

“He just lifted up my spirits like an angel”

FHCN photos by Jeff Fay

Brooksville Cardiology

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

“I was shopping in the mall on Cortez Boulevard with a girl friend of mine from college, when I had this pain run through my chest, and my arm started hurting,” remembers Louise Gary.

“My friend looked at me and said, *You’re sweating a mighty lot.*

“When I told her about the pain, she said, *We better go check that out. It sounds like you might be having a heart attack.*”

The quick-thinking friend drove Louise to Oak Hill Hospital.

“When I got to the hospital, they gave me a shot of medication, and contacted Dr. Eldin.”

Adel M. Eldin, MD, FACC, is an interventional cardiologist, who has a private practice with offices in Brooksville and Spring Hill. He specializes in diagnosing and treating cardiac and vascular conditions, as well as helping patients effectively manage risk factors which can lead to heart disease. Dr. Eldin started the first African American clinic and the first women’s clinic in Hernando County.

“Dr. Eldin came in to talk with me, and at first I was just falling apart,” recalls Louise. “I felt like I was going to die, and I looked up and saw this fantastic guy who came in talking to me like I’d been his patient for forty years. He just lifted up my spirits like an angel. He made me feel like I was going

to be around for a long time.”

“Louise had had a previous heart attack,” explains Dr. Eldin. “She suffered from frequent chest pain and had been taking a lot of nitro [Nitroglycerin] for relief of her chest pain. All therapeutic options were discussed, including ECP.

“At a time like that, Dr. Eldin was what I needed,” marvels Louise. “He had the answers to my questions and the solution for my problem.”

The solution for Louise came in the form of the breakthrough therapy: ECP, which she chose.

“ECP, which stands for External Counter Pulsation, is a new, non-invasive therapy of relieving angina through sequential compression by increasing the amount of blood going to the heart through collateral blood vessels,” educates Dr. Eldin. “It delivers more oxygen to the heart muscle and helps promote circulation through small blood vessels that under normal circumstances are relatively inactive.

“ECP works because pressure created by the technology gradually opens up the underused collateral blood vessels and, once enlarged, the vessels become capable of transporting additional oxygen-rich blood to the heart. The vessels develop into permanent pathways.”

According to Dr. Eldin, ECP therapy worked very well for Louise. He describes her as much more comfortable and with enough newfound energy that she can now take care of her grandchildren without any need for intake of Nitroglycerin since the completion of her therapy five months ago.

“ECP therapy is FDA approved and Medicare reimbursable,” informs Dr. Eldin. “It is the non-invasive option for



Louise, who worked in the health care industry for several years, says that Dr. Eldin is a re-builder of both body and spirit. “I’ve known many doctors, but never in my life have I known anyone as personally and professionally exceptional.”

people who are at prohibitively high risk for surgery and seeking relief from the effects of angina and congestive heart failure. No referral is needed.”

Another ECP patient

Kenneth Knight moved to Spring Hill in 2002, following two bypass surgeries in the eighties and nineties.

“Last August I was rushed into ER,” recounts Ken. “Dr. Eldin says I went into life threatening heart rhythm called ventricular tachycardia, and things looked pretty bad. Dr. Eldin performed a cardiac catheterization and after being reviewed by a heart surgeon, it was decided I was not a candidate for any future bypass surgeries because of the extent of my heart disease and weakness of my heart muscle.”

A 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.

Ken received a heart defibrillator implant, but his heart was inoperable.

“Ken was told his only hope was a heart transplant,” says Dr. Eldin. “Ken’s heart was so weakened he wasn’t able to live a normal life.”

Dr. Eldin recommended ECP therapy for Ken.

“Since the ECP, Ken’s heart muscle has doubled in strength,” relates Dr. Eldin. “He is chest pain free without any congestive heart failure, and he is back to normal.”

“Dr. Eldin is a good doctor,” assures Ken. “I can go fishing again, I do a little gardening, and I do a lot of maintenance around the house.

“I’m no longer limited by a weak heart.” **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 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 in the Oak Hill Hospital Complex.



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.



Additional new office

Brooksville Cardiology is proud to announce 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.

