



**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.

# Meticulous care for patients with complex health issues

FHCN photos by Jeff Fay

## Brooksville Cardiology A. M. Eldin, MD, P.A.

**S**andra Erkens remembers attending memorial services for her best friend, who had died of a heart attack at the age of 46. "When I came home from the interment, I wasn't feeling well and I wasn't able to speak very well," she relates. "I couldn't get my words out properly, but I thought I just needed rest because it was such an emotional time for me. However, by four o'clock in the morning, I woke my husband and said, *We need to get to the hospital. Something isn't right.*"

That January morning in 2001 was Sandra's introduction to Brooksville Cardiology. Her husband took her to the emergency room at Spring Hill Regional, and Dr. Eldin was called in.

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.

"I hadn't been seeing a cardiologist, so I wasn't anyone's patient until Dr. Eldin stepped in," says Sandra.

### Defibrillator explained

Dr. Eldin stabilized Sandra at Spring Hill Regional before she was rushed to Bayonet Point Hospital for bypass surgery.

She developed ventricular tachycardia, or potentially fatal heart rhythm, which was treated with an AICD, or Automatic Implantable Cardioverter-Defibrillator.

A defibrillator is an electric device that acts as both a pacemaker and a "shock box" which will slow the heart



Sandra says that Dr. Eldin is a "magnificent doctor."

Within a year after the successful surgery, Sandra suffered another heart attack. A cardiac catheterization showed that two of her bypass grafts had closed. Dr. Eldin was able to maintain her condition through medical therapy.

Although Sandra's heart disease was now under control, she then faced breast cancer and underwent chemotherapy, followed by hospitalization for a GI (gastrointestinal) bleed.

"Surviving those challenges, Sandra developed severe peripheral vascular disease," informs Dr. Eldin. "Ulcers on her toes became infected, which showered infection into the blood stream, carrying bacteria up to her defibrillator leads."

"Sandra had MRSA [methicillin-resistant Staphylococcus aureus] endocarditis, meaning an infection of the valve, which is very ominous for a patient."

The doctor explains that because her life was dependent upon the defibrillator, it could not be removed.

"Sandra was treated with IV antibiotics until all the infection was under control," explains Dr. Eldin, "and I am very proud of how well she is doing. After conquering two heart attacks, ventricular arrhythmia, breast cancer, peripheral vascular disease, GI bleed, anemia, and respiratory failure, she has really turned around."

"She is a true inspiration."

"I'm extremely grateful to Dr. Eldin," confides Sandra. "He is really a magnificent doctor. He is so talented, and he has such a great sense of humor that he just lights me up every time I see him."

### Warmth for a snowbird

"I was having chest pains and was suffering with intense back pains," recounts 72-year-old Wisconsin snowbird Harland Ziemke.

"Harland presented with atrial fibrillation [a disorder in which the heart's two small upper chambers quiver instead of beating effectively]," remembers Dr. Eldin.

Because the doctor's work-up showed that Harland had severe heart disease with two arteries found significantly blocked on cardiac catheterization, Dr.

Eldin performed multi-vessel angioplasty and stent placement to treat the two blocked arteries.

To address Harland's atrial fibrillation, he received a pacemaker. However, because medication could not control the rate of the atrial fibrillation, Harland was then treated with radiofrequency ablation.

Dr. Eldin explains the ablation procedure: "After thin and flexible tubes are introduced through a blood vessel and directed to the heart muscle, a burst of radiofrequency energy is delivered to destroy the tissue that is triggering abnormal electrical signals. The ablation procedure can also be used to block abnormal electrical pathways."

"That was four years ago," says Harland, "and I have not had one problem with atrial fibrillation since then."

"I still see Dr. Eldin two or three times during the six months of the year that I'm in Florida. I check in with my cardiologist when I'm up north, but we don't have the same kind of relationship that I have here with Dr. Eldin, who is a very warm, sensitive man."

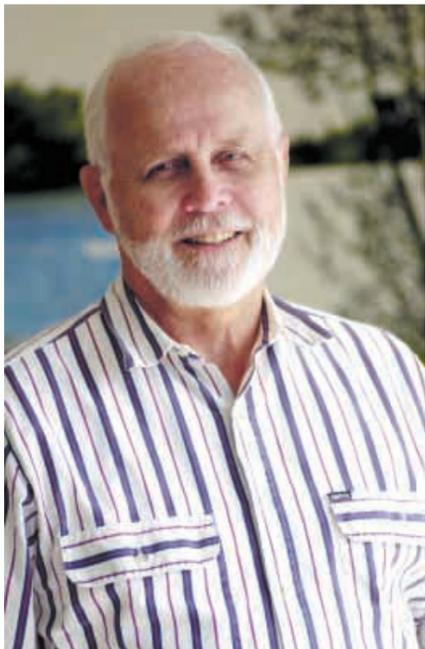
"He's pretty terrific." **FHCN—Kris Kline**

### 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.

## 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.



Thanks to the good care of Dr. Eldin, Harland can now enjoy walking up to three miles a day, three times a week.

back down. The pacemaker that the general population is familiar with is a device that increases the heart rate when it slows down. The defibrillator, on the other hand, can either pace, very fast, to stop a heart rhythm, or if that fails, it will shock the heart. The pacemaker function of the defibrillator then takes over again and paces the heart.

**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

