

A Publication of The Dayton Heart Center

Franciscan Medical Center Closes

No Effect on The Dayton Heart Center or Dayton Heart Hospital

As you are probably very aware, officials at Franciscan Medical Center announced their decision to close the hospital as of September of this year. The physicians and staff of The Dayton Heart Center regret seeing this long-standing institution close, but we want to assure you that your care will not be affected by the closure.

In fact the impact of Franciscan's closing will be minimal to The Dayton Heart Center doctors and their patients. This is because Franciscan Medical Center shifted all of its heart care to the Dayton Heart Hospital last year when it opened. If you recall, Franciscan Medical Center was a partner in the Dayton Heart Hospital and as part of that partnership, Franciscan Medical Center heart patients started receiving heart care at the new, specialty Dayton Heart Hospital.

Because of that partnership between the two hospitals, cardiologists at The Dayton



Even though the ER at Franciscan Medical Center is closed, the Dayton Heart Hospital's Heart Emergency Room will remain open. The Heart ER, which specializes in cardiac emergencies, is on the north side of the Heart Hospital, which is located on Edwin C. Moses Boulevard.

Heart Center and many of their patients have already made the move.

Even though the Dayton Heart Hospital sits on the campus of Franciscan Medical Center, the closing will not affect its operations either. Franciscan has never been involved in day-to-day operations of the Dayton Heart Hospital, so adjustments are minimal. The one change relates to secondary services like maintenance work and

security that the Heart Hospital had originally contracted out to Franciscan. These services have already been replaced by other vendors.

The physicians of The Dayton Heart Center will continue to see patients at other area hospitals in addition to the Dayton Heart Hospital, including Good Samaritan Hospital, Kettering Medical Center, and Miami Valley Hospital.

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Heart of the Matter

Introducing Transmyocardial Laser Revascularization (TMLR)

The heart, like any other organ of the body, needs the oxygen and nutrients that come from the blood that circulates throughout your body. This blood is transported to and from the heart through coronary arteries. These arteries start at the body's biggest artery, called the aorta; form into several branches that run across the surface of the heart; and finally end in the capillaries which provide needed substances for the heart muscle cells "myocardium."

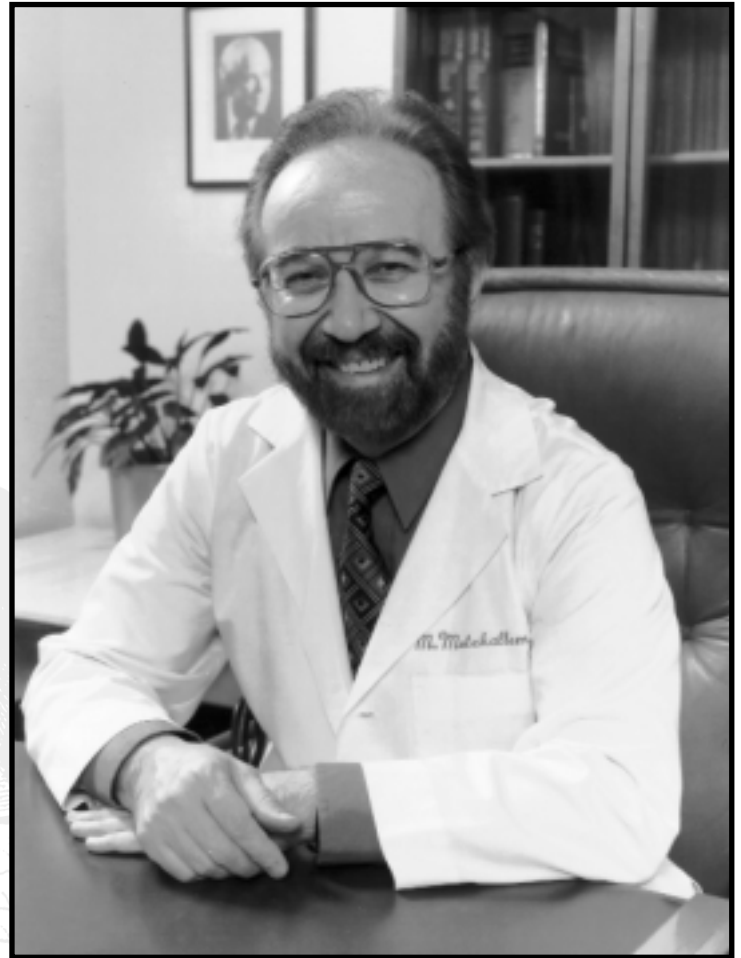
Some patients' heart muscles are alive but cannot receive enough oxygen and nutrients from the blood because these patients' arteries are so severely blocked or plugged up by calcium and plaque deposits. In these cases, none of the traditional methods of unblocking the arteries, i.e. angioplasty or surgery, can provide nutrients to these hungry cells. When these heart muscle cells are left without an adequate blood supply, they will gradually go into a type of hibernation and finally die.

