



Memphis Heart

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heartbeat

A LETTER FROM...

Joseph K. Samaha, MD, FACC, FSCAI
President



This is an exciting time in the treatment of cardiovascular disease. Never before has so much attention been given to the

importance of maintaining a healthy lifestyle to prevent heart disease. Novel drug therapies and innovative technologies are now available through unprecedented research efforts to an ever-increasing patient population. At Memphis Heart Clinic, we are committed to providing outstanding care and offering our patients the very latest treatments. Many of our physicians have practiced in the Memphis metro area for over 25 years. In 1998, we formally established Memphis Heart Clinic and presently have 13 cardiology specialists in our practice. In 2007, we received the NCQA's highest award for providing quality patient care.

We take heart disease very seriously. Our physicians and staff are dedicated to providing compassionate care to each and every patient. We are committed to education and partnering with community-based organizations in the fight against heart disease. With this commitment, we expect to WIN the battle!



L-R: Dr. Vasili Lendel, Anastasia Lendel, Mike Connelly Jr., Christie Claudio and Garrett Claudio

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Grizzlies "Get Fit"

Memphis Heart Clinic Goes to School with the Grizzlies

Memphis Heart Clinic recently became a corporate sponsor for the Grizzlies "Get Fit" program which has taken Memphis area schools by storm. "With adult and childhood obesity on the rise both nationally and locally, Memphis Heart Clinic sees the "Get Fit" Program as an opportunity to work with the community, educating our children and families about ways to stay fit and improve their health," says Carol Carnell, Practice Administrator at Memphis Heart Clinic.

If the Grizzlies have proven one thing in Memphis, it's that they know no bounds when it comes to community involvement. The newest program, "Get Fit with the Grizzlies," introduced in early 2006 has grown in popularity since its inception. The brainchild of former President of Business Operations, Andy Dolich, "Get Fit" resulted from a personal concern about the health of Memphis children. "Memphis is the most

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Physicians Recognized by NCQA for Quality Care

Memphis Heart Clinic cardiologists have been awarded a three-year recognition by the National Committee for Quality Assurance for their excellence in cardiac care. Already known for their innovative work in cardiac and peripheral vascular medicine, Memphis Heart Clinic cardiologists continually surpass care standards, working diligently to improve the quality of care for their patients.

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“Heart Builders” Beats Heart Disease One Bite at a Time

Anyone trying to lose weight knows just how challenging it can be, especially when it comes to dining out. With the introduction of “Heart Builders” by Memphis Heart Clinic in May 2007, health-conscious diners now have more options and the support of the larger Memphis community. Partnering with the Memphis Restaurant Association and the Healthy Memphis Common Table, Memphis Heart Clinic has led the effort to recruit area restaurants wanting to add healthier menu items for their patrons.

Current participants include Huey’s, D’bo’s Wings n’ Things, Garibaldi’s, Elfo’s, and Old Venice Pizza Company. The program is voluntary and free to participating restaurants. Each restaurant has collaborated with Memphis Health Clinic’s registered dietician, Anita Vincent, RD to review menu options,

identifying or creating those heart healthy items which meet specific criteria. Any menu item with a red heart next to it meets portion, sodium and fat requirements. “We strive for 1 gram or less of saturated fats, no trans fatty acids and approximately 480 mg of sodium per serving,” said Vincent.



Old Venice, the newest participant in the Heart Builders program

Chefs and restaurant owners express equal enthusiasm over the program. “We sent Memphis Heart Clinic our menu and they analyzed our recipes. They made suggestions and we liked the ideas,” states Steve Voss, area manager with Huey’s. Over at



David Boyd, owner of D’Bos

Elfo’s, Alex Grisanti has created a popular 8-oz. pink peppercorn salmon with an orange sauce that’s a slim 259 calories. D’bo’s offers a grilled fish sandwich while Garibaldi’s Pizza tempts dieters with their Italian spinach and penne pasta.

Each little red heart reminds diners that beating heart disease can be as easy as choosing one healthy meal each day to begin reversing obesity. Knowing that each heart-healthy menu is backed by nutritional guidelines, Memphis area diners need only sit back and enjoy the meal. ❤️

PHYSICIANS RECOGNIZED CONTINUED FROM COVER STORY

“NQQA recognition is a stringent process. Our goal is to provide each patient with comprehensive care utilizing the highest standards,” said Joseph Samaha, M.D., President of Memphis Heart Clinic.

