groups to compare the outcomes of given treatments. While these trials have advanced the field tremendously, they are expensive and time-consuming and often include groups of individuals that may differ from those seen on a given day in the office or hospital.

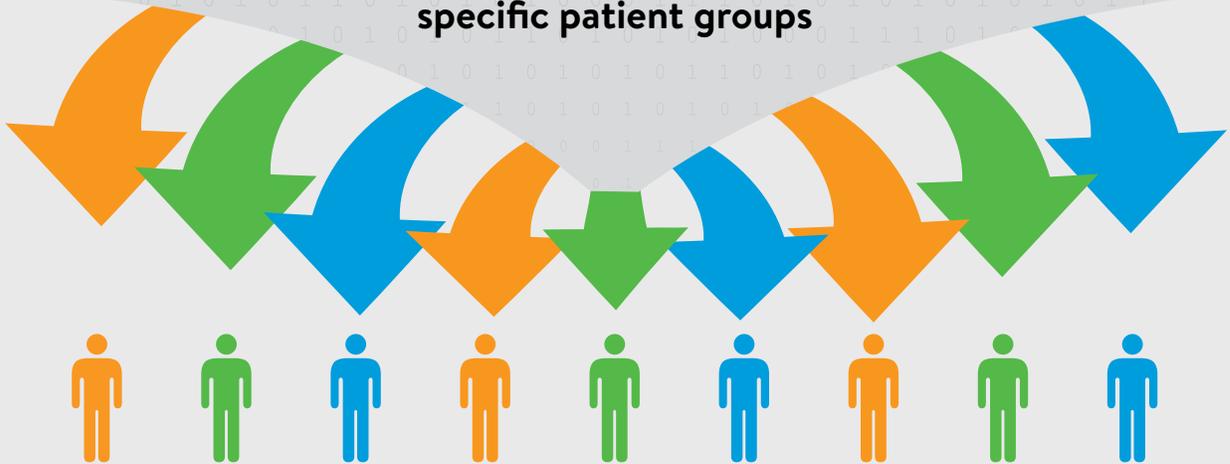
Outcomes Research Approach

Inclusive data from millions of electronic medical records.



DATA ANALYSIS

Treatments tailored to specific patient groups



Each patient is more likely to benefit from more personalized treatment.

Today, we no longer need to rely solely on clinical trials to determine medical best practices. The advent of medical data registries, electronic medical records, and large health systems using common information platforms means we can determine best practices using real-world data from the treatment of millions of patients in the daily practice of cardiology. As part of Providence St. Joseph Health, CARDS can spread these practices quickly to thousands of physicians serving millions of patients annually.

CARDIAC PREVENTION + WELLNESS: EMPOWERING HEALTH



Donors Protect Young Hearts

Play Smart, our donor-supported program to screen youth for potentially fatal heart conditions, screened 8,800 students in 2017. The program has provided more than 25,000 free screenings since 2012 and will expand to Medford in 2018.

Five students in the Zirker-Medina family received free screenings at the annual company picnic of The Greenbrier Companies. A leading supplier

of freight rail transportation equipment and services, the company gave \$400,000 to Play Smart in 2017. It was the largest gift in Greenbrier's history. Lorie Tekorius, executive vice president and CFO, said "If our efforts can help save even one child from a potentially deadly congenital heart condition, it will have been more than worth it."

New Facilities Expand Access to Cardiac Rehab

When the Steve and Donna Shepard Heart Fitness Center in Basecamp in opened in March, it nearly doubled the number of cardiac rehab patients served at Providence St. Vincent. With more than 1,000 people served already, we are nearing our goal of serving more than 1,200 people annually in this expanded location.

But many patients found it difficult to travel to Providence St. Vincent for their rehab appointments. It became evident that demand was high enough for a second location across town.

Key Prevention and Wellness Priorities

- **Expand Basecamp | Cardiac Prevention + Wellness programming and extend it to more campuses**
- **Grow cardiac rehab, Play Smart and Heart to Start programs**
- **Expand Women's Heart Program and heart-healthy nutrition and cooking programs**
- **Develop sports cardiology**

At Providence Portland Medical Center, Hal Lesser joined with other donors to create the Hal Lesser Cardiac Rehabilitation Center. “I’ve been fortunate in my investments, and I don’t have an extravagant lifestyle,” said the retired newsman. “I just decided to donate now rather than waiting.”

