

# Breakthrough therapy for heart patients with angina and congestive heart failure

**Brooksville Cardiology**  
Adel M. Eldin, MD, FACC

**D**r. Eldin saved my life," reflects 49-year-old Janada Edmonson. Adel M. Eldin, MD, FACC, is an interventional cardiologist, who has a private practice in Brooksville. 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.

Ten years ago, Janada had her first open heart surgery by a different medical team, followed by transmyocardial revascularization, or TMR, which is a surgical procedure that creates pathways for blood to reach oxygen-starved heart tissue in patients with coronary artery problems.

"The results of the procedures lasted for a while," remembers Janada, "but by the time I saw Dr. Eldin in October of 2001, I was in really bad shape."

"When I first saw Janada she was in ongoing pain," recalls Dr. Eldin. "We performed a 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.

"We found a complete arterial blockage, and Janada underwent a second open heart surgery.

"Within a few months after the second surgery my arteries closed down again, and I had a third surgery, but nothing seemed to help," laments Janada.

Her medical team optimized all her medications, and she received a pacemaker to regulate her heartbeat, but she continued to have angina with severe chest pains.

"Then came the breakthrough therapy ECP," says Dr. Eldin. "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 col-

lateral blood vessels. 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."

"I am doing really well," says Janada. "I had been taking up to twenty nitroglycerin tablets a day, and now I am off them completely."

"ECP therapy is FDA approved and Medicare reimbursable," informs Dr. Eldin. "It is the non-invasive option for people who are at prohibitively high risk for surgery and seeking relief from anginal chest pains."

"I could not ask for a better doctor," concludes Janada. "He is very warm and friendly, and I literally would not be alive if it were not for him." *FHCN—Kris Kline*



**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.

Janada was Dr. Eldin's first ECP patient. She is shown here with her grandson, Brian, who once saved her life by calling 911 when her heart problems took a turn for the worse.



## Couple discovers Dr. Eldin in the ER

**T**hanksgiving Day 1999: She was in the middle of a dance routine when Nancy Baumgartner felt a severe burning sensation in the back of her throat. "It was like someone stuck my throat with a hot poker," she recalls. "I knew something was terribly wrong."

Nancy saw her general practitioner the next day, and, following an electro-cardiogram, he scheduled an appointment for her with a cardiologist for the following Monday.

"Then, on that next Saturday night, my husband Frederick woke me up at three o'clock in the morning with chest pains," she says. "I took him to the emergency room, and, fortunately for both of us, Dr. Eldin was on call.

"He is very warm, compassionate person, and I liked him right away."

As it happened, Nancy's Monday appointment had been scheduled with Dr. Eldin's practice.

"Dr. Eldin took good care of my husband," says Nancy, "and on the following Monday, I had a stress test. On Tuesday, I went into the hospital for a cardiac catheterization."

"Nancy exhibits diffused atherosclerosis, or hardening of the arteries," explains Dr. Eldin. "She underwent multi-vessel angioplasty with stent placement."

During the 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.

"I came home and quit smoking," Nancy says. "I was doing okay until last June, when I began having pains in my legs. I am a tap dancer, and I couldn't even get through a whole routine."

"We did vascular studies and found a serious blockage in Nancy's iliac artery, one of the arteries that supplies the lower extremities," explains Dr. Eldin. "We were able to successfully open the artery with stents, and now Nancy is dancing again."

Dr. Eldin continues to advise and monitor both Nancy and Frederick, using the best interventional practices available.

"Dr. Eldin is a very caring person," assures Nancy. "I have a lot of confidence in him for both Frederick and myself."



Nancy plays the organ on opening nights for the community theatre in Spring Hill.

### 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

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