



Memphis Heart

CLINIC™

Advancing Cardiac Care. Together.

NEWSLETTER

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heartbeat

A LETTER FROM...

Dharmesh Patel, MD, FACC, MBBS



Welcome to the second edition of *Heartbeat*. This year Memphis Heart Clinic will celebrate its tenth anniversary. Tremendous progress has been made over the past decade in cardiac care. At Memphis

Heart Clinic, we offer a full array of cardiology services from testing and diagnosis to the latest minimally invasive treatments.

Currently, we have 16 physicians who specialize in clinical and interventional cardiology, including peripheral vascular interventions and electrophysiology.

We are also actively involved in the community, working with the American Heart Association, community outreach programs, and other organizations to increase awareness of the risks of heart disease. With the recent addition of Dr. Stacy Smith, noted expert in the treatment of women with heart disease, we continue to offer women in our area the best care available in the fight against cardiovascular disease.

I strongly believe Memphis Heart Clinic provides the highest quality cardiac care to patients in the greater Memphis area. But the most important thing we have at Memphis Heart Clinic...is a **Heart!** ♥



Lori Ledbetter, RN, discusses remote monitoring with Nina Allen

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Memphis Heart Clinic's Heart Rhythm Center Expands Service

With the addition of Dr. Jeffrey Kerlan, Memphis Heart Clinic's Heart Rhythm Center continues to expand its services and care to Mid-South cardiac patients.

In September, Kerlan joined Drs. Paul Hess and David Lan. Combined, Drs. Lan and Kerlan have performed the highest number of ablation cases, including the most

complex procedures in the region. In 2004, Lan performed the first atrial fibrillation ablations at Baptist Hospital, Methodist Germantown, and Methodist North. Before relocating to Memphis, Dr. Kerlan was the first interventionalist to perform this procedure at St. Thomas Hospital in Nashville, Tennessee.

*See **Heart Rhythm Center**, continued on back*

New Office Opens In Brighton

Memphis Heart Clinic is on the move again with the planned opening of a new office in Brighton, Tennessee in early 2009. The expansion represents our continued dedication to patient access and increased service. Heart patients can look forward to seeing either Dr. Joseph Samaha on Wednesdays or Dr. Arsalan Shirwany on Tuesdays. While Samaha has a long-standing practice in the area, Dr. Shirwany's expansion to Brighton will provide additional clinic time, in-office lab, and expanded testing for out-patients. ♥

Memphis Heart Clinic Welcomes Three New Physicians



Stacy C. Smith, MD, FACC, FSCAI

In April, Stacy C. Smith, MD, FACC, FSCAI, a highly recognized interventional cardiologist with a special interest in women with heart disease, joined our team.

Board certified in interventional cardiology, cardiovascular disease and internal medicine, she is licensed in both Tennessee and Mississippi, sees patients at our Memphis office, and admits patients to Baptist-Memphis and Methodist-Germantown Hospitals. When on-call, she also sees patients at Baptist Desoto.

Dr. Smith earned her medical degree from the University of Southern California in Los Angeles and went on to complete her Internship and Residency in Internal Medicine at Brigham and Women's Hospital in Boston, Massachusetts. She completed her Cardiology and Interventional Cardiology Fellowship training at Washington University School of Medicine/Barnes Hospital in St. Louis, MO as well as a Research Fellowship in Immunology/Cardiology.



M. Brent Addington, MD, FACC

M. Brent Addington, MD, FACC joined Memphis Heart Clinic in May. A native Memphian, Dr. Addington has been in private practice for over 20 years in the Memphis community and is board certified in Internal Medicine, Cardiovascular Disease and Interventional Cardiology, specializing in consultative and interventional cardiology, peripheral interventions as well as IVC filter placement. He sees patients at the clinic's Memphis location and admits patients to Baptist Memorial Hospital-Memphis. Dr. Addington received his Bachelor's Degree from

Brown University and completed his medical degree at the University of Tennessee, Memphis. After earning his medical degree, Dr. Addington completed his Surgery Internship at St. Elizabeth's Hospital in Boston, MA and his Medicine Internship and Residency at the University of Tennessee and City of Memphis Hospitals. Subsequently, Dr. Addington completed his cardiology fellowship at the University of Tennessee (Bowld) Hospital.