Surgeon Chuck Douville, M.D., gave Hal a new heart valve. “Hal is such a generous man,” he said. “Anyone who knows him will get a big grin every time they see his name on that center.” The Hal Lesser



Center will accommodate 400 people and 8,000 visits per year, creating vastly better access for patients on Portland’s east side.

Pathfinders Provide Support, Encouragement and Hope

Donors also supported our new Pathfinders Peer Support program, which matches patients who have recently experienced a cardiac event volunteers who have experienced with similar events. In its first six months,

Pathfinders volunteers made more than 1,500 contacts with patients.

Pathfinder Charlie Harper had a heart attack in 2014. Today he shares his experience with other patients every Monday. “It’s good for me personally,” he said. “And, I like to think we’re helping people see that, while the road may look dark now, there are better days ahead.”

Pathfinders is managed by Shannon Sherry, cardiology physician assistant. “We’ve wanted to do something like this for a long time,” she said. “We’ve started with open heart surgery patients and plan to expand to patients who have received other treatments or experienced heart attacks.”



Added Opportunities for Wellness

In Basecamp's inaugural year, more than 5,500 people participated in free and low-cost wellness opportunities, including yoga, stress reduction, heart-healthy cooking and nutrition, CPR, and "Tea and Talks" focusing on women's heart health.

Alex Hargrave taught a Tai Chi Chuan class throughout 2017, helping her students enhance their strength, agility and flexibility. "There's a lot of camaraderie

the class shares," she said. "We build our confidence. They're always telling me, 'We're getting our balance back!'"

Participant Christine Moore echoed that assessment, "Tai chi at Basecamp helps to improve both physical and mental wellness in a supportive and thoroughly enjoyable environment. Alex believes that everyone in class can be successful, and we begin to believe it, too!"





Basecamp Relationships Foster Healthier Hearts

Mark Rubin had been looking for a way to help other heart patients since his open-heart surgery in 1973. Opportunity finally knocked in 2016, when his cardiologist connected him with the new director of Cardiac Prevention + Wellness, Tara Timothy. He has volunteered every week since Basecamp opened, greeting people as they enter, helping them find

their way and providing reassurance and encouragement whenever he sees it's needed.

“You get to know people. Some are in shock, and you try to help them understand that they’re going to see a big change. Every time they come out happier than before. They have a sparkle in their eye and a bounce in their step. The impact is immense. It’s like the little pea that rolls into a big snowball.”

A SURGEON'S SURGEON: DR. JAMES ANDERSON WOOD, 1926-2017

In October, we lost James Wood, M.D., a pioneering giant in cardiovascular surgery.

As a lanky Missouri farm boy, Jim aspired to be a professional jockey, but his father told him that medicine might be a better fit. After a stint in the Marines during WWII, Jim finished high



school, and then graduated from Reed College and the University of Oregon School of Medicine (now OHSU). During a surgical residency, he joined a team pioneering heart valve surgery led by Albert Starr, M.D., leading to a career-long partnership.

“Jim and Al Starr did work that nobody else in the world was doing,” said Dan Oseran, M.D., executive medical director of Providence Heart Institute. “It was tough and high risk, and it laid the foundation for a lot of the innovations that serve our patients today.”

The Starr-Wood Group came to practice at Providence St. Vincent Medical Center, where Dr. Wood’s international reputation grew, and he became a friend and mentor to generations of heart surgeons.

Dr. Wood set a high bar for rigor and uncompromising commitment. “Someone who was going to put their life in my hands deserved the best I could give them,” he once said.

Providence Heart Institute honors – and seeks to follow – Dr. Wood’s legacy of leadership, innovation and devotion.



INSPIRATION, COMPASSION, DEDICATION

In 2017, heart failure specialist Alicia Ross, M.D., received the Spirit of Emilie Award, an Oregon-wide recognition for inspiring her colleagues with her commitment to Providence's Mission.

Named after Mother Emilie Gamelin, Sisters of Providence foundress, the award honors those who serve with compassion and care for the poor and vulnerable.

"When I saw the room full of people, I thought it was just a meeting," said

Dr. Ross. "I was stunned when they turned to give me the award. It's an incredible honor and very humbling."

