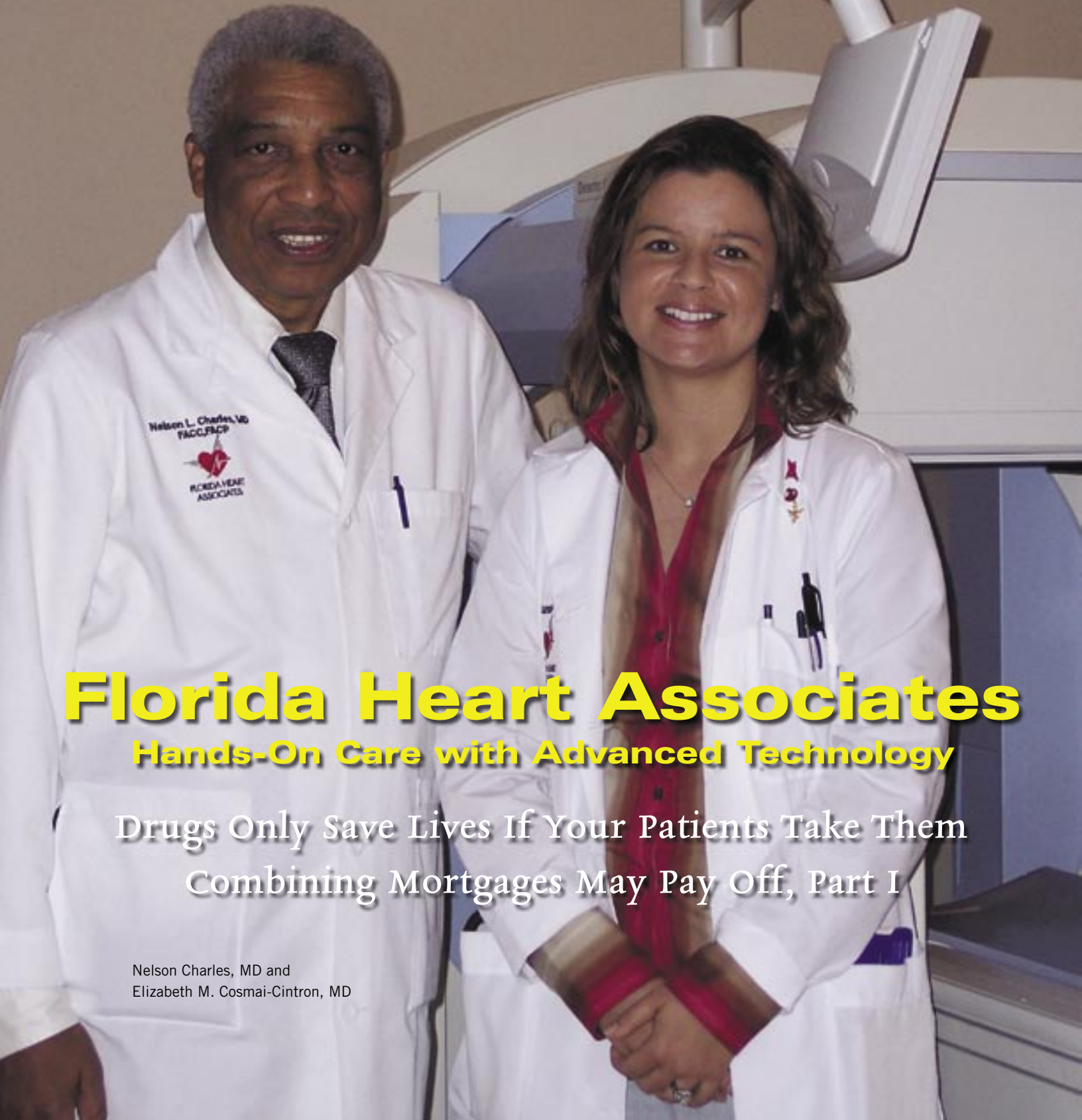


Today's

MEDICAL NEWS AND LIFESTYLES

# PHYSICIAN

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## Florida Heart Associates Hands-On Care with Advanced Technology