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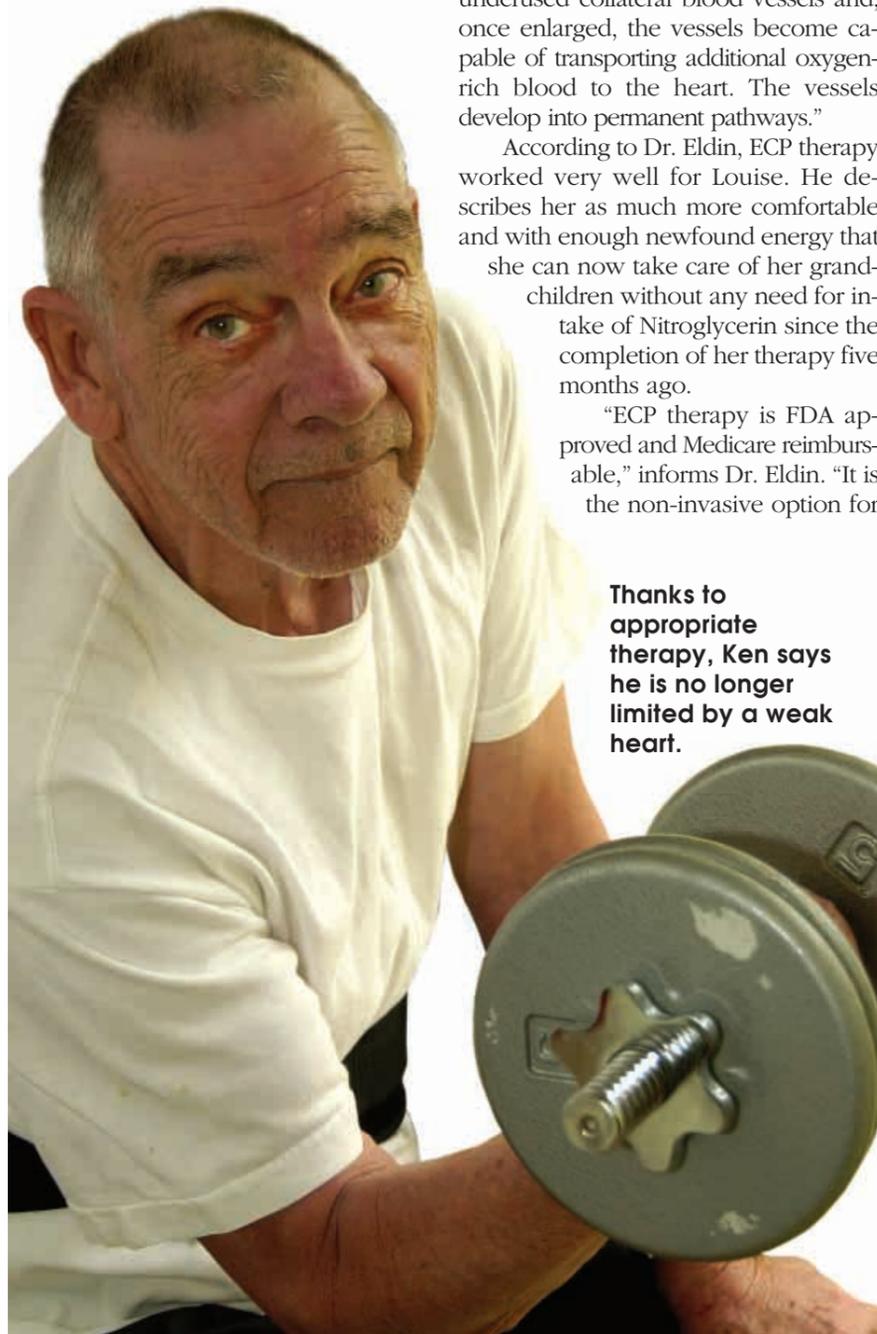
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___ I am interested in having you speak to my organization/group.

Mail to: A. M. Eldin, MD, Brooksville Cardiology, 72 Ponce De Leon Blvd., Brooksville, FL 34601



Thanks to appropriate therapy, Ken says he is no longer limited by a weak heart.

Please visit the Brooksville Cardiology website at www.brooksvillecardiology.com