

A Publication of The Dayton Heart Center

# Welcome Dr. Vallabhaneni



**Please join us in welcoming Dr. Rajendra (Raj) P. Vallabhaneni to The Dayton Heart Center.**

Dr. Rajendra P. Vallabhaneni joined us in late July and has been busily meeting our staff and patients. Dr. Vallabhaneni sees patients at our Needmore Road office, The Dayton Heart Center/Beavercreek and The Dayton Heart Center/South (see related article on page 5).

Dr. Vallabhaneni earned his medical degree from the University of Mysore, J.J.M. Medical College, India and went on to complete internships at Government General Hospital in Andhra Pradesh, India and Maimonides Medical Center, Brooklyn, New York. Following a two-year residency in internal medicine at State University of New York at Buffalo, he served as a research associate in the cardiology division at the University of Southern California.

After completing a fellowship in cardiovascular diseases at the University of Oklahoma Health Sciences Center he also completed a fellowship in interventional cardiology at Pennsylvania Hospital in Philadelphia.

Dr. Vallabhaneni is board certified in internal medicine. He has participated in numerous research studies, including several investigations in congestive heart failure.

Dr. Vallabhaneni is married to Rajani and has a daughter, Sindhura and a son, Sanjay.

Please join us in welcoming Dr. Vallabhaneni to The Dayton Heart Center.

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The Dayton Heart Center/South has moved to 5250 Far Hills Ave. 937-291-6900



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*We extend our most heartfelt thoughts and prayers to the thousands of people affected by the tragedies of September 11.*

*We salute the compassion, strength and spirit of this country as we mourn, rebuild and then recover.*

*Every life is precious and meaningful. We take inspiration from the people of this great country and renew our pledge to celebrate every life, to value every person and to touch each of you, our patients and, more importantly, our friends.*

*—The Staff and Physicians of The Dayton Heart Center*



# Heart of the Matter

## Treatment for High Cholesterol: New Guidelines Announced

Many of you will have treatment recommended to lower your cholesterol. But do you understand why treatment may be recommended and the different treatments that are available?

Cholesterol is actually a collection of different molecules that carries fat in the blood. There are different types of cholesterol that can be measured. Therefore, measurement of "total cholesterol" alone is often not helpful.

**LDL Cholesterol:** low-density lipoprotein. LDL is the major culprit in the development of arterial disease, and the primary target of cholesterol lowering treatments.

**HDL Cholesterol:** high-density lipoprotein. HDL is the "good" cholesterol. Low levels (less than 40) of HDL may increase the likelihood that a patient will develop arterial disease whereas high levels (more than 60) of HDL may be protective against the development of arterial disease.

**Triglycerides:** blood fat. Triglyceride levels are elevated in patients with diabetes and other

metabolic disorders, obesity, and high-carbohydrate diets. Very high levels (more than 500) of triglycerides can lead to pancreatitis. In addition, elevated levels of triglycerides are associated with arterial disease.

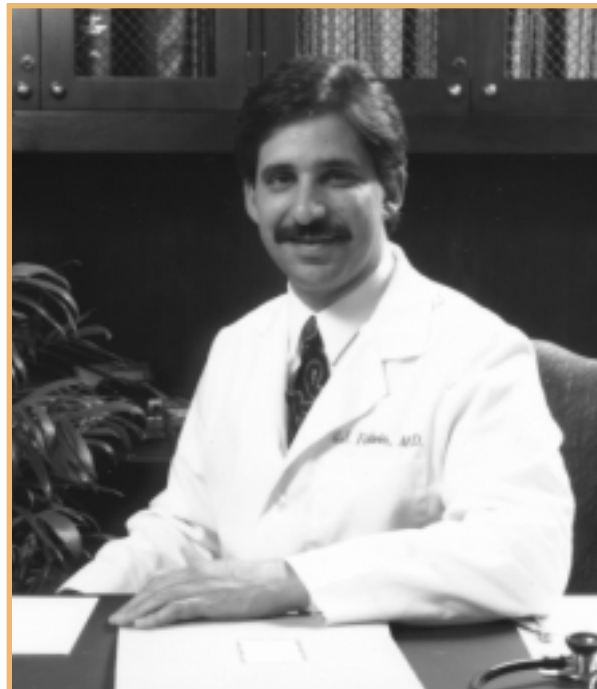
### Goals of Cholesterol Treatment

The National Cholesterol Education Panel (NCEP) has just released a new set of recommendations for cholesterol lowering that may change your ideal cholesterol goal.