Drugs Only Save Lives If Your Patients Take Them  
Combining Mortgages May Pay Off, Part I

Nelson Charles, MD and  
Elizabeth M. Cosmai-Cintron, MD

# Florida Heart Associates This Time Bigger is Better

By Ruth Marshall



Biggest doesn't always equal best, but when it comes to heart care in Southwest Florida, Florida Heart Associates is both. With fifteen Cardiologists, one ARNP and six Physician Assistants, four office locations, availability at three major hospitals, nationally accredited nuclear and echo labs, Spanish-speaking Cardiologists, the community's only female Cardiologist, and the finest state-of-the-art equipment, Florida Heart delivers its reputation for excellence and personal care and exceptional service.

Florida Heart was founded in 1996 with the goal of combining science, technology, and compassionate service to provide superior cardiac care. The group has brought together the best technology, facilities design and recruited outstanding physicians to provide expert cardiac care and compassionate service.

The Marshall-Erdman & Associates designed main campus is a statement in modern architecture, which combines architectural details aimed at creating a healing atmosphere while providing the physicians with a flexible, efficient working environment. The Physicians and staff at Florida

Heart have embraced modern technology in an effort to provide patients with complete diagnosis and treatment. All facilities of the practice are equipped with a wireless network which enables the physicians to access patient records instantaneously from their notebook PCs. The technological innovation continues with an available wallet CD medical record for patients to carry with them in case of emergency.

In addition to the Fort Myers facility, Florida Heart maintains offices in Cape Coral, Bonita Springs, and Lehigh Acres, and is available for care at Cape Coral Hospital, Southwest Regional Medical Center and HealthPark Medical Center.

#### All the Cardiac Services Your Patients Need

Florida Heart is the only Cardiology group in Lee County able to provide complete and comprehensive cardiac care, minimizing the travel and scheduling burden on your patients. Some of the services offered include:

**Nuclear Cardiology and Echocardiography** - The Group's Board-Certified Cardiologists interpret results promptly and efficiently from

their nationally accredited Nuclear and Echo labs. This provides patients and physicians with timely results and the highest quality in diagnostic testing. Florida Heart is recognized by ICAEL and ICANL.

**Enhanced External Counterpulsation** - This part of the clinic has the look and feel of a high-tech spa. Although you won't find any aromatherapy candles, soft lighting envelops television screens and large treatment beds, which are equipped with large blood pressure cuffs for the calves and lower and upper thighs. The cuffs are timed to inflate during the time the heart is resting (diastole) and to deflate during the time the heart pumps (systole), this moves the blood circulation up toward the heart so that blood and oxygen is delivered and circulated within the heart. The patient experiences a strong "hug" sensation moving upwards from the legs to the thighs and then to the buttocks during inflation and then a rapid release during deflation. Technicians monitor heart rate and blood pressure during this relatively comfortable treatment. Enhanced external counterpulsation stimulates the formation of natural pathways

around narrowed or blocked portions of the coronary arteries. These pathways bring oxygen-rich blood to the heart muscle that might have formerly been deprived of adequate blood flow. This treatment can produce a significant decrease in the symptoms of angina, not to mention an improvement in lifestyle. Practice Representative Sherry Stewart says "We have seen patients go from couch potato to playing golf and mowing the lawn after the treatments. Some even report an increase in short term memory." EECp carries little to no risk to the patient. The treatments are given one hour per day, five days a week for seven weeks. Patients may read, listen to music, watch TV or just nap. Candidates for EECp include:

- Patients with chronic stable angina.
- Patients who have exhausted invasive treatments such as coronary artery bypass but have not had relief of symptoms.
- Patients who are unwilling or do not qualify as a candidate for invasive procedures.

**Anticoagulation Clinic** – Performed in all of facilities, the clinic uses prothrombin Time (PT) test to measure clotting time. This test is commonly used to monitor patients on Warfarin therapy.

**Regular Stress** -Graded Exercise Stress Testing using the Bruce Protocol is performed in our Fort Myers facility. Patients walk on a treadmill while the cardiologist observes response, EKG and symptomology of the patient.

