

"ECP really worked for me!"

Brooksville Cardiology

A. M. Eldin, MD, FACC, FACP, P.A.

When James Hundley's heart trouble first surfaced in 1995, doctors performed a quadruple bypass.

"Then, in 2001, while I was living in Ohio, I was diagnosed with blocked coronary arteries," remembers James.

James underwent 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, a wire mesh stent is placed into the artery to keep it open, and the catheter is removed.

"Unfortunately, I was still having chest pains when I moved down to Florida a few months later," recounts James, "and consequently my physician referred me to Dr. Eldin."

Adel M. Eldin, MD, FACC, FACP, 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.

"When James first came to see me he was in serious heart failure," recounts Dr. Eldin. "His heart muscle was weakened and he was suffering with significant angina."

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

"Tests revealed that several of the stents doctors inserted in Ohio had already collapsed," relates James, "and my carotid arteries were blocked; one was totally closed and the other was ninety-nine percent blocked."

Carotid arteries are the major arteries in the neck that supply blood to the brain.

"If left untreated, patients with these conditions have a high risk of experiencing one or several strokes," explains Dr. Eldin. "The surgery that unblocks the carotid artery is known as a carotid endarterectomy. This surgical removal of the lining of the artery restores normal blood flow, markedly reducing the incidence of a stroke, or subsequent stroke."

Following James's carotid endarterectomy, Dr. Eldin recommended a solution for his angina in the form of the breakthrough therapy ECP.

Helping heart heal itself

ECP offers patients the opportunity to help the heart heal itself by stimulating its ability to generate fresh circulation in the heart.

"ECP, which stands for External Counter Pulsation, is a relatively new, non-invasive therapy which relieves 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 that specific 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."

ECP is accomplished by placing cuffs, similar to blood pressure cuffs, on the patient's calves, thighs and waist. As the cuffs are inflated and deflated in rhythm with the beat of the heart, the increased

FHCN photo by Mitchell Davis



Adel M. Eldin, MD, FACC, FACP is a Fellow of the American College of Cardiology and Fellow of the American College of Physicians, 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 served 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, American Society of Nuclear Cardiology, Association of Black Cardiologists (ABC), Interventional Society for Endovascular Surgery, and the American Heart Association. He also serves as a member of the Hernando County Heart Disease Task Force.

blood pressure within the coronary arteries forces an extra measure of oxygenated blood through the heart muscle without placing added stress on the heart.

Successful therapy!

According to Dr. Eldin, ECP therapy worked very well for James.

James concurs: "ECP really worked for me. I could tell a difference after the first week of ECP, and then I felt better with each subsequent treatment."

"Before I started, I was on a lot of blood pressure medication. I was really short of breath; I couldn't walk around the block. Now my blood pressure is within a normal range and I can walk all day!"

"It's been two years since my last treatment, and I still feel great."

"ECP gives our patients another opportunity to relieve chest pain and shortness of breath, and to regain energy," points out Dr. Eldin.

"ECP has been approved by the U.S. Food and Drug Administration (FDA) and is Medicare reimbursable," continues the doctor. "It is the non-invasive option for people who are at prohibitively high risk for surgery and seeking relief from the effects of heart disease."

"I've had at least five different cardiologists," observes James, "and Dr. Eldin is the best I've ever had. He took more interest in me as a patient than the others had by taking the time and initiative to find out exactly what was wrong with my health. Then he did something about it."

"If it weren't for Dr. Edin, I don't think I'd be here today."

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, Brooksville, FL 34601, or (352) 592-4938 for the new office located at 12082 Cortez Boulevard, Brooksville, FL 34613, next to Johnny Carino Restaurant.

Brooksville Cardiology is proud to announce the opening of its new Brooksville office, located at 12082 Cortez Boulevard, Brooksville, (352) 592-4938, next to Johnny Carino Restaurant.

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

Name _____

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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 **bcardiol@tampabay.rr.com**



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