



10 YEARS PIONEERING ADVANCES



Advancing Cardiac Care. Together.



Dr. Arsalan Shirwany,
Dr. Joseph Samaha and
Stephanie Tyler, NP

PIONEERS

MHC Celebrates 10-Year Anniversary

Growth Tied Directly to Founding Vision

A decade ago, four Memphis physicians, Drs. Joseph K. Samaha, David H. Kraus, Stevan Himmelstein, and the late William Flanagan, came together as a team with a vision: To provide patients with accessible, high-quality cardiovascular care with a personal touch. With the opening of Memphis Heart Clinic, they put their vision to work. As Memphis Heart Clinic reflects on its anniversary, it is clear today's growth and leadership result from this unwavering vision born over 10 years ago.

MHC has 15 cardiovascular specialists and 3 advanced nurse practitioners, providing treatment of the whole patient in one setting. Dedicated to excellence, MHC physicians are continually recognized and honored at a national level. "Our physicians were the first

cardiologists in Mississippi and Tennessee to receive NCQA recognition, a national recognition for excellence in quality care," says Carol Carnell, MHC Administrator.

In 2000, MHC became the first cardiac practice in the region to implement Electronic Medical Records (EMR). Today, this allows an unprecedented, safe, and consistent flow of information among our physicians, facilities and patients. "We were the first in the country to offer patients personal health information on a credit-card sized CD," says Carnell.

MHC has supported Medicare's E-prescribe initiative, further demonstrating a commitment to innovative, low-cost solutions. Even with the innovative technology, patient-friendly practices remain central to our philosophy of care.

With the establishment of MHC's Device Clinic and Heart Failure Clinic, patients now have more resources than ever to better manage their diseases and have access to non-surgical options to proactively monitor their heart health outside of a hospital setting.

The group's founders have always sought to provide the most effective and up-to-date advancements in cardiac care. Many of the physicians specialize in cardiology as well as other sub-specialties such as vascular disease and electrophysiology. The electrophysiology specialists at MHC are recognized as the leading heart rhythm specialists in the area, having not only received extensive formal training, but also having performed the highest volume and most complex atrial fibrillation cases. David Lan, MD, and Jeff Kerlan, MD, offer a level of sub-specialty care never available before in the Mid-South.

The two main offices located in East Memphis and Southaven have both doubled in size. With the

expansion of clinics in Brighton, TN and Northwest Mississippi, MHC has a total of seven locations. Patients now have more treatment options closer to home. "While we've experienced tremendous growth over the last decade into many areas around Memphis, our number one priority remains the same...delivering excellent cardiac care to our patients," says Joseph Samaha, President, MHC.

In 2007, Memphis Heart Clinic once again moved into a new arena with the creation of a formal partnership with The West Clinic, combining the best research, diagnostics, specialties and technology to offer cancer and heart patients access to unparalleled care. Last year, that partnership led to the construction and opening of a new facility in Brighton, TN where patients can receive cancer and heart treatment—in one setting. "We know that cancer patients are at risk of developing cardiac complications. This new site really opens a world of treatment options close to home," says Samaha.

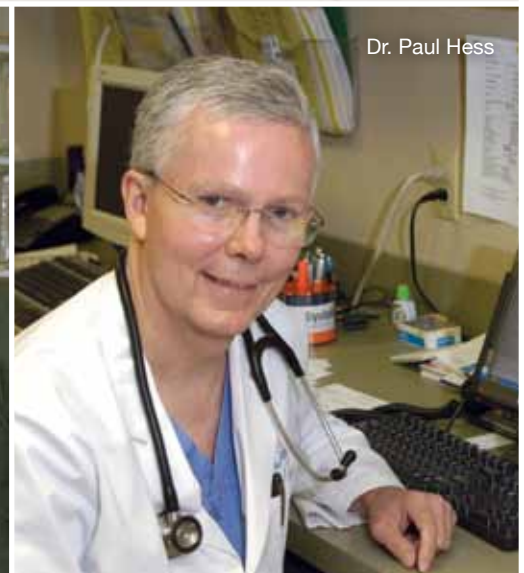
As Memphis Heart Clinic moves into the next decade, it is committed to the founding vision that continues to connect patients with excellence in cardiac care.