Jeffrey Kerlan, MD, FACC

This fall, Memphis Heart Clinic welcomed Jeffrey Kerlan, MD, FACC. Board Certified in Clinical Cardiac Electrophysiology, Cardiovascular Diseases and Internal Medicine, Dr. Kerlan specializes in interventional electrophysiology including catheter ablation procedures and device implantations. A Vanderbilt graduate, Dr. Kerlan began his medical training at the University of Tennessee, Memphis College of Medicine where he received his Medical Degree. He went on to complete his Internship and Residency at the University of Alabama

Hospital at Birmingham. Dr. Kerlan pursued his passion for cardiology at Washington University School of Medicine where he completed his Fellowship in Cardiovascular Diseases and Sub-Specialty Fellowship in Clinical Cardiac Electrophysiology.

Dr. Kerlan sees patients at the clinic's East Memphis office location. He performs procedures at St. Francis, Baptist-Memphis, Baptist-DeSoto and Methodist-Germantown Hospitals. ♥

Remote Device Monitoring Offers Patients Ease of Mind, Constant Care

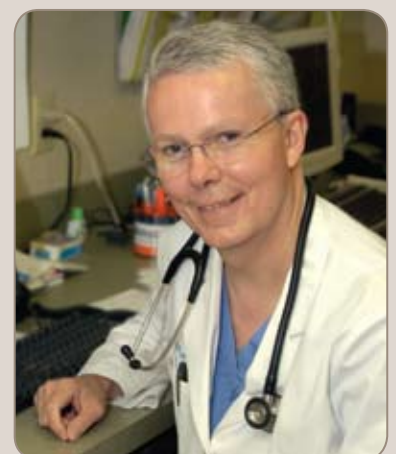
Patients with implanted devices such as pacemakers and cardiac defibrillators often need monitoring to ensure their heart is in healthy rhythm. Now, remote device monitoring allows the clinic to check a patient's device from home as opposed to the patient coming to the office for a pacer check.

Currently, about 500 of the 2,500 patients enrolled in the Device Clinic use remote device monitoring, but that number is steadily growing.

Heart failure patients are ideal candidates for this technology which monitors and catches problems early, often preventing hospitalization.

The process, which requires some patient and family education, is straight forward. Participating patients receive a monitoring device which is connected into a phone line. Data such as weight, activity level and blood pressure readings are recorded and downloaded on a scheduled basis and sent to their physician's office for review. Detection of irregular heartbeats is also a feature of the remote monitor. If a patient experiences any type of an irregular heart beat or arrhythmia, an alert is automatically sent to the doctor's office.

Patients find MHC's remote device monitoring to be a welcomed convenience. ♥



Dr. Paul Hess | Heart Rhythm Center

MEMPHIS HEART CLINIC



From L to R: **Stephanie Tyler** DNSc, ACNP, APN-BC; **Jeffrey Bishop** FNP, ANCC; **Lisa Crenshaw** FNP, MSN, APRN, BC

Nurse Practitioners Play Vital Role at Memphis Heart Clinic

In today's practice setting, the presence of nurse practitioners has grown, and at Memphis Heart Clinic, our nurse practitioners have become a vital link in our continuum of care. With their respective specialties, our nurse practitioners serve as an adjunct to our physician staff conducting patient assessments; coordinating both in-patient and out-patient care; and communicating closely with cardiologists and surgeons. They also provide essential education to patients and families on specific ways to improve the quality of life for cardiac patients.

At Memphis Heart Clinic, we are proud to introduce our nurse practitioners whose professional expertise and dedication contribute daily to our ability to deliver the highest quality care possible to our patients. ♥

How Do You Measure Up?

With obesity a major risk factor in heart disease, it's important to know just how you measure up. A good measurement is the Body Mass Index (BMI) which determines an individual's body fat. It is calculated by taking your height and weight, then entering those numbers in pre-determined BMI calculators. These can be found on government web sites such as www.cdc.gov or www.nhlbisupport.com/bmi. Waist circumference can also reveal risk. Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher disease risk.

According to the Department of Health and Human Services, National Institutes of Health, BMI measurements indicate the following:

Underweight = <18.5

Normal weight = 18.5-24.9

Overweight = 25-29.9

Obesity = BMI of 30

Please consult your physician if you are concerned about your Body Mass Index. ♥



National Recognition ★ ★ ★ for ★ ★ ★ Outstanding Quality Care

Physicians Earn NCQA Recognition

Seven MHC cardiologists were recognized by the National Committee for Quality Assurance (NCQA) for their excellence in cardiac care this past year.

