



**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.

# “If it weren't for Dr. Eldin, I wouldn't be alive today”

## Brooksville Cardiology

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

**I**t was August 13, 2003,” remembers Leah Rodrigues. “I woke up and my whole chest cavity hurt. There were no other symptoms – no indigestion, no pain in my arm or back, nothing – and I thought I had pleurisy again.

“I called my primary care physician and went in to see him. Although I don't smoke, have no history of heart disease in my family, and do not have high blood pressure, he performed an EKG and confirmed his suspicions; he said I was having a heart attack.”

Leah was sent to a hospital where the on-call cardiologist performed a cardiac catheterization, which helps determine the course of interventional treatment. A blocked artery was discovered and Leah received a stent (an expandable, wire mesh, cylindrical cage) which is inserted into the artery to keep it open.

“That was on Thursday, and I was released on Saturday, with a recommendation that I contact a cardiologist for follow-up care,” recalls Leah.

She describes the next few days in nightmarish terms: “I wasn't sleeping, I couldn't find a cardiologist who would take me as a patient, and when I went into my primary care physician on Wednesday for another cardiologist referral, he told me I was in congestive heart failure and that he was dismissing me as a patient because I had too many medical problems. [Leah has had diabetes for over thirty years.] I was extremely upset by what he said; I knew nothing about heart disease, and I didn't know what to expect or what to do.

“I urged his staff to please refer me to a cardiologist who would see me immediately, and, fortunately, someone in his office scheduled an appointment for me with Dr. Eldin.”

### Warm welcome

Adel M. Eldin, MD, FACC, is an interventional cardiologist, and his practice, Brooksville Cardiology, serves the Spring Hill and Brooksville area communities. He specializes in diagnosing and treating cardiac and vascular conditions, as well as assisting his patients in managing the risk factors which can lead to heart disease.

“Dr. Eldin's staff is so friendly they made me feel instantly comfortable,” describes Leah, “and I couldn't help noticing that as the doctor made his way through the waiting room, he would stop and say *hi* to his patients, patting their hands as he went.

“Then, when I met him, I was even more impressed. He is a wonderful doctor and a kind man.”

“I remember when Leah walked in, she was extremely sick,” says Dr. Eldin, “She was very short of breath and in full-blown congestive heart failure.”



Leah is back out refereeing on the soccer field.

FHCN photos by Jeff Foy

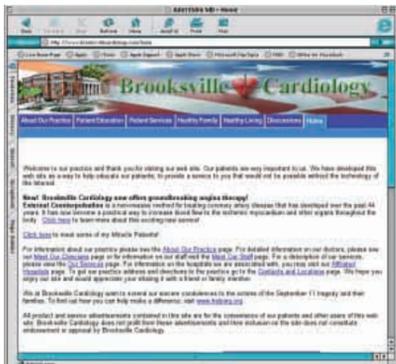
Dr. Eldin had Leah admitted to the hospital for another cardiac catheterization, which showed severely blocked arteries, a weakened heart muscle, and a leaking valve.

“Leah was in cardiogenic shock,” explains Dr. Eldin. Cardiogenic shock is characterized by a decreased pumping ability of the heart that causes a shock-like state.

Following triple bypass surgery and valve repair performed by Dr. Raymond Waters at Bayonet Point Hospital, Leah is doing very well.

“If it weren't for Dr. Eldin, I wouldn't be alive today,” emphasizes Leah. “I've been under his care ever since, and he is wonderful. He answers all my questions, explains everything, and he's just been very diligent in my care.

“He's an excellent doctor and a great person.”



### NEW SPRING HILL OFFICE

Brooksville Cardiology is proud to announce the opening of its new Spring Hill office, located in the Oak Hill Medical Plaza in the Oak Hill Hospital Complex at 11331 Cortez Blvd. in Brooksville/Spring Hill, (352) 592-4938.

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_ 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

## Cox maze procedure for atrial fibrillation

**I** had atrial fibrillation [AF] for years,” confides T. Bland Norris.

Atrial fibrillation is a disorder in which the heart's two small upper chambers quiver instead of beating effectively, producing an irregular and erratic heart rhythm. According to Washington University School of Medicine, more than 2.2 million persons in the U.S. are known to have AF.

“Atrial fibrillation is the most common form of irregular heart rhythm,” explains Dr. Eldin, “and while some patients are aware of their condition, others are not.

“Mr. Norris was aware of his AF; it was causing him to be extremely tired all the time, and it had greatly enlarged his heart chamber.”

“First, Dr. Eldin gave me a pacemaker to control my heart rate,” says Bland. “Then, a few years later, my valves weakened.”

“I referred Mr. Norris to Dr. Waters for mitral valve surgery,” recalls Dr. Eldin, “and because Mr. Norris continued to be in AF, Dr. Waters also performed a Cox maze procedure.”

In this procedure, small, strategically



“My heart's been in normal sinus rhythm for three years now,” says Bland.

placed incisions are made in the atria. The slits generate scar tissue that serves as barriers, interrupting abnormal electric signals with a *maze* of barricades and directing normal impulses to their correct destination.

“It worked,” assures Bland. “I haven't had arrhythmia since. I threw away my bottle of Coumadin®, and my heart's been in normal sinus rhythm for

three years now.”

“The maze procedure is usually performed in conjunction with open-heart surgery,” informs Dr. Eldin. “However, for patients who don't require surgery, a nonsurgical technique is being studied that will likely become a viable treatment option in the future.

“We have been able to manage so many varied cases successfully because we at Brooksville Cardiology are willing to explore all of the numerous treatment alternatives for atrial fibrillation and then individualize each patient's treatment plan.” *FHCN—Kris Kline*

### Heartfelt suggestion...

If you have questions about cardiac services, community workshops, or lectures about cardiology, please contact Brooksville Cardiology. For further information or to schedule an appointment, please call (352) 797-9959 for the office located at 72 Ponce De Leon Boulevard in Brooksville, or (352) 592-4938 for the office located at 11331 Cortez Blvd. in the Oak Hill Medical Plaza at the Oak Hill Hospital Complex.