



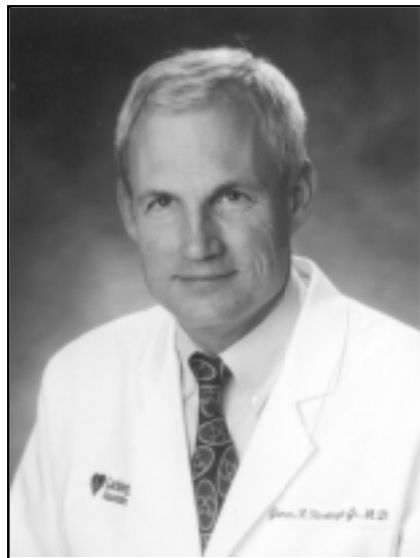
Heart Facts

A Publication of Cardiology Associates

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Comprehensive Adult and Pediatric Cardiovascular Care February 2003

Cardiology Associates Welcomes New Cardiologist To Baldwin County



The physicians and staff of Cardiology Associates are pleased to welcome Jay Stinebaugh, M.D. to their comprehensive heart and vascular team. The addition of Dr. Stinebaugh complements our group of 21 other physicians already practicing in the areas of clinical, interventional and pediatric cardiology, electrophysiology, peripheral vascular treatment, nuclear medicine and specialized lipid disorder and heart failure clinics.

Dr. Stinebaugh comes to us from the well established medical community of Indianapolis, IN where he has ten years of experience in clinical cardiology, heart catheterization and pacemaker implantation. His cardiovascular training began at the Indiana University School of Medicine in Indianapolis and continued at St. Vincent Hospital, also in Indianapolis, for his internship and residency.

Dr. Stinebaugh completed his medical training with a fellowship at Alton Ochsner Medical Center in New Orleans, Louisiana, where he and his wife Susie met and became friends with Brian Dearing, M.D., who joined Cardiology Associates in 1998, and Dr. Dearing's wife, Sharon. The Stinebaughs are excited to be moving South

Continued Page 2

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1720 Springhill Ave., Suite 500
Mobile, AL 36604
(251) 438-4600

188 Hospital Dr., Suite 100
Fairhope, AL 36532
(251) 990-9500

1721 N. McKenzie St.
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With Clinic Locations In:

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1-800-842-4009
www.cardassoc.com

INSIDE . . .

- Meet Dr. Stinebaugh In Person
- Dr. Bunch's Research Sent to the FDA
- Community Events for Heart Month

for both personal and professional reasons. They admit that their old friends, the Dearings helped entice them to look at the area and then ten inches of snow on Christmas Eve reinforced their decision to move to a warmer climate. Mostly, Dr. Stinebaugh is looking forward to practicing in the Baldwin County area. He laments that, "Many large metropolitan areas in the country are being forced to move towards practicing medicine in a corporate environment. I am looking forward to living and practicing in the small towns in Baldwin County and providing individualized service, personally knowing my patients, the physicians who may refer them and the administration of the hospitals where I practice."

Dr. Stinebaugh and his wife, Susie, have three sons - Michael (12), Matthew (11) and Geoffrey (9). The boys enjoy golf, basketball, hockey, fishing and all water sports. Dr. Stinebaugh is an avid golfer and looks forward to teeing it up on the Gulf Coast's magnificent courses.

We are pleased to offer such an exceptional addition to our Cardiology Associates family. Please help us welcome the Stinebaughs to our community.



Dr. Stinebaugh Makes A Personal Introduction To The Community

So often the first opportunity to meet a physician is when he or she enters your exam or hospital room. In an effort to continue to personalize the care we provide at Cardiology Associates, we are offering, for the first time ever, opportunities for the community to meet Dr. Stinebaugh in advance.

These Community Roundtables are open to both our patients and the public. You are invited to attend and listen or to participate by anonymously submitting any questions you may have at the beginning of the roundtable. Your question will be read and answered during the roundtable discussion.

Dr. Stinebaugh will speak briefly about his background, his family and how he decided to move to and practice in Baldwin County. He will then spend a little time discussing what he thinks are the most important details of keeping a heart healthy. The bulk of the time will be reserved for him to answer your questions.

Since the format of these roundtables will be informal seating rather than lecture hall style, it is very important that you make a reservation for the roundtable of your choice. Light refreshments will be served. To reserve your space, please call: 990 - 1905.

Fairhope

Monday, February 3, 2003

12:00 noon - 12:45 p.m.

Thomas Hospital

East Tower Meeting Room

To Reserve Your Space,
Please Call
990- 1905

Foley/Gulf Shores

Tuesday, February 11, 2003

6:00 p.m. - 6:45 p.m.