**Tilt Table Study** -A short 45 minute to 1-hour procedure to study the hemodynamics of the patient. Consciousness level and arrhythmia are also closely observed.

**Lipid Clinic** -Conducted in the Ft. Myers and Cape Coral offices, this clinic uses a lipid panel to monitor cholesterol, Trigs, LDL and HDL. An ALT monitors liver function. Blood samples are obtained by finger stick and results are available in ten minutes. Patients are assessed for cardiovascular risk and therapeutic life style modifications are initiated. Cholesterol lowering agents may be initiated. Recommended therapies are based on NECP guidelines.

**Vascular Clinic**-Conducted in the Ft. Myers office, this clinic features a non-invasive lower extremity arterial study performed with and without exercise. The study utilizes

ankle/brachial indexes along with calibrated dual channel pulse volume recordings and dual channel photoplethysmography. (PVR and PPG's) The Vascular clinic is equipped with the Unetixs Multilab with 8MHz Bi-directional Doppler Probe and a 5 MHz Bi-directional Doppler Probe. On staff Vascular Interventionalists interpret the data. The study generally takes about an hour.

**Cardiac Catheterization** -The Ft. Myers facility features a state-of-the-art filmless cath lab, all angiograms are recorded on CD. The lab sports Phillips x-ray equipment with a ceiling-mounted C-Arm. The hemodynamic monitoring system is Series IV by Witt Hemodynamics and an Intra-aortic balloon pump by Datascope. The recovery and holding area features a Four-bed Telemetry Unit. The rooms are large enough for one family member to stay with the patient during recovery. All rooms have a television and lunch is provided. Although the procedure takes less than an hour, patients are monitored for an additional 5 hours and must have someone drive them home afterward.

**Arrhythmia Clinic** -Performs Holter scanning, event recording, pacemaker evaluation and defibrillator evaluation. Equipped with the latest diagnostic computers from manufacturers such as Guidant, St. Jude Medical and Medtronic, this clinic provides needed service for all devices regardless of installing physician. According to Arrhythmia Services Manager, Kay Doverspike, RN, "We help physicians get the information they need for treating arrhythmia. We are experts at updating and reprogramming pacemakers. With over 20 years experience working with these devices we understand the nuances and keep current with the changing technology. Even if a snowbird comes in with an "off brand" or European pacer we can get the necessary programmer to retrieve the data within a matter of hours." The Ft. Myers and Cape Coral facilities support full time pacemaker/defibrillator clinics and Lehigh and Bonita have part time clinics.

Florida Heart has elevated office practice to an art form. Referring Physicians find their fax scheduling referral system to be easy and efficient. Patients also find the depth of services offer great convenience and timely appointments meet their needs. In addition, Florida Heart deploys a full time Practice Representative to assist referring physician offices in receiving personal attention for their patients and guarantee satisfaction for services requested.

Florida Heart's vision is to practice compassionate, efficient and quality cardiovascular medicine. They provide unsurpassed leadership in cardiac diagnostic and therapeutic care.

**For more information or appointments call 239-938-2000.**



Recent addition Dr. Brian Hanlon in the Echo Lab



Dr. David Bailey and PA Kimberly Brazley use Wi-Fi-connected tablet PC's for recording and recovering patient information



Dr. Henry Hon and George Parze, RT (R), Manager-Cath Lab/EECP Clinic

### Florida Heart Associates Physicians

- Nelson L. Charles, MD, FACC, FACP
- Jeffrey H. Rosen, MD, FACC
- Henry H. Hon, MD, FACC
- Bala P. Karan, MD, FACC
- Michael R. Rubin, MD, FACC
- James E. Sensecqua, MD, FACC
- Steven V. Priest, MD, FACC, FACP
- Subhash K. Pal, MD, FACC, MRCP
- Kenneth M. Towe, MD, FACC
- Steven L. Longobardi, MD, RDCS, RVT, FACC
- Arthur J. Muller, DO
- Richard I. Gelb, MD, FACC
- David J.O. Bailey, MD, MRCPI
- Elizabeth M. Cosmai-Cintron, MD
- Brian A. Hanlon MD, FACC