



# I get to rake up sweetgum balls today.

## Sweet!



*Best part of life after my heart attack? All of it. A month ago, my beating heart was in the hands of an amazing surgeon at the SSM Heart Institute. Now I'm back, with an appreciation for life's little things. Even sweetgum balls.*

Beating heart surgery means your heart never stops pumping on its own during bypass surgery. Patients avoid complications and reduce the need for transfusions. **The SSM Heart Institute performs beating heart surgeries at twice the rate of the national average.** And studies have proven, the higher the numbers, the better the results.



**TO FIND AN SSM HEART SPECIALIST, CALL 866.SSM.DOCS**

**LEARN YOUR RISK FOR HEART DISEASE WITH OUR FREE, EASY-TO-USE  
HEART DISEASE RISK ASSESSMENT AT [SSMHEALTH.COM/HEART](http://SSMHEALTH.COM/HEART)**

 **SSM Heart Institute**

*Closer to your heart*

DePaul Health Center • St. Joseph Health Center • St. Joseph Hospital of Kirkwood  
St. Joseph Hospital West • St. Mary's Health Center • St. Clare Health Center (Opening March 30)

# I vacuumed dog hair all day.



## Never been happier.



*Everyday life suddenly means more to me now. Yes, I had a heart valve problem. But small incision surgery at the SSM Heart Institute got me back on my feet faster than I could imagine. These days, no matter what I'm doing at any moment, I love each minute.*

Heart valve problems can now be treated with small incision heart surgery. It means a tiny scar. Instead of an open chest. **More St. Louisans choose the SSM Heart Institute for heart valve surgery than anybody else.** In fact, we train other hospitals in it. That's leadership you can take to heart.



**TO FIND AN SSM HEART SPECIALIST, CALL 866.SSM.DOCS**

**LEARN YOUR RISK FOR HEART DISEASE WITH OUR FREE, EASY-TO-USE HEART DISEASE RISK ASSESSMENT AT [SSMHEALTH.COM/HEART](http://SSMHEALTH.COM/HEART)**

 **SSM Heart Institute**

*Closer to your heart*

DePaul Health Center • St. Joseph Health Center • St. Joseph Hospital of Kirkwood  
St. Joseph Hospital West • St. Mary's Health Center • St. Clare Health Center (Opening March 30)



I just did  
the dishes.

*It was a  
cosmic  
experience.*

*I love life these days. Even the small, normal stuff.  
A month ago, crushing chest pain sent me to the ER.  
Having the SSM Heart Institute nearby saved my life.  
Now I'm grateful for every moment. Even this one.*



If you have a heart attack, opening blocked arteries quickly is crucial. It's called balloon angioplasty, and it allows doctors to improve blood flow to the heart. **The SSM Heart Institute performs more angioplasties than anybody else in St. Louis.** Experience that leads to better outcomes. It's what you expect of the heart care leader.



**TO FIND AN SSM HEART SPECIALIST, CALL 866.SSM.DOCS**

**LEARN YOUR RISK FOR HEART DISEASE WITH OUR FREE, EASY-TO-USE  
HEART DISEASE RISK ASSESSMENT AT [SSMHEALTH.COM/HEART](http://SSMHEALTH.COM/HEART)**

 **SSM Heart Institute**

*Closer to your heart*

DePaul Health Center • St. Joseph Health Center • St. Joseph Hospital of Kirkwood  
St. Joseph Hospital West • St. Mary's Health Center • St. Clare Health Center (Opening March 30)