However, the hearts of reptiles are different from the hearts of humans and

other more advanced creatures. Reptiles do not have coronary arteries. Thus their heart muscle cells receive nutrients and oxygen directly from the blood inside the chambers of the heart through a series of small channels.

Scientific investigators who understood this blood supply systems for reptile heart muscle cells began to think about providing blood to human heart muscle cells by creating a similar series of channels in heart through laser procedures. This procedure, known as transmyocardial laser revascularization (TMLR) has been proven effective. These investigators have found, however, that these channels close completely very soon after they are created. Nevertheless, the channels created through TMLR stimulate the formation of new vessels and it is through these vessels that more blood is brought to the heart.

The TMLR procedure works like this: in order to create these channels, the chest is opened similar to the way it is opened during open-heart surgery. Then, depending on the needs of



the heart, 20 to 36 holes are made using a laser probe.

Most patients do well after a few weeks following this procedure, when the swelling in their heart muscle cells decreases. Investigators are continuing to refine this procedure; looking at ways to use the technique transcutaneously, like angioplasty, and/or looking at ways to use the laser probe from inside the heart without opening the patient's chest.

If you would like to learn more about transmyocardial laser revascularization (TMLR), talk to your physician or nurse at The Dayton Heart Center.

Mohammad H. Motekallem
Mohammad H. Motekallem, MD, FACC

A Volunteer's Story

TDHC is looking for more volunteers. If you have a few hours to spare, some extra smiles, and are interested in helping out at The Dayton Heart Center, call Cherie Smith for more information at 276-8503.

While the many staff members at The Dayton Heart Center spend much of their time caring for patients, it is nice to have an extra set of hands or an additional smiling face around. That is the role that Doris Trent plays. She is a volunteer – the first volunteer that TDHC has ever had.

“We felt there was a need for some extra help around here. Just someone who would be available to provide some of the little extras that make patients more comfortable, like providing wheelchairs from their cars or taking them right to the reception area,” said Cherie Smith, who supervises Doris. “We put an advertisement in the RSVP newsletter from the Senior Network and she

answered. Since her husband is a patient she is familiar with our work and wanted to give something back.”

“My husband is one of the better known patients with this practice, having been in for several procedures and many check-ups over the years. I have gotten to know this place pretty well. I am glad to be here to help out with anything they need. They all know that they can call me when something comes up,” said Doris.

Doris volunteers two mornings a week. Most of the time she can be found greeting and guiding patients, but she also fills coffee pots and tidies the waiting room, when she

finds anything out of order. On Thursday mornings Doris works with Dr. Kravitz and his nurse Marie helping with the clinic to check pacemakers and defibrillators. Her biggest job with the clinic is getting everybody to the right rooms and back. “She does whatever she can to make things easier for the patients. I think they really appreciate it,” commented Smith.

The Dayton Heart Center is not the first place to be graced by Doris' presence, though. She was a volunteer at Good Samaritan Hospital for nine years before moving to TDHC. She had a knack for making people feel special there, too. “One day my

husband and I were out to breakfast and when we had finished the waitress came by and said someone had taken care of our check. We didn't recognize the person, but they came over and said that I had been very kind to their grandfather and they were thrilled to give a little something back to me. It made me feel really special. I enjoy volunteering and I am glad to help out at The Dayton Heart Center,” Doris said with pride in her voice.

THE HEART AT WORK

The following people have recently joined our team at The Dayton Heart Center:

Toni Fashner, MA – Toni works at Greenville Heart Care as a medical assistant. She handles patient care and front office work. Toni joined the staff in April.

Teddy Woodall – Teddy is a part time medical records clerk at the Greenville office. She became part of the Greenville team in June.

Raeleen Snyder, MA – Raeleen has been working in the South office as a medical assistant since June. She handles front office duties and clinical work.

Nancy Curtner – Nancy joined the Middletown office on May 1st, bringing more than fifteen years of medical experience with her. She handles all of the duties at the front desk from greeting patients to working with medical records.

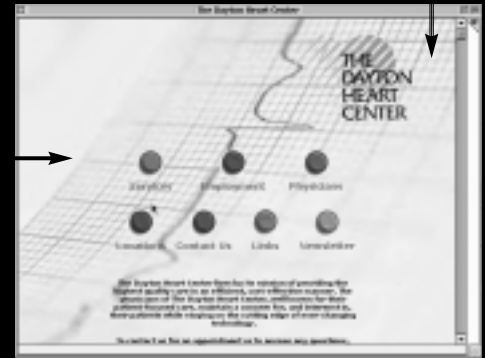
Heather Khan-Niazi, MA – Heather joined The Dayton Heart Center in January as a temp and converted to regular staff in May. She works in the nuclear stress testing area as a medical assistant.

