

Brooksville Cardiology

A.M. Eldin, MD, P.A.

“I had no reason to think this was going to happen to me!”

Joyce Smith's heart attack on July 1, 1999, caught her totally off guard.

“It was so strange,” recalls the 80-year-old British native: “It was a Thursday evening and I had just put dinner on the table. My husband and sister were already seated and I was about to join them when suddenly I felt hot and broke out in perspiration. I went into the living room and switched on a ceiling fan, then walked back to join them in the Florida room. That's when it hit me.

“I got these terrible pains in my chest. I flopped down into a corner chair and said, ‘You'd better call 911. I think I'm having a heart attack.’

“Those two were as surprised as I was.”

Joyce had been consistently health-conscious. She took three-mile walks every morning and was bowling four times a week. “I was eating right and my weight was good,” she recounts. “I hadn't done or felt anything out of the ordinary. I had no reason to think this was going to happen to me!”

Then, without any perceptible warning, the heart attack struck.

“The ambulance arrived pretty quickly. By the end of the block I was unconscious and I don't remember a thing until the following Sunday afternoon.”

After an initial assessment, Joyce was transferred to Bayonet Point Hospital where she was seen by a group of highly-skilled healthcare professionals.

Among the members of the team was Adel M. Eldin, MD, FACC, an interventional cardiologist who has a private practice in Brooksville. Dr. Eldin specializes in diagnosing, treating and helping patients effectively manage cardiac and vascular conditions, as well as addressing risk factors which can lead to heart disease. He established the area's first women's cardiovascular clinic to address the health and cardiac concerns unique to women.

According to Dr. Eldin, Joyce suffered from cardiogenic shock, a heart condition that involves significant loss of pumping ability of the heart muscle,



Joyce enjoys all kinds of sports.

generally accompanied by fluid accumulation, especially in the lungs, requiring intubation, mechanical ventilation and Balloon Pump insertion in some cases to help those critically ill patients.

Dr. Eldin performed emergent angioplasty and put a stent in the blocked artery that had caused the heart attack, thus restoring blood flow to the heart muscle and causing cessation of heart pain.

“Apparently I was in pretty bad shape,” Joyce reports.

Cardiac rehabilitation

“I was in the hospital about ten days,” Joyce says. “Once they released me, I began seeing Dr. Eldin every two weeks. Now I see him about every three months.

“He's been fantastic. He has me on medication, of course. I walk a mile and a half every morning, and I will be bowling three times a week once the winter leagues begin.”

Joyce says she is pleased with her progress: “Dr. Eldin gave me a stress test ten days ago. He said that even he was amazed. The results were really superb, as if I had never had a heart attack.

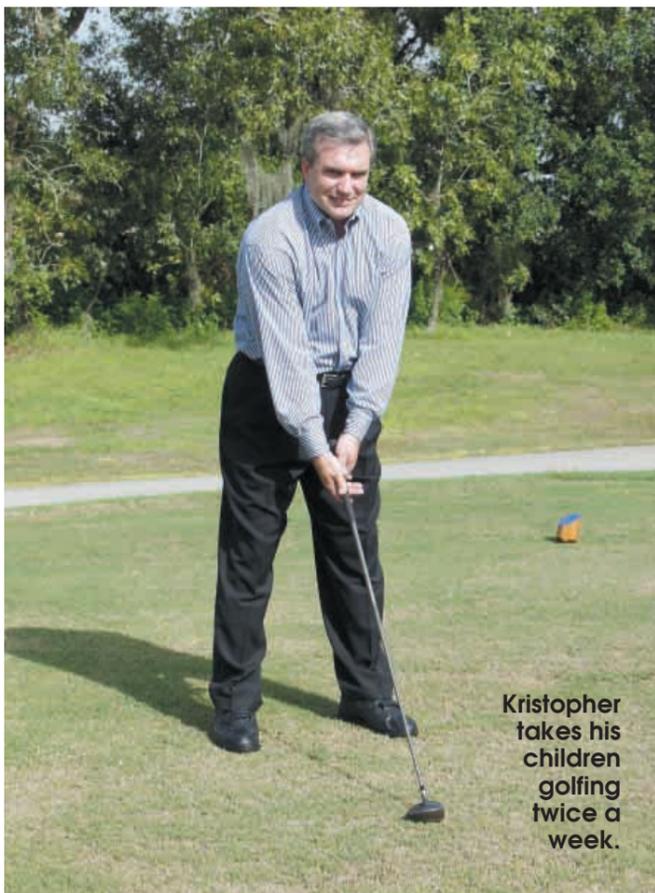
“The only difference I feel from before I had the heart attack is I tire more quickly when I'm vacuuming or cleaning the house,” acknowledges Joyce. “I used to be able to go all day and it didn't bother me. Now I occasionally have to sit down and rest.” She pauses and then laughs. “Of course, I've got to remember I'm not forty years old anymore.”