Dr. Charles Burnett



Insurance Representatives



Dr. Paul Hess

MHC Expands MS Presence

With heart disease the leading cause of death in Mississippi, no other practice has taken the lead like Memphis Heart Clinic to combat the disease by increasing local care to 5 full-time cardiologists at the Southaven hub. The expansion has enabled MHC to add electrophysiology services, new lab services, a vascular clinic and a device clinic.

In August, Edward Evans, MD, FACC, joined Memphis Heart Clinic after serving patients in Southaven for the

last ten years. Dr. Evans is board certified in Internal Medicine, Adult Cardiovascular Disease, Interventional Cardiology and Nuclear Cardiology.

Patients in Holly Springs also have greater access to care as Stevan Himmelstein, MD, offers patient care there every other week.



MHC's Southaven Physicians



Brighton Opening

Brighton Office Reflects Shared Vision

In January 2009, The West Clinic and Memphis Heart Clinic joined in the opening of the new Brighton office designed to offer cancer and heart patients greater access to leading-edge care.

The state-of-the-art facility offers leading-edge cardiac care and cancer treatment for residents of Tipton

County and those living in the greater Millington, Brighton, Covington, Munford and Atoka communities.

Dr. Joseph Samaha continues to treat heart patients in the area as he has done for the past 15 years along with Dr. Arsalan Shirwany.

MHC Now Open in Union City, TN

Union City, Tennessee joins the growing list of Memphis Heart Clinic satellite offices. In June, Brent Addington, MD, FACC, opened the doors of the new clinic, offering local patients comprehensive cardiovascular care.

A native Memphian with over 20 years in private practice, Dr. Addington specializes in consultative and interventional cardiology, peripheral interventions and IVC filter placement. He is board certified in Internal Medicine, Cardiovascular Disease and Interventional Cardiology and sees patients every week on the Baptist campus, providing in-office and hospital consultations, patient evaluations and supervising the cardiac nuclear and treadmill testing.



Dr. Brent Addington and team

MHC Expands with Clarksdale, MS Clinic

MHC's northwest Mississippi expansion continued with the July grand opening of a new satellite clinic. Set in the Mississippi Delta, Clarksdale is just one of many Delta towns with limited access to cardiovascular care, and the move represents Memphis Heart Clinic's commitment to increasing care in local communities.

Amit Malhotra MD, FACC, FSCAI, evaluates patients every week in Clarksdale.

"It is our goal to keep patients close to home, utilizing the excellent diagnostic services available to us through the NWRMC and local physician offices," says Malhotra.



Dr. Amit Malhotra

Echo Lab at MHC Receives National Accreditation for Outstanding Quality

In late October, Memphis Heart Clinic's Echo Lab became one of the first 1,000 laboratories in the U.S., Puerto Rico and Canada to receive National Accreditation for its outstanding quality.

The Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL) developed an accreditation program to evaluate the quality of echocardiography, a complex imaging technique designed to evaluate heart function.

449-Pound Patient Finds Hope and Success

At 42, Memphian David Howard knew his life was in danger. He could walk only a few steps without oxygen, faced multiple visits to the hospital and emergency room, and couldn't work. He also suffered from high blood pressure, edema, sleep apnea and mild chest pain.

Then, his heart began failing. Howard's disease was obesity and the debilitation that resulted from carrying 449 pounds of weight. Like many Americans, Howard had tried multiple weight and exercise programs only to find little or short-term success. He felt incredibly discouraged and hopeless about finding real help. "I've gone through phases of exercising and cutting back on my eating. It always worked for awhile, then the weight would come back, sometimes even worse than before," says Howard.

Despite his efforts, Howard suffered. His low point came when he spent a week in a hospital intensive care unit. "I remember the doctors talking to me, but I really couldn't follow what they were saying. I thought something has got to change."

It wasn't until Howard met with Dr. David Kraus that he began to have hope. "Mr. Howard came to us because of chest pain complaints. He had a mild problem with his heart that we treated with medicine," says Kraus. Dr. Kraus recognized, however, that unless Howard learned how to take greater responsibility over his diet and lifestyle, his chances of losing weight permanently and regaining a quality life were slim. "His heart was failing," says Kraus.



