

## BE PART OF TOMORROW'S MEDICINE – TODAY

### Are clinical research studies right for me?

Medical science is always looking for better solutions to treat diseases. Before a new procedure, device, or drug can be used as a treatment, it must be tested for effectiveness and safety. Most likely, every doctor-prescribed medication that you use was first tested in a clinical research study.

Clinical research studies are going on right here at The Dayton Heart Center. The clinical research lab has conducted more than 50 research studies since it was founded by Dr. Gary Fishbein in 1999, and has helped in the development of promising new treatments and medications that directly benefit patients at The Dayton Heart Center and all over the world.

Interested in participating in a research study at The Dayton Heart Center? Here's some information to consider:

### Why should I participate in clinical research?

You should participate in clinical research because you can literally help improve medicine for all patients by contributing to medical knowledge and also play an active role in your own health care. Participants in clinical research studies will:

- Gain access to new research procedures, drugs, or devices before they are widely available
- Receive one-on-one medical care and direct access to medical staff
- Be closely monitored throughout the study
- Receive free treatments, medicines, screenings and doctor visits
- Help others by contributing to medical research

### What will I have to do to participate in a clinical research study?

Clinical research studies are all different, but typically,

- You must be willing to follow the directions and instructions of the research team.



- You must take any study medications or complete procedures exactly as directed.
- You must be willing to attend appointments at The Dayton Heart Center so that researchers can track and record any changes. The number of visits and the length of the visits depend on the type of trial.
- You must always inform the researchers of any symptoms you may be having and any other medications you may be taking.
- You must sign an informed consent document.

**Continued on page 5**

### What's Inside

Heart of the Matter . . . .2-3	Heart At Work . . . .5
News You Can Use . .4	Recipe . . . . .6



# Heart of the Matter

## What You Should Know About Metabolic Syndrome



You may have heard or read quite a bit in the news lately about metabolic syndrome. Metabolic syndrome is not new, but it has been in the news lately; so let's spend some time talking about it.

People who are living with metabolic syndrome are at increased risk of coronary artery disease, stroke and peripheral vascular disease. An estimated 50 million Americans have metabolic syndrome.

In short, metabolic syndrome occurs when a person is living with more than one of the following risk factors for heart disease:

- 1 – Abdominal obesity (excessive fat tissue in and around your abdomen)
- 2 – A disorder in your blood cholesterol levels that causes excessive fat build-up in your blood vessels
- 3 – Hypertension – or – high blood pressure
- 4 – Resistance to insulin or an intolerance to glucose (in other words, your body isn't able to make proper use of either natural body sugar or artificial insulin such as the type that people with diabetes use)
- 5 – Disorders in your blood make-up that make your blood more likely to form a clot
- 6 – Pro-inflammatory state – this occurs when a person's blood contains specific proteins that increase that person's risk for heart attack and angina.

Of all of these risk factors, abdominal obesity and insulin resistance seem to be the most likely to lead to metabolic syndrome. A sedentary lifestyle and family history also have been found to be frequently reported risk factors.

### ***So, how do we diagnose metabolic syndrome?***

Specifically, we look for the following criteria:

- An above-average waist circumference – greater than 40 inches for men and greater than 35 inches for women
- High levels of triglycerides – over 150 mg/dL

