

Brooksville Cardiology

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



William, an 84-year-old newlywed, enjoys woodworking and lifting weights.

“He saved my life”

Dr. Eldin once did me a *small* favor,” remembers William Warner, an 84-year-old newlywed. “He saved my life.”

Adel M. Eldin, MD, FACC, is an interventional cardiologist who has a private practice in Brooksville. He 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.

“I was rushed to the emergency room at five o’clock one morning with cardiac arrest,” recalls William, “and Dr. Eldin was the attending physician. The last thing I remember is being rolled on a gurney into an elevator and through the hatch door at the hospital. From there on I recall nothing until I woke up in ICU.”

“William Warner’s case was very dramatic,” observes Dr. Eldin. “I first saw him in 1999, when he suffered cardiac arrest. We gave him CPR, intubated him [inserted a tube to help maintain airways and oxygenation] and worked for almost an hour to save his life, but we thought he was not going to make it to the point someone called the priest to deliver the last rites!

“Then, surprisingly, he regained spontaneous breathing. He was *alive*, but his pulse was very slow. We placed a temporary pacemaker for him, and then a permanent pacemaker. After initial stabilization, we transferred him to Bayonet Point

Hospital.” Regional Medical Center at Bayonet Point is a top one hundred hospital for cardiac services.

“This gentleman had already had two open heart surgeries,” explains Dr. Eldin.

“He had one bypass surgery in 1979, and another in 1989. Once we got him to Bayonet, he had a two-vessel angioplasty and stent placements in two of his vein graphs from his second open heart surgery that had started to narrow.”

During this procedure, a small balloon attached to a catheter is inserted into a blood vessel and guided to the blocked artery over a tiny wire. The balloon is then inflated to open the artery, and an expandable wire mesh, or stent, is left in the artery to keep it open by scaffolding it,

and the balloon is removed.

“That is equivalent to a third two-way bypass surgery,” marvels Dr. Eldin. “William is a very fortunate survivor of cardiac arrest who, after a long cardiac

code, regained spontaneous breathing and had full neurologic recovery.”

William now has regular check-ups with Dr. Eldin every four months.

“It feels so great to live free of angina [chest pain],”

“I don’t know how I could feel any better than I do.”

William Warner

“I have more energy now than I’ve had in years.”

Bernard Barton

assures William. “I don’t know how I could feel any better than I do. In fact, I even asked Dr. Eldin if I



Bernard loves to cook, and thanks to the dream that sent him to Dr. Eldin, he is alive today to enjoy it.



Adel M. Eldin, MD, FACC, is a Fellow of the American College of Cardiology and board certified in Cardiovascular Disease and Internal Medicine. He was Fellowship trained in Clinical Cardiology and Interventional Cardiology at Winthrop University Hospital, 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 School 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, and the American Heart Association. He also serves as a member of the Hernando County Heart Disease Task Force.

could join a fitness gym.”

“I told him to go right ahead,” says Dr. Eldin. “Three years after his episode he’s as good as new and his heart muscle has fully recovered. He is like a twenty-year-old again. He just got married in July.”

I had a dream

“I dreamed that I had a massive heart attack,” confides 76-year-old Bernard Barton. “The next morning I told my wife Margaret about it, and she thought I ought to see a doctor. A friend of ours is a patient of Dr. Eldin’s, so we called the doctor’s office. He wasn’t in, but his nurse suggested I get into the emergency room, so I did.”

“I had never met Bernard,” recounts Dr. Eldin. “When my nurse told me he had called, I said, *I don’t recall the name. Do I know him?* She told me she had referred him to ER.”

“They performed all kinds of tests in the emergency room,” says Bernard, “and they found nothing at all, but they suggested I stay in the hospital overnight and be monitored just to be on the safe side.

“Later, Dr. Eldin said to me, *I didn’t like what I saw*, and recommended cardiac catheterization.”

would find nothing and I’d be going home.”

“When I saw the results of Bernard’s catheterization, I couldn’t believe my eyes,” relates Dr. Eldin.

“He told me my main artery was ninety percent blocked,” describes Bernard, “and I had three additional blockages. That was the first time I realized I had any problems with my heart at all.

“Dr. Eldin immediately sent me into surgery.”

“It was very quick,” explains Dr. Eldin. “Within less than twenty-four hours Bernard was admitted, catheterized, and bypassed.”

“That was four and a half months ago,” observes Bernard, “and today I feel like a new man. I have more energy now than I’ve had in years.

“My experience could be a wake up call for a lot of people. I had been working like crazy in the yard the day before my dream, and with my heart in the condition it was in I could have keeled over right there and no one would have known why. That’s how close it was.

“I now see Dr. Eldin every three months, just to make sure everything is going all right.

“This experience has given me a better perspective on life,” reflects Bernard. “It’s taught me not to take my health, or anything else, for granted.” **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**