One of Dr. Ross' patients, Leslie Alger, wasn't surprised at all. "I can't say enough about Dr. Ross and her team," she said. "So compassionate and caring. They work fabulously with my other physicians. She always remembers things about me without looking at my chart. I would drive to the other side of the country to see Dr. Ross, I really would."

PROVIDENCE HEART INSTITUTE

Our nearly 100 cardiologists, surgeons, and advanced practice practitioners cared for more than 100,000 people in 2017, putting each and every one of them at the very center of everything we do.

General Cardiology

Masud Ahmad, M.D.
Amy E Bartram, FNP
James Beckerman, M.D.
Kim Cantwell-Gab, ACNP, ANP
James Cook, M.D.
William Davies, M.D.
Jennifer S. Drew, PAC
Ted Foster, D.O.
Cindy M. Fulton, PAC
Alea R. Garces, ACNP
Ty Gluckman, M.D.
Deidre Goldberg, FNP
Daniel Goodwin, M.D.
Melissa Gunasekera, M.D.
Carly H. Haas, FNP, MSN
Brandy J. Hayes, MSN, ACNP
Dale Hirsch, M.D.
Xiaoyan Huang, M.D.
Shannon I. Lewis, PAC
Robert Litt, M.D.
Robert Morse, D.O.
Alex Morss, M.D.
Mike Parsons, M.D.
Ronald Petersen, M.D.
Robert Quintos, M.D.
Aly Rahimtoola, M.D.
Steven Riley, M.D.
David Schroeder, M.D.
Lian Shaw, M.D.
Shannon K. Sherry, PAC
Tara J. Sova, PAC

Lori Tam, M.D.
Amanda Vandeventer, PAC
Craig Walsh, M.D.
Jody Welborn, M.D.
Laura M. Whiting, PAC, PA-C
Geoffrey Wilson, M.D.
Lisa Yao, M.D.

Cardiovascular Surgery

Alec Baker, PAC
Kate C. Berglund, PAC
Matthew J. Biller, PAC
Gavin J. Bush, PAC
Hayley M. Cusick, PA-C
Katherine L. Diggins, PA
Torin Fitton, M.D.
H. Storm Floten, M.D.
Anthony Furnary, M.D.
Amanda S. Hansen, PAC
Ian M. Hartman, PAC
Adam Kingston, M.D.
Eric Kirker, M.D.
Gary Ott, M.D.
Jeffrey Swanson, M.D.
Julia Swanson, M.D.
Sarah M. Williams, PAC

Vascular Surgery

Philip Alexander, M.D.
R. Brad Cook, M.D.
W. Bradley Craft, M.D.
Charles Morrow, M.D.

Norina Nordin, M.D.
Aaron Partsafas, M.D.
Vincent Santo, M.D.
Brant Ullery, M.D.
John Wiest, M.D.

Interventional Cardiology

Lisa M. Bauer, PAC
Jane H. Bryant, ACNP
Charles Cannan, M.D.
Christopher Cannon, M.D.
Todd Caulfield, M.D.
Paul Gilmore, M.D.
Robert Hodson, M.D.
Brandon Jones, M.D.
Ethan Korngold, M.D.
Elizabeth A. Rupp, PAC
Richard Sohn, M.D.
Michael Wilson, M.D.
Jason Wollmuth, M.D.

Heart Failure

Jacob Abraham, M.D.
Kellie L. Graybosch, PAC
Candice E. Kutz, PA-C
Shannon I. Lewis, PAC
Meegan M. Mangum, PAC
Joshua Remick, M.D.
Alicia Ross, M.D.
Karen A. Rydell, ANP
Daniel Westerdahl, M.D.

Electrophysiology

Emmanuel R. Ariola, FNP
Ashkan Babaie, M.D.
Scott Brancato, M.D.
Paul J. Deitering, PAC
Lisa Enger, ANP
S. Anthony Garvey, M.D.
Blair Halperin, M.D.
Benjamin J. Hartwig, AG-ACNP
D. Randolph Jones, M.D.
Daniel Oseran, M.D.
Alexi Zemsky, M.D.

Vascular Medicine

Alejandro Perez, M.D.