Dr. David Kraus, David Howard and Lisa Burch, RN

As with all his patients, Kraus encouraged Howard to take control over his lifestyle. Like so many others, it's not as if Howard didn't attempt to lose weight. In fact, his repeated efforts, which often led him back to square one, contributed to his feelings of failure and despair.

Kraus referred Howard to the MHC's own Lisa Burch, RN and research coordinator. "When I evaluated Mr. Howard,

he couldn't walk three minutes without using oxygen."

For the next two years, Burch would guide Howard through a program of gradual exercise and structured accountability. Starting in the parking lot, the pair began walking for just a few minutes. At the same time, she gave him a diet journal and met with him weekly to review.

Burch continued to support and encourage him throughout his journey. “It’s about small steps. If you can create little healthy habits, over time they will add up to a lifestyle change.”

During the first eight months, Howard dropped 100 pounds. He increased his stamina and began walking longer intervals without oxygen. Over the next eight months, he lost another 100 pounds and in June of 2009, reached one of his highest points. “I ran my first 30 minutes.”

Today, Howard weighs 220 pounds and exercises six times per week, alternating core work with weights and aerobic exercises. He has learned how to read labels, understands the food he eats, and aspires to help others as a personal trainer.

Kraus and Burch fully believe Howard’s success can be replicated, pointing to personal determination and responsibility as key. “It’s all about prevention, living a healthy lifestyle, and patient health.”

And as for his heart?



David Howard and Lisa Burch

“We are very proud of David. His determination to live a healthy lifestyle has helped to turn his life around. His heart muscle has even recovered without the need for surgery or stents,” says Kraus.

MHC Physician, Dr. Bashar Shala, Earns Certification

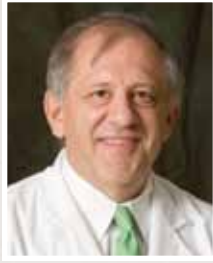
First Physician in West Tennessee to Earn Cardiovascular Computed Tomography (CT) Board Certification

In April, Dr. Bashar Shala joined only 731 physicians worldwide as he became the first physician in West Tennessee to earn Cardiovascular Computed Tomography (CT) board certification.

Physicians earn this certification only after passing an extensive written examination that evaluates a physician’s knowledge and skill in the field of Cardiovascular CT.

Shala is board certified in cardiovascular disease, interventional cardiology, internal medicine, echocardiography and nuclear cardiology.





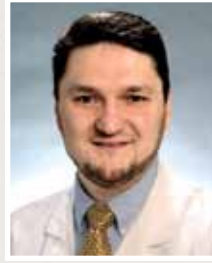
Joseph K. Samaha, MD, FACC, FSCAI



David H. Kraus, MD, FACC, FACP



Stevan I. Himmelstein, MD, FACC



Bashar A. Shala, MD, FACC, FSCAI, FASE, FASNC



Paul Hess, MD, FACC



Dharmesh S. Patel, MD, FACC



David Lan, MD



Charles R. Burnett, MD, FACC, FSCAI



Amit Malhotra, MD, FACC, FSCAI



Arsalan Shirwany, MD, FACC, FASE



Vasili Lendel, MD, FSCAI



Stacy C. Smith, MD, FACC, FSCAI



Brent Addington, MD, FACC



Jeffrey E. Kerlan, MD, FACC



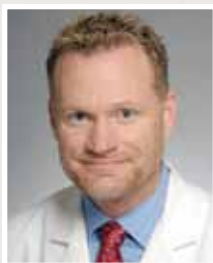
Edward Evans, MD, FACC



Stephanie Tyler, DNSc, ACNP, APN-BC



Lisa Crenshaw, FNP, MSN, APRN, BC



Jeffrey Bishop, FNP, ANCC

In Memory of Dr. William H. Flanagan 1944-2009

It is with great sadness that Memphis Heart Clinic lost one of its founding partners. Dr. William Flanagan led by example and always emphasized, "Patients first." His motto is Memphis Heart Clinic's mission, and we will continue to carry it into the future, in honor and memory of this extraordinary physician and colleague.



Southaven • Batesville • Clarksdale
Holly Springs • Memphis • Brighton • Union City
901.818.0300 • www.memphisheartclinic.com