Created by the American Heart Association/American Stroke Association, the NQQA Heart/Stroke Recognition Program recognizes only a select number of physicians nationwide who care for stroke patients or those suffering from cardiovascular disease.

Physicians recognized include: Joseph K. Samaha, MD, William H. Flanagan, MD, David H. Kraus, MD, Stevan I. Himmelstein, MD, Bashar Shala, MD, David Lan, MD and Dharmesh Patel, MD.

Metabolic Syndrome - Are You At Risk?

Metabolic Syndrome isn’t a disease. It is, however, a certain collection of risk factors that indicate a high potential for future heart problems. According to the American Heart Association, 25 percent or 58 million Americans have a certain combination of risk factors that put them in this category. “Having three or more of the identified risk factors places a patient at risk for metabolic syndrome. Our goal is to decrease that risk,” said Stephanie Tyler, DNSc, ACNP, Clinical Director of Cardiovascular Services at Memphis Heart Clinic.

What are the symptoms or risk factors?

- Insulin resistance (when the body can no longer use insulin or sugar)
- Waist Circumference, greater than 40 inches in males and 35 for females
- Fasting sugar level of 100 or greater
- Triglycerides (bad cholesterol) greater than 150
- Low HDL (good cholesterol) less than 40 in men and less than 50 in women
- High blood pressure, greater than 130/85
- Blood Clots easily formed

“Many patients think their only concern is having a blocked artery. What they often don’t realize is that heart health means good blood flow, pumping ability, and electrical stimulation. All three components are necessary to have a healthy heart.”

Managing Metabolic Syndrome is key to a healthy heart. Short term goals include decreasing blood pressure and sodium while long term goals include weight loss and increasing physical activity. Tyler and the staff at Memphis Heart Clinic work closely with patients and primary care physicians to create individual treatment plans.

Heart Healthy Includes More Than the Heart: *Think Peripheral Arterial Disease (PAD)*

Here's a riddle.

What silently takes away mobility, reveals classic symptoms in less than 10 percent of affected patients and easily alludes both doctors and patients?

Peripheral Arterial Disease (PAD).

"In cases of severe PAD, patients have a 50 percent chance of living just one year," according to cardiologist Stevan Himmelstein, MD, FACC of Memphis Heart Clinic.

PAD is a type of peripheral vascular disease. PAD blocks blood flow in the arteries and is named "peripheral" because it affects legs and feet. Blockages are caused by plaque in the blood vessels. PAD works silently and can potentially lead to a heart attack or stroke.

Know the Risk Factors

"Fewer than 10 percent of the 12 million affected patients seek medical attention," Himmelstein continues. "Those patients with high blood pressure, diabetes, high cholesterol, and use nicotine are at the greatest risk for PAD."

Recognize Symptoms

"Paying attention to pain is important, especially in the legs. When a patient says they have pain, as physicians, we should be asking questions like do their legs give out or are they unable to walk?"

Additional symptoms include:

- Change in consistency of skin
- Constant leg pain
- Hair loss on legs
- Discoloration of toes, skin or toenails
- Ulcers on the feet that will not heal
- Erectile Dysfunction

Seek Treatment

"The good news is that we now have more advanced technologies to open blocked arteries and novel drug therapies that can reduce cholesterol. One of the most effective tools we have is the ABI or ankle/brachial index. ABI measures the ratio of ankle pressure to arm pressure, which can indicate a problem if there is a wide difference," concludes Himmelstein. "In the treatment of PAD, there is a rare need for surgery. We perform the vast majority of interventions using minimally invasive techniques."

Memphis Heart Clinic continues to provide leading edge, comprehensive cardiac and vascular care to patients in the Mid-South by fighting debilitating diseases such as PAD, ultimately finding the cause of the symptoms and restoring health.



CT scan of the lower extremities

Computed tomography... what?

Don't let the name intimidate you. It's simply called CTA or Computed Tomography Angiography.

Coronary CTA is a non-invasive diagnostic tool that takes computer reconstructed images of the coronary arteries revealing possible blockages.