Led by medical director for prevention and wellness, James Beckerman, M.D., more than 500 people participated in Heart to Start, the institute's mid-winter exercise program. Participant Katie Shepard has been running with the program since it began in 2013. "It's free!" she said. "And, it's been really helpful keeping up with my grandkids!"



NEW CARDIOLOGISTS AND SURGEONS

The opportunity to practice leading-edge care in an innovative, high-volume setting with great facilities makes Providence Heart Institute an attractive place for physicians to work. In 2017, we were pleased to recruit some of the best cardiologists and surgeons from around the country.

Torin Fitton, M.D., cardiothoracic surgery

“At the end of the day, patients don’t come asking for a valve replacement or bypass; they come looking for hope. It is simply the greatest job in the world.”



Bachelor of Arts: University of Notre Dame

Doctor of Medicine: Northwestern University School of Medicine

Residency: General surgery and cardiothoracic surgery at The Johns Hopkins Hospital

Research fellowship: The Johns Hopkins Hospital

Ted Foster, D.O., cardiology

“What I enjoy most is helping people explore their treatment options and empowering them to make informed



decisions regarding their health. As a native Oregonian, I am thankful I can use my knowledge to help my neighbors.”

Bachelor of Science: Oregon State University

Master of Public Health: Oregon State University

Doctor of Osteopathic Medicine: Touro University School of Medicine

Residency: Internal medicine at Oregon Health & Science University

Fellowship: Chief, cardiovascular medicine at Good Samaritan Regional Medical Center

Paul Gilmore, M.D., interventional cardiology

“My most important role as a physician is to communicate fully with patients and their families about all aspects of heart health. Working in partnership, we can do wonders in getting people on a path to better health.”



Bachelor of Arts: Carroll College

Doctor of Medicine: Creighton University

Residency: Internal medicine at Pensacola Education Program

Residency: Cardiology at University Hospital of Jacksonville

Fellowship: Cardiology at University Hospital of Jacksonville

**Daniel Goodwin, M.D.,
cardiology**

“Medicine, and cardiology in particular, allows me to be there for people when their need is the greatest. It is a unique and special gift, to be in a position to help others when life can be its most frightening.”



Bachelor of Science: University of California, Los Angeles

Master of Science in Cell and Neurobiology: University of Southern California, Keck School of Medicine

Doctor of Medicine: University of Southern California, Keck School of Medicine

Residency: Internal medicine at Harbor UCLA Medical Center

Fellowship: Cardiology at Los Angeles County +USC Medical Center

**Brandon Jones, M.D.,
interventional
cardiology**

“I got excited about medicine working part time as an EMT during college, responding to 911 calls. I found myself especially fascinated by cardiac emergencies, prompting me to pursue a career as an interventional cardiologist. People come to us with difficult problems – their chest hurts, they can’t breathe, or they can’t do the activities they enjoy. To be able to help them is very gratifying.”



Bachelor of Science: University of California, Los Angeles

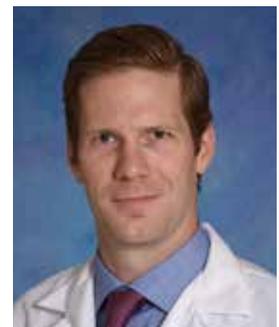
Doctor of Medicine: Boston University School of Medicine

Residency: Internal medicine at Massachusetts General Hospital

Fellowships: Cardiovascular medicine and interventional cardiology at Cleveland Clinic

**Adam Kingston, M.D.,
cardiothoracic surgery**

“I feel honored and privileged to work with my patients. I believe the best possible cardiovascular care is delivered through passion, integrity and technical excellence.”



Bachelor of Arts: Harvard University

Doctor of Medicine: University of Nebraska College of Medicine

Residency: General surgery at Virginia Mason Medical Center

Residency: Chief, general surgery at Lahey Clinic Medical Center

Residency: Chief, cardiothoracic surgery at Ronald Reagan UCLA Medical Center

**Michael Parsons, M.D.,
cardiology**

“Within a month of starting med school, I knew I was going to be a cardiologist. The heart has everything, a unique structure, an electrical system, a mechanical system, a circulatory system – I love the complexity of it.”



