



# Heart Facts

A Publication of Cardiology Associates

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Comprehensive Adult and Pediatric Cardiovascular Care

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D. Scott Kirby, M.D.

## Cardiology Associates Welcomes New Electrophysiologist

The physicians and staff of Cardiology Associates are pleased to welcome Scott Kirby, M.D. to their comprehensive heart and vascular team. Dr. Kirby joins our staff as a cardiology subspecialist in the field of electrophysiology.

Dr. Kirby received his bachelor degree in Biology from East Tennessee State University

and his medical degree from East Tennessee State University. He completed his Internship and Residency at the University of Alabama-Birmingham, his Cardiology Fellowship at East Tennessee State University and then obtained a position at the University of Maryland for his subspecialty Electrophysiology Fellowship.

Dr. Kirby's list of honors and awards is quite lengthy, beginning with a football scholarship to East Tennessee State University, where as an upperclassman, he was also the recipient of the John Robert Bell Student Athlete Award and Scholarship and a member of the Southern Conference All-Academic Team. He continued to earn scholarships and awards as he moved on to the University of Georgia with a Teaching Assistant Scholarship and an Outstanding Teaching Award. During residency at the University of Alabama, he received the Resident Teaching Award and served as Chief Cardiology Fellow from 1999 through 2000 at Tennessee State. As

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# How Cardiology Has Evolved To Better Meet The Needs of Today's Patients *by D. Scott Kirby, M.D.*

*In past years, cardiology focused on prevention and treatment in individuals who had or were prone to have heart attacks. With time and research and development of new drugs and products, have come dramatic medical advances to help prolong lives. The population is living to an older age, and therefore our hearts are aging as well. In response, cardiovascular medicine has grown to encompass more subspecialties. Many cardiologists are choosing to expand their medical expertise to acquire additional training in a subspecialty area. Often, patients don't realize that cardiac subspecialists are available locally. In our area, available subspecialties include:*

## **Electrophysiology**

An arrhythmia is a disorder of the regular rhythmic beating of the heart. Electrophysiologists detect and treat arrhythmias. This disorder can occur in a healthy heart or one previously damaged by coronary disease. Patients can suffer from a heart rate that is either too fast, too slow or irregular.

Arrhythmias can be an indication of a serious problem and lead to heart disease, stroke or sudden cardiac death. Once an arrhythmia is suspected, an electrophysiologist will conduct diagnostic testing to determine the severity of the disorder. Depending on severity, the disorder may be treated with

medication, lifestyle changes or a catheter based intervention similar to cardiac catheterization.

## **Heart Failure Clinics**

Heart Failure is one of the most common reasons for hospitalization and the only heart related disorder whose numbers continue to rise. When heart failure occurs, the heart does not pump enough blood to meet the body's needs. Symptoms include leg and ankle swelling, difficulty breathing, and excessive weakness. When diagnosed early, heart failure can be treated to reduce symptoms, prolong survival and increase quality of life. An effective treatment sweeping the nation is specialized heart failure clinics, in which oral medications are maximized and intense nursing supervision and patient education are critical.

## **Peripheral Vascular Disease**

Approximately 2 million Americans suffer from Peripheral Vascular Disease (PVD). PVD affects the vessels which carry blood to the lower body, causing pain in the patient's leg, calf, thigh, foot or hip during physical activity. The pain may weaken upon discontinuation of exertion, but will reoccur with further physical activity. To

diagnose PVD, cardiologists conduct tests to measure blood flow or to locate a narrowed or blocked vessel. The blockage may be treated with medicines or angioplasty.

## **Cholesterol and Lipid Disorders**

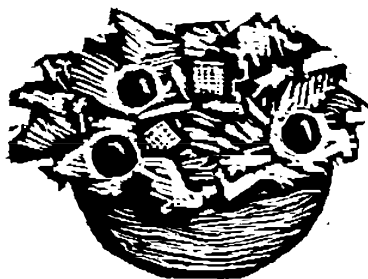
It was once thought that there was a universal target number for cholesterol levels. However, over time it has been discovered that not only do these numbers vary based upon risk factors personalized to the patient (medical history, age, sex, gender, etc.) but that many serious lipid disorders occur in patients with a normal total cholesterol reading. High cholesterol and the emerging disorders involving triglycerides, VLDL or Lipoprotein A can all be treated with lifestyle changes or medicines, but different medicine combinations are used for each.