Since LDL is the major risk factor in the development of heart disease, the NCEP has made LDL Cholesterol the primary target of cholesterol treatment. How low should your LDL be? That depends on whether you have arterial disease as well as any risk factors you have for developing heart disease.

The major risk factors for developing heart disease, in addition to LDL cholesterol, are:

- Cigarette smoking
- Hypertension (blood pressure greater than 140/90 or medication for high blood pressure)
- Low HDL cholesterol



- Family history of premature heart disease
- Age over 45 for men or over 55 for women
- Diabetes

A full cholesterol screening should be checked at age 20 and then every five years, if your cholesterol levels are not high. Your doctor should then review your other risk factors, and calculate your 10-year Heart Disease risk.

All people should have an LDL cholesterol level of less than 160. And, if you have two or more of the above risk factors, your LDL level should be less than 130. People with documented cardiovascular disease, diabetes, or a 10-year heart disease risk of less than 20% should have an LDL level of less than 100.

### Treatment

Initial efforts to treat high cholesterol levels should at least include healthy lifestyle changes, including:

- Reduced intakes of saturated fat and cholesterol
- Exercise
- Weight loss
- Smoking cessation.

Your doctor may also recommend a cholesterol-lowering medication, especially if your goal is to have an LDL level of less than 100. Cholesterol levels will need to be rechecked to check your response to therapy.

(See related article on Page 4.)



Gary J. Fishbein, MD, FACC

# NeedMOREfit

In June, Dayton Area Heart & Cancer Association opened *NeedMOREfit*, a fully staffed and equipped fitness and rehabilitation facility in our building at 1530 Needmore Road.

"*NeedMOREfit* is the logical extension of our operation at 134 Zeigler St., The 134 Center," explained DAH&CA Executive Director, Jim Briggs. "We are operating under a strategy to bring

non-threatening fitness, exercise, health education programs and cardiovascular rehabilitation to a bigger audience."

*NeedMOREfit* is open Monday thru Friday, 6:30 a.m. to 8:00 p.m. and Saturday 8:00 a.m. to 1:00 p.m. General fitness, recreational fitness activities and guided exercise programs are available at nominal cost. The facility staff also

provides highly supervised cardiac rehabilitation programs for persons who have undergone heart surgery or other interventional procedures.

*NeedMOREfit* can be reached at 937-277-3483 (277-Fit3).

DAH&CA is the successor to two organizations founded locally in the 1950's, that merged in 1994. The Association provides direct assistance to local residents combating heart disease, stroke and cancer and works

throughout the community to develop wide public awareness of disease, risks to health and effective prevention strategies. More information is also available at 937-223-4117 or Ohio toll-free at 1-888-221-4004.



## THE HEART AT WORK

The following people have joined our team since our last issue of HeartBeats.

**Brandy Cornett** – Brandy joined our medical records team in July. Brandy works part-time filing and maintaining patients' records, faxing records to hospitals and other physicians' offices.

**Elizabeth Duff, RN** – Elizabeth works with our physicians at the area hospitals, assisting them with their hospital rounds, admissions and discharges.

**Sandy Jones** – Sandy joined our Front Office team in April where she works to assist patients through our check-out process following their appointments or tests.

**Jeff Knox** – Jeff joined us just a few weeks ago in our Information Systems department. Jeff will be very busy over the next several months as we install an electronic, computer-based medical records system that will allow us to manage and maintain our patient records more quickly and more effectively.