CTA of the heart

GRIZZLIES "GET FIT" CONTINUED FROM COVER STORY

unhealthy and obese city in the country. We talked to the schools about how we can bring this horrible epidemic to an end," said Dolich.

The result, "Get Fit," is an organized fitness program that introduces children to healthy living.

Children are provided a fitness log where they can record eating and physical activity, participate in fitness assemblies, games, and achievement days. To date, the program has reached about sixteen thousand students. "Children want to be up and active," according to Dolich. He believes that the growth of elite sports programs has contributed to the lack of physical opportunities for children.

"What's happened with all the competitive sports is that the kids who may be marginal are just discounted or set aside. 'Play for fun' has become almost non-existent," said Dolich.



Passionate about "Get Fit," the Grizzlies are excited about their very active corporate participants including Cargill, Turner Dairy, Coventry Healthcare and Memphis Heart Clinic, and seek more support.

"I want to go back to the days when every child had the opportunity to get involved. We can make a difference," states Dolich. Carnell agrees wholeheartedly. "We hope that learning healthy habits at a young age will stay with our youth, so they can become healthy, physically fit adults."

To learn more about "Get Fit" visit www.grizzlies.com.



Ask the Doctor

Amit Malhotra, MD, FACC

Dr. Malhotra, a specialist in cardiovascular disease, sees patients primarily in our Desoto office. Dr. Malhotra served as Chief Resident at Cook County Hospital in Chicago and completed dual fellowships in cardiology and interventional cardiology at the University of Tennessee Health Science Center and The University of Arkansas for Medical Sciences respectively. Dr. Malhotra is board certified in internal medicine, cardiovascular disease, interventional cardiology, and nuclear cardiology.

Q. I was recently diagnosed with coronary heart disease. Can I be cured of this?

A. Regrettably, there is currently no cure for coronary heart disease. Once you have it you will always have it. However, much can be done to slow the progression of the disease process and reduce the risks of having a heart attack by adopting a healthful lifestyle including an appropriate diet, physical activity, and smoking cessation. The control of blood pressure, cholesterol, and diabetes is essential if you have these issues. Medication is an essential treatment aimed at making you feel better and live longer.

Q. I heard about this super scan that can diagnose heart disease. Should I get it?

A. The CT scan of the heart diagnoses coronary heart disease and blockages, and it is an exciting addition to our ability to diagnose and treat coronary heart disease early. However, the appropriate patients or population subgroups who should undergo this test are yet to be defined and are a topic of keen discussion. To suggest this test as a mass screening tool has tremendous cost implications, but in select patient groups and when applied appropriately, it is an invaluable tool. Your physician and cardiologist can help you decide if this is best for you.

Q. My internal medicine MD ordered a stress test which is positive. Do I have to undergo heart catheterization?

A. The results of a stress test have to be interpreted in the context of the patient, nature of symptoms and the odds of coronary heart disease in the patient. There are validated data that generally guide decision making in terms of who will benefit from cardiac catheterization. Everyone with a positive stress test may not necessarily need cardiac catheterization; similarly, it is not unusual to offer cardiac catheterization when the stress test is "negative," especially when there is a high likelihood of disease, strong risk factors and ongoing typical symptoms. Stress testing is an important part of solving the puzzle but not the solution in itself.

Q. My grandfather smoked all his life and lived into his nineties? I smoke. Should I be worried?

A. The odds of having progressive coronary heart disease and heart attacks are much higher in smokers. In addition, smoking is directly responsible for diseases such as lung disease, cancer, and poor circulation. It is rare to encounter patients with a long history of smoking and little evidence of coronary heart disease. The good news is that the benefits of not smoking start from the moment you quit. Smoking is difficult to stop, but it can be done.



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LOCATIONS

MHC Physicians

- William H. Flanagan, MD
- David H. Kraus, MD, FACC, FACP
- Joseph K. Samaha, MD, FACC, FSCAI
- Bashar A. Shala, MD, FACC, FSCAI, FASE
- Stevan I. Himmelstein, MD, FACC
- Paul Hess, MD, FACC
- Rajesh Subramanian, MD, FACC, FSCAI
- Dharmesh Patel, MD, FACC, MBBS (Lon)
- David Lan, MD
- Charles R. Burnett, MD, FACC
- Amit Malhotra, MD, FACC
- Arsalan Shirwany, MD, FACC
- Vasili Lendel, MD