

Jan. 30, 2013

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## **Free newsletter highlights Bridgeport Hospital cardiac services**

The new Winter 2013 issue of *Healthy & Wise*, Bridgeport Hospital's free community health newsletter, spotlights the hospital's cardiac services through the experience of high school football coach James Morris of Stratford. To request a copy of the newsletter, call 1-888-357-2396. Current and archived issues of *Healthy & Wise* are also available online at [www.bridgeporthospital.org](http://www.bridgeporthospital.org), under "Publications."

Morris suffered a heart attack in July while beginning his daily neighborhood walk/run. He was rushed to Bridgeport Hospital, where cardiologist Robert Fishman, MD and other members of the patient care team in the Joel E. Smilow Heart Institute performed an emergency angioplasty to re-open the blocked artery that triggered Morris' heart attack.

"They couldn't have been nicer to me and my family," Morris recalls about his caregivers. "They never stopped asking if I needed anything."

Morris returned home after two days in the hospital and then, on the advice of cardiologist Richard Taikowski, MD, enrolled in Bridgeport Hospital's Cardiac Rehabilitation and Wellness Programs in Fairfield.

"I learned to take better care of myself," Morris says about the program. "We discuss medication and nutrition, and we have individual counseling sessions. I lost 10 pounds in the first month."

This issue of *Healthy & Wise* also covers the hospital's Heart Month campaign, advances in surgery using the O-arm/Stealth Station navigation system for spinal surgeries, "Ask the Expert" columns by Center for Wound Healing & Hyperbaric Medicine Medical Director Dana Cavicke, MD, CWS, and cardiologist Steven Kunkes, MD.

(more)

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Bridgeport Hospital has been providing advanced cardiac care for more than 50 years. The hospital is a regional pioneer in open-heart surgery, balloon angioplasty and sophisticated heart rhythm care, including the innovative hybrid ablation procedure (also known as convergent X-maze) to treat atrial fibrillation.

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Bridgeport Hospital is a member of Yale New Haven Health System (YNHHS), the largest and most comprehensive integrated health care delivery system in Connecticut. Yale New Haven Health System is recognized for advanced clinical care, quality, service, cost effectiveness and commitment to improving the health status of the populations it serves. Yale New Haven Health System's service area covers portions of eastern New York, the state of Connecticut and southwestern Rhode Island. Yale New Haven Health System is committed to making the best health care easier to use.