**Jessica Legg** – Jessica is the newest member of our team in the business office. In her position, Jessica is responsible for data entry, including billing payments and other financial information.

**Angela O'Conner, RN** – Angela is the registered nurse in our Greenville Heart Care office. Angela works closely with the physicians and patients at Greenville Heart Care during office visits and check-ups.

**Kelly Rosado** – Kelly joined our Greenville Heart Care office in May as the Office Manager. In this busy position, Kelly is responsible for the day-to-day operations of the office, including scheduling and medical records.

**Patti Shoemaker** – Patti is the newest member of our busy medical records team. She works with the other medical records technicians to maintain and file patients' charts as well as to fax patient records to hospitals and other physicians' offices.

And, **Debbie Stahl, LPN**, has assumed a new position as team nurse for Drs. Motekallem and David Marcus. Previously, Debbie worked as a hospital scheduler and answered many patient phone calls for Drs. Marcus and Motekallem.



## In the National News: Baycol and other "Statins" (Cholesterol Lowering Drugs)

The statin drugs have been around for years, and are used to lower blood cholesterol levels. Lowering blood cholesterol levels helps to protect the heart patient from recurrent cardiac events, such as heart attack. These drugs fight inflammation in the heart arteries, and help to prevent further development of blockage with cholesterol and other fatty materials.

The statins are actually quite safe, and only very few patients need to discontinue these drugs because of side effects. The statins work in the liver, to interfere with the production of "bad" cholesterol. Because these drugs work in the liver, they may rarely cause inflammation of the liver. Even more rarely, they may cause severe muscle inflammation or muscle destruction. This is called rhabdomyolysis, and has been reported most frequently with a statin called Baycol. Serious side effects and deaths have been reported with Baycol usage. As you know from the national news, Baycol has been pulled from the market by its manufacturer.

Patients should stop taking Baycol immediately, even if they are doing well on the medication. While it's

unlikely that side effects would suddenly occur after long term usage of Baycol, this drug should still be replaced with a safer statin. Patients should call their doctor's office, to receive instructions about starting a replacement medication. All other statins should be continued.

The other statins have a much better safety profile, and are generally well tolerated by patients. Because side effects are rare, and don't often provide early warning to the patient,

your doctor will check blood work at regular intervals. These blood work results will help to detect problems that might not otherwise be noticed by the patient.

Side effects can include symptoms such as muscle aches, constipation, stomach upset, joint pains, dark urine and unexplained fatigue. If you have any of these symptoms after starting treatment with a statin, let your physician know.

The statins are generally well tolerated, and the benefit associated with their use is well documented. Remember, your doctor is knowledgeable about observing a patient for potential side effects that may be associated with the use of these drugs. Again, the only drug in the statin class to be a serious problem is

Baycol, which has been pulled from the market!

### Statin Drugs in the United States

| Brand Name          | Generic Name  |
|---------------------|---------------|
| Mevacor . . . . .   | .lovastatin   |
| Zocor . . . . .     | .simvastatin  |
| Pravachol . . . . . | .pravastatin  |
| Lescol . . . . .    | .fluvastatin  |
| Lipitor . . . . .   | .atorvastatin |
| Baycol . . . . .    | .cerivastatin |

## The Dayton Heart Center Physicians Perform New Procedure at Dayton Heart Hospital

### Speeds Heart Catheterization Recovery, Increases Patient Comfort

Physicians from The Dayton Heart Center are successfully using a new suturing device called **The Closer** during many cardiac catheterization procedures at the Dayton Heart Hospital and Good Samaritan Hospital. **The Closer** allows physicians to significantly reduce the recovery time for cardiac catheterization patients, by as much as six to seven hours.

Typically, following a cardiac catheterization procedure the catheterization tube is removed from the patient's

femoral artery and pressure is held directly on the groin for 20 minutes or longer. Then, the patient is required to remain lying on their back, immobilized for six to eight hours, in order to allow time for the patients blood to clot at the site where the catheter was inserted. The discomfort is even greater when heavy sandbags are applied to the site to maintain constant pressure.