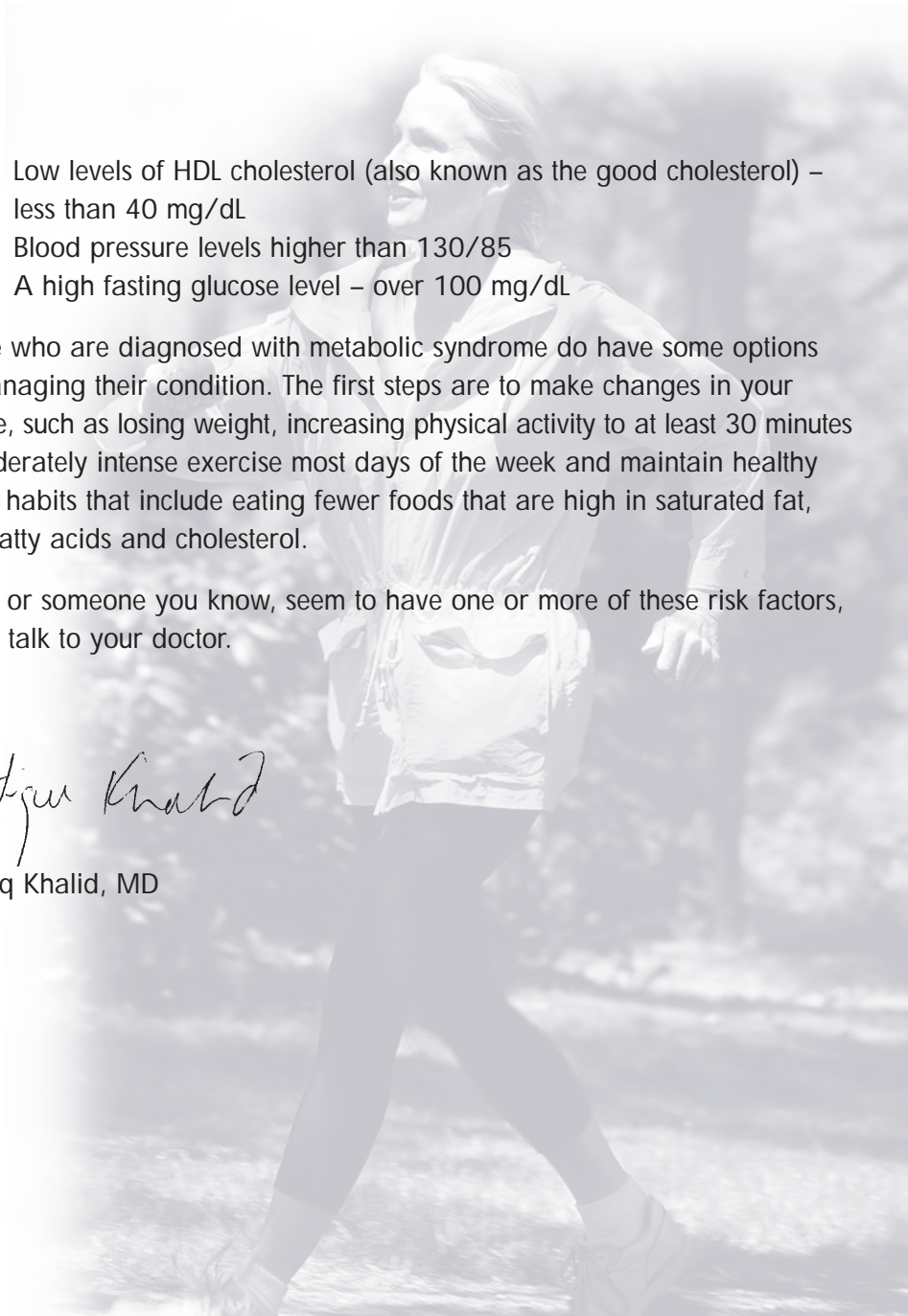




- Low levels of HDL cholesterol (also known as the good cholesterol) – less than 40 mg/dL
- Blood pressure levels higher than 130/85
- A high fasting glucose level – over 100 mg/dL

People who are diagnosed with metabolic syndrome do have some options for managing their condition. The first steps are to make changes in your lifestyle, such as losing weight, increasing physical activity to at least 30 minutes of moderately intense exercise most days of the week and maintain healthy eating habits that include eating fewer foods that are high in saturated fat, trans fatty acids and cholesterol.

If you, or someone you know, seem to have one or more of these risk factors, please talk to your doctor.



*Atiq Khalid*

M. Atiq Khalid, MD

# NEWS YOU CAN USE

## A Word about HIPAA

The federal government has raised the security standards for the Health Insurance Portability and Accountability Act (HIPAA).

What this means for you as a patient of The Dayton Heart Center is that – for confidentiality purposes – you have most likely been issued a new insurance card from your insurance provider. That new card will have a new ID number; and that new ID number is no longer your social

security number. So, on your next office visit please make sure you show your new insurance card to the front desk staff so that we can update our records.

### *Updating Insurance Information*

It is important to us that we keep all of your medical records and health insurance information as current as possible. In order to avoid causing any problems or delays



with your insurance company please remember to bring your insurance card to EACH VISIT so we

can be certain we have the most up-to-date mailing address for your insurance.



## TELEVOX

Just a reminder – The day before your appointment, expect a phone call from Televox, the system we use at The Dayton Heart Center to call you and remind you of your appointments. Don't worry if there is a short silence after you answer the phone, the computer is just determining the correct information to tell you.

## We're There For You.....

Did you know that The Dayton Heart Center physicians are now able to use an effective new diagnostic tool? Our physicians have begun ordering computed tomography angiogram (CTA) tests at Dayton Heart Hospital and Kettering Medical Center.



A coronary computed tomography angiogram (CTA) uses advanced CT technology to obtain high-resolution, three-dimensional pictures of the moving heart and its vessels. Our physicians use these pictures to determine whether plaque or calcium deposits are present in the artery walls.



**The Dayton Heart Center had another winning team in the 2006 American Heart Association HeartWalk – raising funds for important cardiovascular research.**

In less than 30 minutes, without undergoing a cardiac catheterization, a patient can have a CTA done to determine if there are any arterial blockages that require treatment.



## THE HEART AT WORK

The following people have joined our team at The Dayton Heart Center since our last issue:

**Pramila Bharwarni, PA** – Pramila works at Dayton Heart Hospital and Good Samaritan Hospital as a physician assistant. She facilitates daily rounds and performs primary medical care and clinical duties with the direction of our physicians.

**Tonya Blankenship** – Tonya is the newest member of our Needmore Road front office team. She works primarily at check-out where her duties include collecting co-pays and scheduling follow-up appointments and tests for our patients.

