

Getting to the *heart* of the matter

Brooksville Cardiology

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

I was forty-eight years old and a little overweight," remembers 54-year-old Susan Larberg. "I decided to walk to lose weight, but I realized I was really out of shape because the more I walked, the more heaviness and pressure I felt in my chest. The more I exercised, the worse it got."

Three weeks later, Susan's chest pain forced her husband Dennis to rush her to the hospital emergency room.

"Dr. Eldin was the cardiologist on duty that night," she recalls.

Adel M. Eldin, MD, FACC, FACP, is an interventional cardiologist who has a private practice with offices in the Brooksville/Spring Hill area. 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 examined Susan. The following morning he 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.

"Susan had two blockages," explains Dr. Eldin. "I cleared the blockages and supported the blood vessels with stents."

History of stents

"The idea for stenting grew out of our experience with angioplasty balloons," educates Dr. Eldin. "An angioplasty balloon is a medical device that is inserted into a clogged artery and inflated to clear blockage and allow blood to flow. However, in some cases, the artery would simply collapse again soon after the balloon was deflated.

"A second problem was that in many patients, arteries began narrowing again over time because of new accumulations of scar tissue which we refer to as renarrowing or *restenosis*."

Dr. Eldin has published significant data on the subject of restenosis. He continues: "Many solutions to these problems were being worked on, one of which was angioplasty with *stent* placement. During this procedure, a catheter is inserted into a blood vessel, usually in the groin, and threaded through the vessel to the point of the blockage. The blockage is opened, often with an expandable balloon device. A wire mesh stent is placed within the artery to keep it open, and the catheter is removed.

"Several generations of metal stents have now been developed, each more flexible and easier to deliver than the one before. Unfortunately, in a significant number of cases, patients like Susan still experience restenosis."

Surgical option

"Three months after Dr. Eldin placed my stents, I experienced the same heaviness and pressure in my chest," reflects Susan. "Dr. Eldin had cautioned me that the stents might not solve my problem, and to watch for these symptoms to return.

"Denny took me back to the ER."

Dr. Eldin opened Susan's clogged stents, but in another three months she was back in the emergency room with similar symptoms and was found to have re-clogging [restenosis] of the stents.

"At that point, I felt Susan's best option was bypass surgery using arterial grafts. I recommended Dr. E.



"Denny and I are both patients of Dr. Eldin," notes Susan, "and we have recommended him over and over again. He provides excellent medical attention, and he cares about his patients, and makes the effort to know them well."

Shafi to perform her surgery," says Dr. Eldin.

"I followed Dr. Eldin's recommendation, and almost four years later, I'm still feeling great," marvels Susan.

Susan's excellent treatment by Dr. Eldin came quickly to mind in 2003, when Dennis began feeling extremely lethargic. "I felt like a *seriously* wet rag," he confides. "It felt like I wasn't getting enough oxygen. At first, I thought it was just my age because I was turning sixty, but finally I decided to consult Dr. Eldin."

A catheterization, which Dennis watched on a computer screen while Dr. Eldin explained everything step by step, detected significant blockage in Dennis's coronary artery.



Adel M. Eldin, MD, FACC, FACP, is a Fellow of the American College of Cardiology and Fellow of the American College of Physicians, and is 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.

MAKING A MOVE!

Brooksville Cardiology has moved! Dr. Eldin wanted to provide his patients with a single location that would allow him to offer all his services to his patients in the Brooksville and Spring Hill communities.

The practice's new location is 12082 Cortez Boulevard, Brooksville/Spring Hill, (352) 592-4938, next to Johnny Carino Restaurant and Kadri Boulevard.



Photo courtesy of Brooksville Cardiology

"Dr. Eldin performed angioplasty with stent placement," says Dennis, "and he explained that these were a *new generation* of stents that delivered medication."

"For Dennis, I was able to place what is called a *drug-eluting stent*," notes the doctor. "These stents are coated with a drug that interferes with restenosis. It is imbedded in a thin polymer for time release."

"To this day, my stent is doing its job," assures Dennis. "My energy level is much better than it was."

"Dr. Eldin is very kind and genuinely concerned about his patients," notes Susan. "He's a thoughtful, conscientious doctor."

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) 592-4938 for Dr. Eldin's new office located at 12082 Cortez Boulevard, Brooksville/Spring Hill, next to Johnny Carino Restaurant.



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