Joyce says it is a pleasure to work with Dr. Eldin. “He is truly one of the nicest people I have ever met. He is always friendly. He's always laughing. My husband comes in with me for my appointments just because he enjoys Dr. Eldin's company.

“He's doing really good work with me.”

Functioning miracles

It was September 12, 2001. Kristopher Ryan had just dropped his children off at school and was returning home when he felt a sudden pain in his chest.



Kristopher takes his children golfing twice a week.

“It was like an ice pick or a hammer was hitting it,” recounts Kristopher. “I pulled off the highway into a gas station and had an attendant call 911.”

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Adel M. Eldin, MD, FACC is board certified in Cardiovascular Disease and Internal Medicine. He was Fellowship trained in Clinical Cardiology and Interventional Cardiology at Winthrop University Hospital, Mineola, Long Island, NY. He was a Research/Clinical Fellow in Interventional Cardiology at Hartford Hospital/University of Connecticut in Hartford. Dr. Eldin obtained his Medical Degree from Cairo University School of Medicine, Cairo, Egypt. After an internship in Internal Medicine at Cairo University of Medicine Hospital, Dr. Eldin completed an Externship at the Brooklyn VA Medical Center in Brooklyn, NY. A second internship in Internal Medicine was completed at the Jersey Shore Medical Center, Neptune, NJ. Dr. Eldin's residency in Internal Medicine was done at the University of Connecticut Health Center. He has served as a clinical instructor and a co-investigator in clinical trials. Well-published in his fields of expertise, Dr. Eldin's professional affiliations include the American College of Physicians, the American Society of Nuclear Cardiology, the Association of Black Cardiologists (ABC), the Interventional Society for Endovascular Surgery, the American Heart Association and a Fellow of the American College of Cardiology. He also serves as a member of the Hernando County Heart Disease Task Force.

The ambulance rushed Kristopher to a nearby hospital where Dr. Eldin evaluated Kristopher and transferred him emergently to Bayonet Point Hospital for suspected acute aortic dissection. Dr. Eldin explains that this is a life-threatening condition involving a tear of the largest blood vessel in the body (i.e. aorta), usually accompanied by leaky aortic valve.

Dr. Eldin's evaluation proved correct. Kristopher was rushed into surgery to repair the acute aortic dissection.

“It just split, like a weak hose,” says Kristopher. “I was in a coma for seven days. I'm lucky to be here, and I'm thrilled with that because I have two children, Kerrie and Kristopher. We've had the opportunity to share a lot of time together that I might have otherwise missed.”

“Interventional cardiology has given us the tools to save many patients who would otherwise succumb to heart attacks, heart failure and death,” asserts Dr. Eldin. “It is challenging but gratifying to see more than a few fully functioning miracles.”

“Dr. Eldin did not hesitate,” Kristopher notes.

When Kristopher began seeing Dr. Eldin for cardiac rehabilitation in late October, he was just beginning to learn to walk again. “My experience with him has been excellent,” he assures. “Dr. Eldin has encouraged me to lead as normal a life as possible. He's made sure I've had the proper

medications and has encouraged me to maintain my walking regimen, my weight lifting, and anything else I can do.

“I've been able to golf with my children twice a week and to coach my daughter's basketball team. I'm back at work on a fairly fulltime basis.”

Thanks to Dr. Eldin, Kristopher has a good understanding of what he is allowed to do, and how to recognize when he needs to rest. “Dr. Eldin is both a knowledgeable person in his field,” states Kristopher, “and a caring person with a good human side to his character. He's always enthusiastic and makes me feel at ease.”

Dr. Eldin brings not only experience and skill to his work with patients, but also the highest level of commitment: “We offer our patients all of the interventional and diagnostic procedures that are the hallmarks of a comprehensive cardiology practice.” **FHCN—Kris Kline**

Make a note...

Dr. Eldin welcomes your questions regarding all cardiac services, community workshops, lectures and this article. For further information or to schedule an appointment, please call (352) 797-9959. The office is located at 72 Ponce De Leon Boulevard in Brooksville.

YES! I am interested in hearing more about your practice.

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I am interested in having you speak to my organization/group.

Mail to: A. M. Eldin, MD, Brooksville Cardiology, 72 Ponce De Leon Blvd., Brooksville, FL 34601, or e-mail us at Dr. Eldin's website at www.brooksvillecardiology.com