**Jeff Gluck, RN** – Formerly a stress test supervising RN at our Needmore Road office, Jeff has transferred into our Lab where he works with patients in our Coumadin Clinic, assisting them with their pro-time tests and helping them to understand their results.

**Rachel Kelly** – Rachel works as a cardiovascular sonographer in both our Beavercreek office and South office where she performs various cardiac ultrasounds.

**Ursula Mattox, MA** – Ursula joined The Dayton Heart Center/Beavercreek as a medical assistant. She works with patients during office visits, performing EKG's and blood pressure checks.

**Linda Plummer** – Linda was recently promoted from Cashier to EP Tech Assistant at our Needmore Road office. Linda works in our EP Lab where she administers a wide range of electrophysiology tests.

**Sara Seitz, Supervising RN** – Sara works with and oversees medical assistants who assist our patients in the nuclear cardiology lab at our Needmore Road office.

**Corie Tofstad, MA** – Corie transferred to our Needmore Road office from Beavercreek. As a medical assistant, she works closely with patients during their appointments, administering blood pressure checks and EKG's as well as assisting the physicians.

**Debra Wilson, MA** – Debra works at our Needmore Road office as a medical assistant. As a medical assistant, she works closely with patients during their appointments, administering blood pressure checks and EKG's as well as assisting the physicians.

---

### Continued from page 1

#### ***What is informed consent?***

Informed consent is the process of learning the key facts about a clinical research study before deciding whether or not to participate. It is also a continuing process throughout the study to provide information for participants. To help you decide whether or not to participate, the doctors and nurses involved in the research study explain the details of the study. Then the research team provides an informed consent document that includes details about the study, such as its purpose, how long it lasts, required procedures, key contacts, risks and potential benefits.

#### ***How long does a clinical research study run?***

It depends on the research study. They can vary from several days to a number of months, or even years. You will be told the expected length of the research study before you start.

#### ***Can I leave a research study at any time?***

Just as people can refuse to participate in a study, they may choose to stop participation at any time. Leaving a clinical trial before it is over will never result in any penalty to you.

#### ***Will I be penalized by my insurance carrier?***

Your insurance carrier cannot penalize you for participating in a research study – your participation is confidential.

#### ***How is my safety protected?***

The research study follows a study plan called a protocol. This plan details what researchers will do in the study. This includes the tests and procedures that will be done to watch your health and well being. For example, you may receive blood tests or receive phone calls from the study nurse to ask how you are feeling.

The United States federal government regulates clinical research. An Institutional Review Board made up of doctors, ethicists, and community members also review all clinical research. If the Institutional Review Board thinks the planned study is not safe, they will not allow it to start.

#### ***How do I find out if I am a candidate for a research study at The Dayton Heart Center?***

Contact your doctor to see if you are a candidate for any current research studies or call Sharon Donahue, director of the research lab at The Dayton Heart Center at 937-276-8509 to see if you qualify.

Currently, volunteers are being recruited for research studies in the following areas: congestive heart failure, peripheral vascular disease, atrial fibrillation, angioplasty and stent, high blood pressure and heart attack.

**1530 Needmore Road  
Dayton, Ohio 45414  
937-277-4274**

**Editor:**  
Beth Mehlberth

**Contributors:**  
M. Atiq Khalid, MD

**Editorial Board:**  
C. David Joffe, MD  
Joel H. Tobiansky, MD  
Timothy D. Markus, MD  
Sudhakar Maraboyina, MD  
Amit Goyal, MD  
Gary J. Fishbein, MD  
Henry H. Chong, MD  
Kevin D. Kravitz, MD  
Mohammad H. Motekallem, MD  
Joseph N. Gunasekera, MD  
Kamran Riaz, MD  
Sameh N. Khouzam, MD  
M. Atiq Khalid, MD  
Hema Pandrangji, MD  
G.S.V. Ramanathan, MD

**Produced by:**  
The Dayton Heart Center  
1530 Needmore Road  
Dayton, Ohio 45414

[www.daytonheart.com](http://www.daytonheart.com)



Recipe Source:  
*Better Homes and  
Gardens, Healthy Family  
Cookbook, 1995*

## Carrot-Apple Slaw

Makes 6 side-dish servings.

- 2 cups shredded carrots
- 1 cup finely chopped apple
- 1 cup shredded red or green cabbage
- 2 tablespoons raisins
- 1/4 cup lowfat plain yogurt
- 2 tablespoons light dairy sour cream
- 1/2 teaspoon finely shredded lemon or orange peel
- 2 tablespoons toasted, sliced almonds



In a medium bowl combined carrots, apples, cabbage and raisins. Add yogurt, sour cream, and lemon or orange peel. Toss gently to coat.

Cover and chill for 1 to 24 hours. (If salad becomes too dry, stir in a little skim milk.) Stir in almonds. If desired, serve in a cabbage- or lettuce-lined bowl.

Nutritional facts per serving: 76 calories, 2 g total fat (1 saturated fat); 1 mg cholesterol; 50 mg sodium; 14 g carbohydrates; 3 g fiber; 2 g protein