Created by the American Heart Association/American Stroke Association, the NCQA Heart/Stroke Recognition Program recognizes only a select



number of physicians nationwide who meet stringent standards in caring for patients with cardiovascular disease and stroke. ♥



PQRI Distinction

Memphis Heart Clinic physicians successfully completed the Medicare project reporting quality measures called Physician Quality Reporting Initiative (PQRI). The goal of PQRI is to improve the quality of care for Medicare patients by ensuring that nationally recognized guidelines are followed. Only half of the physicians who submitted measures passed on the national level. ♥



Nuclear Lab Receives National Accreditation

Memphis Heart Clinic's Nuclear Cardiology Lab was recognized by the Accreditation of Nuclear Medicine Laboratories (ICANL) as one of the best laboratories in the country.



The laboratory is one of the first nuclear cardiology laboratories in the United States, Canada and Puerto Rico to be so recognized for its high-quality diagnostic testing and patient care. ♥



Ask the Doctor

Stacy C. Smith, MD, FACC, FSCAI

Stacy C. Smith, MD, FACC, FSCAI is a highly recognized interventional cardiologist with a special interest in women with heart disease. Board certified in interventional cardiology, cardiovascular disease and internal medicine, Dr. Smith sees patients at our Memphis office and admits patients to Baptist-Memphis and Methodist-Germantown Hospitals.

Q. My wife says that she is more short of breath these days. She gets winded just making the bed in the morning. Is this just normal aging, or could she have a heart or lung problem?

A. Yes, she could have a heart or lung problem. Shortness of breath with activity is one of the most common symptoms of heart disease in women. She should see her doctor and discuss this right away. Your wife should be tested for heart disease, anemia, thyroid problems, and kidney disease. Simple tests can be performed that will usually diagnose the problem. If she smokes or used to smoke, she should be checked for lung problems as well. Sometimes, shortness of breath is just the result of being inactive, but it is best to be sure that she does not have a more serious problem. Women sometimes have very advanced disease because they take care of everyone else and not themselves, so be sure your wife discusses this with her physician or makes an appointment with a cardiologist.

Q. I am 38 years old, male, somewhat overweight, and my doctor just told me that I have high blood pressure and borderline high cholesterol. My father had his first heart attack when he was 52. Should I see a cardiologist?

A. Not necessarily. Your primary care physician can evaluate your risks for heart disease and start you on appropriate treatment in most cases. Remember that the goal is to PREVENT the development of heart disease BEFORE it becomes a problem, and that is why early diagnosis and treatment are important. Your doctor will very likely send you to a cardiologist if tests suggest that you need additional evaluation.

Q. My breast cancer support group says that we might be at increased risk for heart disease. What does this mean and how can I find out what my risks are for developing heart disease?

A. Your support group is right. Women with breast cancer are surviving longer thanks to advanced treatments. However, they are living long enough to develop heart disease, and unfortunately, heart disease kills more women than all cancers combined. In addition to the usual risks for heart disease (high blood pressure, diabetes, high cholesterol, smoking, and early family history of heart disease), radiation and some chemotherapy can increase the chance of developing heart disease. With early detection and treatment, most serious heart disease in breast cancer survivors can be prevented. Remember: "Prevention is the Cure." ❤️

HEART RHYTHM CENTER, CONTINUED FROM COVER STORY

Drs. Lan and Kerlan are uniquely specialized in interventional electrophysiology including catheter ablation procedures and device implantations.

Memphis Heart Clinic's Heart Rhythm Center focuses on the electrical and pumping problems of the heart, providing diagnostic and therapeutic solutions for arrhythmias and congestive heart failure. Cardiac electrophysiology deals with the electrical system of the heart and abnormal heart rhythms. MHC's cardiac electrophysiologists routinely perform cardiac electrophysiology

diagnostic studies; radiofrequency (RF) catheter ablations; advanced catheter ablations for atrial fibrillation, ventricular tachycardia and other complex arrhythmias; and the implantation and monitoring of pacemakers and defibrillators.

"Our physicians make our program stand apart," according to Dr. Joseph Samaha, MHC President. "We have an elite team of physicians who have extensive experience treating atrial fibrillation and demonstrate discerning care and judgment with each patient." ❤️

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
- Stacy C. Smith, MD, FACC, FSCAI
- M. Brent Addington, MD, FACC
- Jeffrey Kerlan, MD, FACC

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JANUARY 2009