"Most patients complain more about the recovery time from a cardiac catheterization than the catheterization procedure

itself," said Dr. Gary J. Fishbein. "After laying still, in one position for so long, people develop very sore muscles, which can lead to muscle spasms, cramping and back or leg pain."

Now, with the **Perclose** device, patients are usually up and walking within 60 to 90 minutes following the catheterization procedure. The Perclose device works by using a special knot-tying device to fashion a suture directly at the site of arterial opening used in the catheterization.

# News You Can Use

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## The Dayton Heart Center/South Moves To New Location

On September 17, The Dayton Heart Center/South moved to a new, larger location at 5250 Far Hills Avenue, just north of the intersection of Rahn Road and Far Hills Avenue, next to the Dover Medical Building.

Those familiar with this area, may know this building as the Nationwide Building. This new, easy-to-find location is just minutes away from Wilmington Pike, Whipp Road, Alex Bell Road and, of course, I-675. You will find plenty of parking behind the building. The Dayton Heart Center/South will be on the second floor, Suite 260.

All of the physicians and staff that you have come to know have relocated to this new location. Our phone number (937-291-6900) and our office hours will stay the same.

If you've been considering trying our South office because it is closer to your work or home, now is the time!

And, if you've been a patient of The Dayton Heart Center/South we look forward to seeing you in our new home.

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## Being Informed Is Good Medicine

The staff and physicians of The Dayton Heart Center want all of our patients to be informed patients.

So, we've put together a wide range of useful, easy-to-read information about every type of heart disease as well as other healthcare topics. For instance, we have free information about:

- Signs and symptoms of strokes and heart attacks
- The connection between diabetes and heart disease
- How to manage high blood pressure
- Recovering from a heart attack or stroke
- Starting a home exercise program
- What to expect during a cardiac catheterization
- How to eat healthy at restaurants

This is just a very short sample of the type of information we have available for all patients and their families, at no charge.

If you are interested in any information about any heart or other health-related topic, just ask any of nurses or medical assistants.

## What is a true serving size?

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How many pieces of chicken and spoonfuls of rice will you dish up for dinner? How many slices of toast and bowls of cereal will you eat for breakfast? After all, what is a true and heart healthy portion size?

Serving sizes or portion sizes are often talked about in terms of ounces, 3 ounces of beef, 1 ounce of cheese and so on. But, quite honestly, who has time to get out the scale and measuring cups every time they go to the kitchen for a meal or even a simple snack? It gets even more confusing when you think about the large and extra large portion sizes offered at most restaurants today.

So, here are a few good rules-of-thumb that you can use to determine just how much food you should eat at breakfast, lunch and dinner, and for those in-between snacks... all without measuring cups, spoons and scales.

Three ounces of meat, poultry or fish is about the same size as the palm of your hand. Or, compare the size of your meat portion to an audiocassette tape (it's similar in size to your palm.)

Make a fist. The size of your fist equals about one cup of potatoes, rice or pasta (the amount of a single serving). Or, consider that a tennis ball is about the size of a one-cup serving.

Is cheese your usual afternoon snack? One ounce of cheese is about the same size as a pair of dice, or the length of your thumb.

An apple a day keeps the doctor away! A medium size apple or any other similar fresh fruit is the same size as your fist. That can be a lot of fruit!

These guidelines are simple to follow and can be used at every meal, even when you eat out. However, there are other ways you can keep food portions at a healthy amount. Read the nutrition label on food items for the standard serving size. For instance, you may be eating a full bowl of cereal with milk every morning. According to the label on most breakfast cereals, a serving size is one cup of cereal and one cup of milk. So, a full bowl is probably three servings!

When you follow these guidelines, you may think that your food portions look smaller and less appealing. Try using smaller plates and bowls; this will make the portion look larger and more appetizing.