

HEARTBEAT

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Mobile Cardiovascular Imaging: Vascular Diagnostics Take To The Road

Stress Echocardiograms. Echocardiograms. Carotid Artery Duplex Imaging. Venous Duplex Imaging. Peripheral Arterial Doppler and Duplex Imaging. Until now, these five diagnostic tests have only been performed in hospitals or cardiologists' offices. However, **Mobile Cardiovascular Imaging**, a new transportable vascular lab available through referral by Cardiac Surgery of Mobile, P.C., is taking advanced technology beyond Mobile's city limits — and mak-

ing access to sophisticated diagnostics easier than ever before.

Equipped with state-of-the-art technology and monitored by fully accredited physicians, this rolling vascular lab is staffed with two technicians, Ray Olson and Rhonda Wall. Together these technicians have a combined experience of over 16 years. They visit Daphne, Chatom, Grove Hill, Jackson, Thomasville and Monroeville, Alabama, and see some 40-50 patients weekly. The studies

are performed with Hewlett Packard sonography equipment and NOVO microsonics digital stress echocardiography. Test information is then returned to Mobile and interpreted either by a cardiologist or one of the surgeons in Cardiac Surgery of Mobile.

Usually, cardiologists read the echocardiograms and stress echocardiograms while vascular surgeons read the carotid artery duplex images, venous arterial Doppler images and peripheral

(continued on back page)

Hot on the Comeback Trail

Fitness Programs and Strategies for Post-Op Rehabilitation

Coronary artery disease and angina for many patients used to mean the end of an active, healthy lifestyle. Today, however, new concepts for recovery — combined with new, minimally-invasive surgical techniques such as MIDCAB (minimally invasive direct coronary artery bypass) and EVH (endoscopic vein harvest) — are enabling surgery patients and their families to enjoy life in ways never before imagined.

Exercise is the key component in today's approach to rehabilitation. And virtually all doctors agree on this one: Walking is practically perfect when it comes to making a comeback or starting an exercise program for the first time.

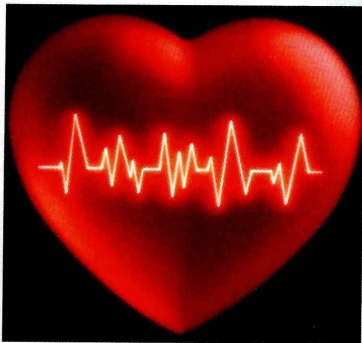
On the same day as surgery, patients are out of bed and sitting in a chair. These first steps are the ones that lead patients down the road to a fuller recovery. With each passing day, exercise is gradually increased. After discharge from the hospital, many patients find they enjoy walking combined with other forms of aerobic exercise. Biking,

swimming, rowing and light-weight training are excellent, and some individuals try them all at once in the cardiac rehab exercise classes offered by various area hospitals and the YMCA. (See box below.)

P.A.C.E., the YMCA program, is a great example of how exercise changes lives for

the better. Chiefly comprised and instructed by bypass surgery veterans, the class dispels all misconceptions of recovery and post-op lifestyles being sedentary — or dull. A typical class consists of a 5-10 minute warm-up/stretch; 30 minutes of rotating through various aerobic stations such as step benches, rowers, stationary bikes and free weights; a 5-10 minute cool down/stretch and 3 or more minutes of friendly post-class chit-chat. Participants stretch together, sweat together, support

each other and socialize frequently. "There's nothing like this," says instructor John Powell. "These folks are serious about their health ... and they have fun at it."



CARDIAC FACT:

It takes 24 minutes for a very active 140-159 pound person to burn off the 260 calories he or she consumed if that person were to eat a 1.8 ounce chocolate/caramel/nougat candy bar. (Very active in this context is defined as an activity such as full court basketball, circuit training or swimming a fast crawl.)