South Baldwin Regional
Medical Center
Board Room

To Reserve Your Space,
Please Call
990- 1905

See You There!

Upcoming Community Events In Which Cardiology Associates Will Participate

January

Wednesday the 29th - Thomas Hospital Community Health Fair

Daphne Civic Center, Daphne, AL
7:00 - 11:00 a.m.

*Learn More About Your Heart Health And Win Prizes By Participating At Cardiology Associates Health Fair Booth!

Wednesday the 29th - Kaiser Realty Snowbird Expo

Orange Beach office

10:00 a.m. - 12:00 noon Exclusively for Snowbirds

1:00 - 3:00 p.m. - General Public is Welcome

*Learn More About Cooking for A Healthy Heart. Complimentary Samples Provided

Thursday the 30th - Diabetes Support Group

Springhill Medical Center, Wallace Auditorium, Mobile, AL
12:00 noon

*Gerry M. Phillips, M.D. Will Be Guest Speaker

February

Monday the 3rd - Community Roundtable With James R. Stinebaugh, M.D., F.A.C.C.

Thomas Hospital East Tower Meeting Room, Fairhope, AL
12:00 noon - 12:45 p.m.

Reservations Required ~ Please Call 990-1905

Thursday the 6th - Alabama Advantage Lifestyles Expo

Gulf State Lodge & Convention Center

8:00 a.m. - 1:00 p.m. *Cardiovascular Risk Assessments

Tuesday the 11th - Community Roundtable With James R. Stinebaugh, M.D., F.A.C.C.

Conference Room A, South Baldwin Regional Medical Center
6:00 p.m. - 6:45 p.m.

Reservations Required ~ Please Call 990-1905

Tuesday the 18th (Thomas Medical Center - Daphne) and Thursday the 20th (Thomas Hospital Health Resource Center -Fairhope) - Thomas Hospital Presents:

"Heart Checks for Women- It Could Save Your Life"

7:30 a.m. - 11:30 a.m.

Reservations Required ~ Call 990-4008

Thursday the 20th - "I Know My Numbers. Now What?"

Lecture by Brian Dearing, M.D., F.A.C.C.

Thomas Hospital Wellness Center, 6:30 p.m.

For Information ~ Call 990-4008

Easy Artichoke Chicken (In The Crockpot)

- 1 1/2 lbs. boneless, skinless chicken breasts
- 8 oz. fresh mushrooms, sliced
- 12 oz. marinated artichoke hearts, drained
- 4 cloves garlic
- 1/4 cup dry white wine
- 2 tsp. black pepper

Cut each chicken breast into 2 inch pieces. Place mushrooms and artichoke hearts in the bottom of a crockpot.

Place chicken on top of vegetables. Add garlic and black pepper. Pour wine over all.

Cook on low for 6-8 hours. Prepare pasta and serve chicken and vegetable mixture over a string pasta like spaghetti or angel hair. Ladle sauce over each serving.

Serves 6

Per Serving:

Calories: 428

Fat: 6.5g

Saturated Fat: 1g

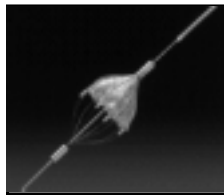
Sodium: 43mg



Frank Bunch, M.D. Completes Device Trial - Results To Be Reported To FDA

Historically, carotid endarterectomy, a surgical procedure performed through an incision in the neck on the carotid artery, was the only treatment for an artery with a potentially debilitating or lethal blockage. Frank T. Bunch, M.D. has recently completed enrollment in a clinical research trial, conducted through an IDE (investigational device exemption) with the FDA. In the procedure, a stent is advanced over a guidewire and deployed, using a distal protection device called an Angioguard, the only device of its kind in the final stages of development in the United States. Placing stents in the carotid

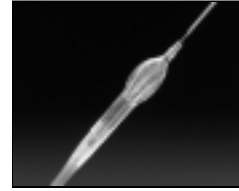
artery has long been considered a risky procedure due to the potential for a stroke to occur. This new distal protection device, inserted prior to the carotid stent procedure, acts as a filter to catch any dislodged plaque that could possibly travel to the brain, causing stroke. Once inside the artery, the angioguard opens like an umbrella creating a filter to catch debris,



while at the same time allowing blood to flow through

the filter. At the end of the procedure the device is closed and re-

moved from the artery, taking with it the stroke causing plaque.



The success rate of this procedure has so far

been astounding. To date, more than 2,000 endovascular carotid stent procedures have been performed worldwide with a technical success rate of 98.6%. Device manufacturers believe the device may possibly be available in the marketplace as early as 2004 thanks in part to the work of Dr. Bunch and his research colleagues across the nation.



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