



ASPIRUS™
HEART & VASCULAR
INSTITUTE

Passion for excellence. Compassion for people. Heart care that's among the top 5% in the nation.



A recognized leader in heart care, Aspirus Heart & Vascular Institute has achieved the HealthGrades Cardiac Care Excellence Award - five years in a row, and is rated #1 in Wisconsin.

Aspirus is known for its research and performance of leading-edge procedures, namely:

- *Beating-heart surgery*
- *Minimally-invasive valve surgery*
- *Carotid stenting*
- *Bi-ventricular pacing*
- *Multi-specialty prevention and screening*
- *Innovative clinical research*



Beating-Heart Surgery. We were the first in the region to perform beating-heart surgery. Also known as off-pump surgery, this procedure allows the heart to continue beating naturally during the operation instead of relying on a heart-lung machine or pump.

Aspirus surgeons lead the way with off-pump surgery – performing almost 95% of bypass surgeries with this technique. The national rate is just 30%.

Benefits of beating-heart surgery over “pump” surgery include:

- Shorter hospital stay • Shorter overall recovery time
- Fewer complications • Higher success rates



Level 1 Heart Care. Rapid intervention when a heart attack occurs is critical to reducing damage to the heart. The most effective treatment for severe heart attacks is a balloon angioplasty within 90 minutes. This increases survival rates and shortens recovery time.

Aspirus' Level 1 Heart Attack program takes cardiac care to an even higher level. Transfer patients receive balloon angioplasty within 30 minutes upon arrival at Aspirus Wausau Hospital's Emergency Department.



HEARTaware is a 7-minute online assessment that evaluates an individual's risk for developing heart disease. This free and confidential assessment is available at Aspirus.org. Those found to be at an elevated risk are eligible for a free in-person screening. The best way to treat heart disease is through prevention or early detection.



Prevention Clinic. The Aspirus Heart & Vascular Institute's Prevention Clinic is a resource for people at risk of developing heart disease. The Clinic's team includes a cardiac internal medicine specialist, an exercise physiologist and a dietitian – all working together to comprehensively assess each patient's risk. The assessment includes a family history of cardiovascular disease and the following risks:

- Smoking • High blood pressure • High cholesterol
- Age • Diabetes • Inactivity • Obesity • Stress

The prevention team may recommend lifestyle changes to minimize any risks, or create an appropriate treatment plan if necessary.

Outreach locations in Rhinelander, WI and Aspirus Ontonagon, MI.

aspirus.org