Cindy Moran, RN – Cindy works primarily at Good Samaritan Hospital helping the doctors make their rounds and handling discharge arrangements. She joined the staff in May.

Our Website is Ready!

Point and Click Your Way to a Healthier Heart

We are happy to be able to offer this helpful resource. You can now find all kinds of handy information about The Dayton Heart Center on-line at www.daytonheartcenter.com. Here are some of the highlights to look for:



- **Services:** Wondering what procedures TDHC performs? This page lists all of the procedures that The Dayton Heart Center offers.
- **Locations:** A handy record of all of our locations, complete with maps, directions that you can print out, phone numbers and office hours.
- **Physicians:** You can access information about each of our doctors, their backgrounds and even see a picture of them-very useful when selecting a physician!
- **Contact Information:** Ever have a question about your bill or insurance, but not sure who to call? That information is all right here.
- **Patient Handouts:** Wondering what the warning signs of a heart attack are or looking for diet and exercise suggestions? Now you can pull up information about a number of health concerns right from your own computer.
- **General Resources:** You do not even have to perform a search! Convenient links to other relevant websites are right at hand.

We hope you find our new website useful. We designed it with your needs in mind, so let us know what you think.

www.daytonheartcenter.com

Phone Numbers at The Dayton Heart Center



Help us serve you quickly by calling these numbers for specific needs:

Main Number: 277-4274

Call the main number if you have an emergency like chest discomfort or difficulty breathing and need to speak to a nurse. This is also the number to call with questions about prescriptions or for general information.

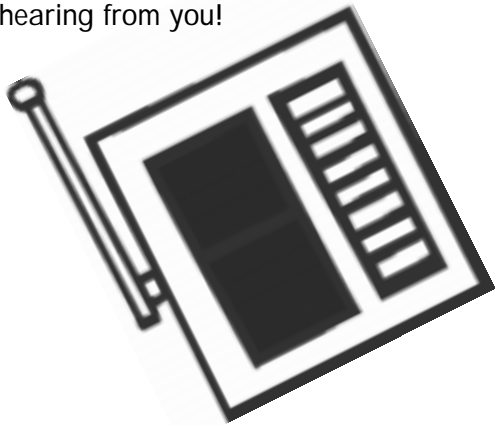
Appointments: 276-8511

Use this line to schedule your appointments or if you have questions about existing appointments.

Billing: 276-8512

This is the number to call with questions about billing or insurance.

By calling the appropriate numbers listed above specific to your needs, TDHC is able to help you most efficiently. We look forward to hearing from you!



Franciscan Closes Cont.

Franciscan Medical Center has assured physicians that there will be an orderly transfer of records for any patient whose most recent care took place at Franciscan.

Please talk to your physician at The Dayton Heart Center if you have any other concerns that relate to the closing of Franciscan Medical Center. The Dayton Heart Center will continue to be here providing you with the highest level of cardiac care.

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Nutrition facts per serving:
316 calories, 9 g total fat (3 g saturated fat), 77 mg cholesterol, 259 mg sodium, 19 g carbohydrate, 4 g fiber, 29 g protein.

"Better Homes and Gardens" Healthy Family Cookbook, 1995

Beef Burgundy

An easy way to make a traditional favorite heart-healthy.

1 1/2 pounds lean beef stew meat	1 1/2 tsp dried basil, crushed
2 cloves garlic	1 bay leaf
1 10-ounce package frozen tiny white onions	2 tbs all-purpose flour
2 cups Burgundy wine	1/2 tsp beef bouillon granules
3 cups baby carrots, peeled and trimmed	1 pound fresh mushrooms, quartered
	1/4 cup snipped parsley

Cut meat into 1-inch pieces. Spray an oven-going kettle or Dutch oven with nonstick spray coating. Cook meat and garlic until browned. Remove from pan. In drippings, cook onions, covered, about 5 minutes or until nearly tender. Remove from pan; cover and set aside. Drain off excess fat. Return meat to pan. Add wine, carrots, basil, bay leaf, 1/8 teaspoon salt, and 1/8 teaspoon coarsely ground pepper. Cover and bake in a 325 oven for 1 1/2 to 2 hours or until meat is very tender.

Meanwhile, in a small bowl, stir together flour and 2 tablespoons water; set aside. In a medium saucepan bring bouillon granules and 1 cup water to boiling. Add mushrooms. Simmer mushrooms, covered, for 5 minutes. Stir in flour mixture and reserved cooking onions. Stir mushroom mixture into Dutch oven; return to oven. Bake, covered for 30 minutes more. Stir in half of the parsley. Garnish with remaining parsley.

Makes 6 main-dish servings.