THE SKINNY ON CARDIAC REHAB PROGRAMS

SUCCESS IN FORMS OF A CARDIAC REHAB EXERCISE PROGRAM HAS FOUR "F" FACTORS:

FREQUENCY

20-30 MINUTES OF AEROBIC ACTIVITY AT LEAST THREE TIMES A WEEK.

FAT

A DIET WITH FEWER THAN 30 GRAMS OF FAT/DAY IS CRITICAL FOR HEALTH, RECOVERY & WEIGHT LOSS/MAINTENANCE.

FUN

EXERCISE SHOULD BE ENJOYABLE; OTHERWISE, IT'S TOO EASY TO SKIP CLASS.

FIT

FINDING AN ACTIVITY/EXERCISE CLASS THAT FITS LIFESTYLE NEEDS IS KEY FOR SUCCESS. IF THE GYM IS TOO FAR FROM HOME OR THE ACTIVITY REQUIRES TOO MUCH EQUIPMENT, IT'S EASY TO MAKE EXCUSES FOR MISSING DAILY EXERCISE.

HERE ARE THE NAMES & NUMBERS OF SOME OF MOBILE'S BEST REHAB CLASSES.

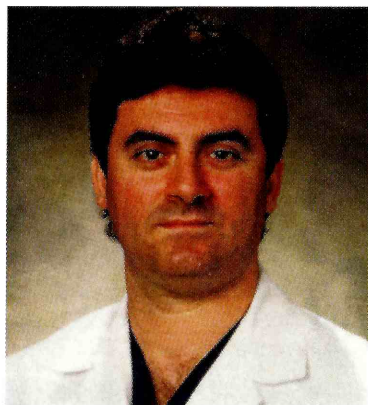
BOUNCE BACK
CARDIAC REHABILITATION
FIT FOR LIFE
THE FITNESS CENTER
HEALTHWORKS
P.A.C.E.

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460-6533
639-2090
460-5325
990-1693
438-1163

PROHEALTH ON MOBILE INFIRMARY CAMPUS
UNIVERSITY OF SOUTH ALABAMA
PROVIDENCE HOSPITAL
SPRINGHILL MEMORIAL HOSPITAL
THOMAS HOSPITAL WELLNESS CENTER
MOORER YMCA/DOWNTOWN

Expanding Expertise

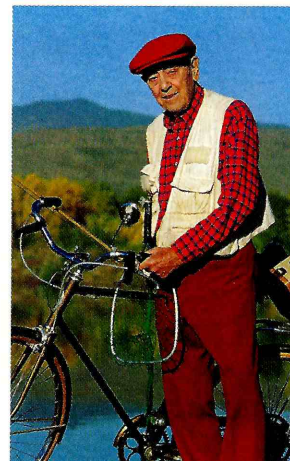
New Surgeon Joins Cardiac Surgery of Mobile



Another pair of skilled hands will complement the surgical team at Cardiac Surgery of Mobile. Dr. Dimitris Kyriazis, certified by the American Board of Surgery and the American Board of Thoracic Surgery, joined Cardiac Surgery of Mobile January 1, 1997. Born in Skyros, Greece and educated in Athens, Dr. Kyriazis presents an impressive curriculum vitae:

- graduated from the University of Southern California, magna cum laude
- attended medical school at the University of Chicago Health Sciences/Chicago Medical School in Chicago, Illinois
- completed residency training in general surgery at Baylor College of Medicine in Houston, Texas
- continued his training in thoracic and cardiovascular surgery with Dr. Michael E. DeBakey at Baylor
- served as an instructor in surgery at Baylor College of Medicine
- fellow, American College of Surgeons (FACS) and American College of Chest Physicians (FACCP)

Dr. Kyriazis holds membership in numerous professional organizations including the Society of Thoracic Surgeons, Michael E. DeBakey International Surgical Society, American Medical Association and the Mobile County Medical Society.