*As technology has advanced, the diagnosis and treatment choices have increased exponentially. The amount of knowledge has multiplied, as well, requiring the division of cardiology into these subspecialties. At Cardiology Associates, we have experts in all of these new, growing fields that allow us to bring our patients the latest that modern science has to offer.*



# The History of The "Cobb" Salad

The Cobb Salad was created at the Brown Derby restaurant in Hollywood, California in 1936. Like many culinary inventions, it was a happy accident. Bob Cobb, the restaurant owner, was poking through the



kitchen late one night, looking for a snack. He found a head of lettuce, an avocado, some romaine, watercress, tomatoes, cold breast of chicken, a hard-boiled egg, chives, cheese, and French dressing. He assembled the lot, added some crisp bacon, and his signature salad was born. Sid Grauman (of Grauman's Chinese Theatre) shared the dish with Cobb

that night, and on the following evening, requested a "Cobb Salad." It soon became a favorite among Hollywood's elite, and has become a familiar item on menus across America. A traditional Cobb Salad may not be the healthiest item on the menu, but Registered Dietitian, Lynn Barnes, who works in Cardiology Associates Cholesterol and Lipid Disorders Clinic, serves up a healthy version of this old favorite. (Tricks for reducing fat include frying the bacon until it is crispy and crumbling it on top of the salad, using fat-free dressing, chicken cooked without the skin and using full fat cheese for the flavor, but reducing the amount.)



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Dr. Kirby excelled professionally, he and his wife Katie also managed to find time to begin their family and are the proud parents of son, Carnes (two years) and daughter, Libby (two months). The Kirbys come to us from Baltimore, MD where Dr. Kirby recently completed his training. Since the four of them have spent most of their winter trapped indoors by the Baltimore weather, they couldn't be happier to be back in the south where they have already logged many hours of family time in the

backyard. When not working, Dr. Kirby enjoys spending time with his family and his two labrador retrievers. He also enjoys exercising and is an avid college football fan. They are glad to be nearer to family, with one set of grandparents in Slidell, LA and another in Andalusia, AL.

Dr. Kirby is eager to begin seeing patients, saying that "It is the perfect time in the evolution of cardiology to be starting a practice in electrophysiology. Currently, there are so many choices of treatments and devices available to

## The Healthy Cobb Salad

1/4 cup Romaine Lettuce  
1/2 cup Iceberg Lettuce  
2 Tbsp. Raw Watercress  
1/4 cup Chopped Tomatoes  
2 Tbsp. Cheddar Cheese  
1 Tsp. Chives, chopped  
1 Tbsp. Avocado, chopped  
1/2 Hard Boiled Egg, chopped  
1/4 cup Chicken, (cooked without the skin)  
1 slice bacon, cooked til crispy and crumbled over the top  
2 tbsp. Fat Free French Dressing

Fat Grams: 3.53 grams  
Sodium: 110.03 mg  
Saturated Fat: 1.5 grams  
Cholesterol: 50.03 mg

*This recipe contains half of the fat, cholesterol and sodium of the original.*

help people decrease mortality and improve their quality of life. Patients who we encounter often have survived a heart attack, but remain at high risk for a potentially fatal arrhythmia. In these cases, it is extremely gratifying to be an electrophysiologist because we have many specialized treatments available to help or, even cure these people. I look forward to bringing the newest technologies to my patients."



# See The Doctor Without An Appointment??

Cardiology Associates physicians are scheduled for several community education events during Heart Month.

## The Leg Pain's Connected To The Chest Pain:

### A Screening and Seminar for Peripheral Vascular Disease

*Brian D. Dearing, M.D.*

Monday, February 4, 2002  
8 - 9 AM Screening Questionnaire  
9-10 AM Lecture  
Hearin Chandler Auditorium  
One Mobile Infirmery Circle  
Reservations Are Required  
Call 435-5656

## Common Cardiac Conditions: Answers to Your Questions

*David T. Trice, M.D.*

Thursday, February 21, 2002  
6:30 PM  
Thomas Hospital Wellness Center

## Are You At Risk?

### Heart Check For Seniors

Tuesday, February 26, 2002  
James P. Nix Center, Fairhope  
7 - 11 AM  
No Appointment Necessary

*Screening for heart disease that includes a full cholesterol profile, blood sugar & blood pressure screenings, height and weight measurements. Results evaluated by Cardiology Associates. Sponsored by Cardiology Associates, Thomas Hospital and Bristol-Myers Squibb.*

\$5 Fee For Those 50 and Older  
For More Information,  
Call: 990-1518

## F atigue

### A ctivities Are Limited

### C hest Congestion

### E dema or Ankle Swelling

### S hortness of Breath

If you are experiencing any of the "FACES" symptoms, you may have a condition called Heart Failure.

**Ken Burnham, M.D., local heart failure specialist**, will conduct a seminar to help people recognize the signs of heart failure and learn how to live with this condition. Tasty samples of low sodium cooking.

Monday, February 11, 2002  
2:00 PM  
Providence Hospital  
Conference Room 1  
For Reservations, Call: 460-5905

Main Office Phone: (251) 607-9797 or 1-800-842-4009  
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