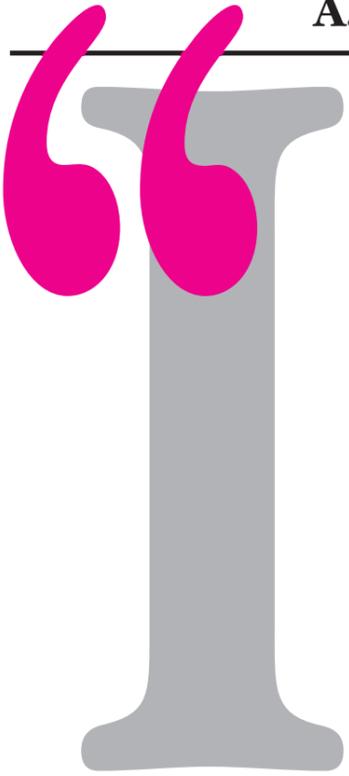


Brooksville Cardiology

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



“I had excruciating pain in my chest,” remembers Michigan native Tracy Jesse. “It seemed like pain was shooting out everywhere. I was sweating, and I felt incredibly weak.”

Fortunately, Tracy’s visiting nurse was scheduled to see her that day. “I guess my blood pressure had really dropped,” recalls Tracy, “and the nurse said, *You’ve got to get to a doctor, and right away.*”

“I hadn’t been in Florida for too long, so I only knew one doctor. I dashed over to his office, and as soon as he checked me over, he immediately called Dr. Eldin.”

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.

“Tracy was referred to me because she was suffering from severe recurrent anginal pain,” recounts Dr. Eldin.

Angina is severe pain around the heart caused by a deficiency of oxygen supply to the heart muscle. Symptoms include steady pain in the region of the heart. The pulse is variable and can be quick and tense.

“Tracy was in great discomfort with her angina,”



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.

[needing immediate response], and I rushed over.

“Because I was so new to the area, no one even knew me. I explained I was the heart specialist, and I looked at Charles’ EKG.”

“Dr. Eldin had only been in the area a few days when I first met him,” recalls Charles. “It was in July of 1998, and I remember he inspired a lot of confidence.”

“She was literally hanging on by a thread.”

says Dr. Eldin. “We did an evaluation, and the stress test was extremely abnormal. Her distress was intense.

“We immediately scheduled her for cardiac catheterization.”

Cardiac catheterization produces images of the main pumping chamber of the heart (the left ventricle) and of the arteries that supply blood to the heart. It produces an evaluation of the efficiency of the heart, an assessment of possible abnormalities in the heart valves, and helps determine the course of interventional treatment.

“Tracy had a ninety-nine percent blocked artery,” says Dr. Eldin. “She was literally hanging on by a thread.

“She also had some mild blockage to the artery in front of the heart, but first we had to address the artery that was critical in causing her symptoms. She was rushed in for angioplasty with stent placement.”

During this procedure, a catheter is inserted into a blood vessel, usually in the groin, and threaded through until it reaches the blockage in the coronary artery. The blockage is opened, often with an expandable balloon device, and a wire mesh stent is placed in the artery to keep it open by scaffolding it, and the catheter is removed.

“The procedure was successful and the angina completely disappeared,” reports Dr. Eldin.

However, Tracy was not yet out of the woods.

“She had a second problem with a slow heart beat that we had to address,” says Dr. Eldin.

A pacemaker was recommended for Tracy because the beats of her heart were not firing properly.

An abnormal beat, or arrhythmia, develops when this natural pacemaker develops an abnormal rhythm, when the normal path of the signal is interrupted, or when another part of the heart takes over as the pacemaker. This last reason can happen because almost all heart tissue has the ability to initiate a heartbeat.

An abnormal rhythm that is too slow is called *bradycardia*. Symptoms of bradycardia include fatigue, dizziness, and fainting. An abnormal beat that is too fast is called *tachycardia*, which can lead to uncomfortable palpitations, dizziness, and fainting or near fainting.

Pacemakers are about the size of a fifty-cent piece and are placed just under the skin, above the heart. They contain a battery attached by a thin wire to a vein near the heart. A slight electrical charge passes through the wire to keep the heart beating properly.

The newest pacemakers contain miniature computers that know when the heart is beating normally and when it is not.

“Tracy successfully underwent minor surgery to implant a permanent pacemaker,” reports Dr. Eldin. “When we later repeated Tracy’s stress test, her results were normal, as though she had never had a problem.

“Because of that, we did not have to do anything further with the artery in the front of her heart, and she continues to be active and angina free.”

“I walk two miles everyday now,” notes Tracy. “Dr. Eldin is really a marvelous doctor, and he is so easy to talk to. He’s marvelous at answering my questions and takes a lot of time with me.

“Speaking as a heart patient, I think he’s the best.”

Another life saved

“My kidney failure had gotten so bad that I went in to see if I should be on dialysis,” recalls native New Yorker Charles Avelares, 73, “but before that could be determined, I had to have an EKG [electrocardiogram].”

“After my move to Hernando County, Charles became one of my first patients,” reminisces Dr. Eldin. “I remember that day when one of his doctors called me stat



photo: courtesy of patient

Dr. Eldin is amazed at how young Tracy looks for 87 years old, and Tracy is amazed at how compassionate Dr. Eldin is.

“When I told Charles he had severe congestive heart failure, his heart muscle was very weakened and that he needed a temporary pacemaker immediately, he was shocked,” remembers the Dr. Eldin.

In addition, a cardiac catheterization identified coronary artery blockages, which required four bypasses.

“Dr. Eldin was with me all the way,” reflects Charles. “He is a very likeable young man.”

Charles has continued seeing Dr. Eldin for regular check-ups.

“It has been five years now,” notes the doctor. “Charles has a permanent pacemaker and is active and doing well. You know, over the years you develop a rapport with your patient; he’s almost like family.”

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

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