CARDIAC FACT:

Raising your heart rate may also boost brain function and problem-solving ability. Here's how:

Researchers at the University of Kansas measured brain activity of 18 people on a 15-minute stationary bike spin and compared it to 16 people watching a 15-minute informational video. The exercise group seemed to show a more active brain than before the bike ride; the video watchers appeared to show reduced brain activity.

The type of brain activity that improved in this study is the same type of activity that tends to drop in older diabetic adults who also have decreased ability to think clearly. Researchers also concluded that exercise must be aerobic to reap these benefits.

You've heard your physician say before:

- Exercise at least three times a week. (More doesn't hurt.)
- Walking is something everyone can do. Ride a bike. Swim. Dance. Try circuit training.
- Eat more fruits and vegetables; eat less fat.
- If you smoke, stop; if you don't smoke, don't start.
- Reduce stress. (Yes, exercise helps decrease stress, too.)

These recommendations may do more than help you ace the test on the treadmill. They can be your ace in the hole for a longer, healthier, happier life.

Hail to the Champs

Cardiac Surgery of Mobile Basketball Champions 1996 Summer and Winter YMCA League, and the 1996 Summer Tournament



Cardiac Surgery of Mobile Basketball Team:
(left to right) Robert Quiovers, Carl Maltese, Samuel Green, Ed Cannon, Terrell Brooks.

Heart Healthy Cooking



OVEN FRIED CHICKEN
 Light cooking spray
 6 chicken pieces (breast),
 skin removed
 1 3/4 c. ice water
 1/2 c. plain nonfat yogurt
 1/2 c. Italian bread crumbs
 1/2 c. all-purpose flour
 1/8 tsp. black pepper
 2 tsp. Old Bay seasoning
 Dash of cayenne
 1/4 tsp. garlic powder
 1/4 tsp. each oregano, basil,
 thyme, Creole seasoning

Preheat oven to 400°. Coat cooking sheet well with cooking spray. Put chicken in large bowl with ice water. Put yogurt in medium bowl. Set both aside. Toss all other ingredients in large zip-lock bag. Seal and shake to mix. Remove chicken from water (2 at a time). Roll in yogurt and then in bag of breading mix; seal and shake to coat. Place chicken on baking sheet. Repeat until all pieces are breaded. Spray chicken lightly with cooking spray. Bake 1 hour, turning every 20 minutes. Serves 6.

(cover story continued)

arterial tests. All tests are interpreted on the same day they are performed, with abnormal reports telephoned to the referring physician.

Ray Olson sees the new lab making a positive impact immediately: "For patients living in cities outside Mobile, it is difficult and time-consuming to travel to Mobile for diagnostic testing, then return in a few days for test results and follow-up care. The mobile lab means more time at home and less time on the road or away from work. It offers so many advantages to many more people in neighboring towns. The quality of the information we gather is the same as the hospital. The equipment is the same and the doctors read the tests the same way. The only real difference is that we go to the patients instead of the other way around."

HEART SMART QUIZ

TRUE OR FALSE?

TODAY'S CHILDREN ARE MORE PHYSICALLY FIT THAN THEY WERE A GENERATION AGO.

ACCORDING TO THE AMERICAN HEART ASSOCIATION, THE ANSWER IS FALSE. CHILDREN ARE HEAVIER AND LESS PHYSICALLY FIT THAN YEARS PAST, DUE TO SEDENTARY ACTIVITIES SUCH AS TOO MUCH TELEVISION AND TIME SPENT ON VIDEO AND COMPUTER GAMES. MORE KIDS ARE SMOKING AND SHOWING EARLY SIGNS OF CARDIOVASCULAR DISEASE SUCH AS WEIGHT GAIN, HIGH BLOOD PRESSURE AND HIGHER SERUM CHOLESTEROL THAN EVER BEFORE.

HELP KIDS GET HOOKED ON LIFELONG HEALTHY HABITS - EAT RIGHT, STAY TOBACCO-FREE AND KEEP PHYSICALLY ACTIVE.



**CARDIAC, THORACIC
& VASCULAR SURGERY**

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