Bachelor of Arts: Dartmouth College

Doctor of Medicine: Columbia University College of Physicians and Surgeons

Internship: Internal medicine at Baylor University

Residency and research fellowship: New York Presbyterian Hospital / Weill Cornell Medical College

Fellowship: Cardiovascular diseases at University of Massachusetts Medical Center

**Vincent Santo, M.D.,
vascular surgery**

“Medicine is the most fascinating and intimate profession I can imagine. I chose vascular surgery because it is fun, challenging and evolving so rapidly. I especially enjoy listening and earning the trust of patients and families and seeing people get better.”



Bachelor of Arts: Cornell University

Premedical Certificate: Columbia University

Doctor of Medicine: SUNY Stony Brook School of Medicine

Residency: Chief, general surgery at Oregon Health & Science University

Fellowship: Vascular surgery research at Oregon Health & Science University

Fellowship: Vascular surgery at University of North Carolina

**Daniel Westerdahl,
M.D., cardiology -
advanced heart failure**

“I enjoy working with my patients to build a plan that helps them regain a wonderful quality of life.

Hearing about memories patients are able to make as a result of that plan fuels what I do. I want my patients to experience life at its fullest potential.”



Bachelor of Business Administration: University of Miami

Doctor of Medicine: Loma Linda University School of Medicine

Residency: University of California, San Francisco

Fellowships: Chief, cardiology and advanced heart failure at Cedars-Sinai Medical Center

PROVIDENCE HEART INSTITUTE SERVES COMMUNITIES THROUGHOUT OREGON AND SOUTHWEST WASHINGTON



PROVIDENCE CLASSES AND RESOURCES

BASECAMP CARDIAC PREVENTION + WELLNESS



Providence St. Vincent Medical Center

9427 SW Barnes Rd., Portland
503-216-0880

Free and drop-in options

Providence Portland Medical Center

4805 NE Glisan St., Portland
503-215-5160

Free and drop-in options

Providence Willamette Falls

Medical Center

1500 Division St., Oregon City
503-650-1444

Free and drop-in options

Powered by Basecamp, Providence Heart Institute offers many classes that are free, drop-in based while others are fee-based and require a registration. These education and movement-focused classes include yoga, mindfulness breath and meditation, tai chi, nutrition, cooking, heart-health conversations, women's heart wellness and many more. Exact programming varies at each location. Please call for more details or visit WelcomeToBasecamp.org.

PROVIDENCE DIABETES EDUCATION

Please call for class locations.

503-215-6628

Fees apply

This program, recognized for excellence by the American Diabetes Association, offers information and support needed to manage diabetes and maintain health. Physician referral required.

NUTRITIONAL COUNSELING

The Heart Clinic at Basecamp

9427 SW Barnes Rd., Portland
503-216-0472

Fees apply

Providence St. Vincent Medical Center

9205 SW Barnes Rd., Portland
503-216-2368

Fees apply

Providence Portland Medical Center

4805 NE Glisan St., Portland
503-215-5160

Fees apply

Manage your weight with personal nutrition counseling, physician-prescribed diets and a personalized weight-management program.

CARDIAC REHABILITATION CENTERS

Providence Cardiac Rehabilitation Center Providence St. Vincent Medical Center (west Portland)

9427 SW Barnes Rd., Portland
503-216-1250
Fees apply

Hal Lesser Cardiac Rehabilitation Center at Providence Portland Medical Center (east Portland)

4805 NE Glisan St., Portland
503-215-5160
Fees apply

Providence Cardiac Conditioning Center (Hood River)

1151 May St., Hood River
541-387-6326
Fees apply

Providence Cardiac Rehabilitation Center (Southern Oregon)

1111 Crater Lake Ave., Medford
541-732-5033
Fees apply

Providence Cardiac Rehabilitation Center (Willamette Falls)

1500 Division St., Oregon City
503-650-1444
Fees apply

Providence cardiac rehabilitation centers are national leaders in cardiovascular rehabilitation and are certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

The following services are available but may vary at each location. Please call for more details.

- Supervised exercise based on your doctor's recommendations
- Lifestyle modification classes
- Health assessments
- Nutrition consultation
- Weight management
- Education and resources

Our Mission

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

Values

Compassion, Dignity, Justice, Excellence, Integrity

ProvidenceOregon.org/heart



9205 SW Barnes Road
Portland, OR 97225