



Heart Facts

A Publication of Cardiology Associates
September 2009

Comprehensive Adult and Pediatric
Cardiovascular Care

www.cardassoc.com

800-842-4009

DR. CHIP GRANT JOINS CARDIOLOGY ASSOCIATES' COMPREHENSIVE HEART AND VASCULAR TEAM

The physicians at Cardiology Associates welcome **Arthur G. "Chip" Grant III, MD** to the practice. Dr. Grant is fellowship trained in Cardiology and as of August 17th will practice Invasive and Interventional Cardiology and Peripheral Vascular Intervention in Mobile.



Arthur G. Grant III, MD

Dr. Grant, a native of New Orleans, earned his medical degree from LSU School of Medicine in New Orleans. He completed his internship and residency at Duke University Medical Center in Durham, North Carolina, followed by fellowships in cardiology and interventional cardiology at Ochsner Medical Center in New Orleans.

He and his wife Nolan have never lived too far from the Gulf Coast, and after Hurricane Katrina, started reevaluating their future. Being familiar with not only the area, but also the physicians of Cardiology Associates, they decided to move east.

Dr. Grant, says he finds all areas of cardiology to be rewarding, from coronary to peripheral vascular. "Cardiology is such an evolving field. In it, we have opportunities to use state-of-the-art technology, sometimes performing procedures for conditions that previously could only be treated surgically. I don't believe people realize just how far cardiology has come over the past few years. And contrary to popular belief, you do not have to travel far to receive the most up-to-date, modern care. It is all right here in Mobile and Baldwin counties."

Dr. Grant is a fellow of the American College of Cardiology, Society of Angiography and Intervention and the American Heart Association. He is also board certified by the American Board of Internal Medicine, ABIM Cardiovascular Disease, ABIM Interventional Cardiology, Certification Board of Cardiovascular Computed Tomography and American Board of Vascular Medicine.

The Grants have five children, ranging in age from 2 to 11. They look forward to their new life on the Alabama Gulf Coast. Dr. Grant enjoys hunting, fishing, boating, hiking, biking and spending time with his family.

MOBILE

Gerry M. Phillips, M.D., FACC
Kenneth E. Francez, Jr., M.D., FACC
J. Andrew Morrow, Jr. M.D., FACC
M. Wail Hashimi, M.D., FACC
Richard J. Chernick, M.D., FACC
Erik A. Eways, M.D., FACC
Charles W. Parrott, M.D., FACC
Kenneth M. Burnham, M.D., FACC
Michael W. Monson, M.D.
Jason H. Cole, M.D., MSc, FACC
Glenn A. Cochran, M.D., FACC
L. Daven Cave, M.D.
Arthur G. Grant III, M.D., FACC
Electrophysiology
Stephanie D. Grosz, M.D., FACC
D. Scott Kirby, M.D., FACC
Robert A. VerNooy, M.D., FACC

BALDWIN COUNTY

Frank T. Bunch, M.D., FACC
Brian D. Dearing, M.D., FACC
David T. Trice, M.D., FACC
James R. Stinebaugh, Jr., M.D., FACC
Karl V. Hakmiller, M.D., FACP, FACC
Ralph S. Buckley, M.D., FACC
J. McLean Trotter, M.D.
Electrophysiology
James A. Storey, M.D., FACC

Cholesterol and Lipid Specialist
Mary H. Honkanen, M.D.

Pediatric Cardiology
David C. Mayer, M.D., FACC, FAAP
Lynn A. Batten, M.D., FACC, FAAP

INSIDE THIS ISSUE :

Hypertension, "The Silent Killer"	2
Peripheral Vascular Disease, The Importance of Diagnosis and Treatment	3
A major advancement in the treatment for Varicose Veins	4

HYPERTENSION—THE SILENT KILLER

Hypertension, aka high blood pressure (HBP), is much more prevalent in Americans than one would guess and it also has serious medical consequences when left untreated.

One in three Americans have hypertension, that is over 70 million people. For those individuals who are over 50 and currently have normal blood pressure, they have a 90% chance of ultimately developing hypertension in their lifetime.

Most people with high blood pressure feel fine and are unaware of their condition. The signs and symptoms of hypertension at times go un-noticed and therefore it has become known as “The Silent Killer”. HBP is a serious condition that causes the heart to work harder, puts a strain on the

High blood pressure (HBP) is a serious condition that can lead to Coronary Artery Disease, Heart Failure, Stroke, Kidney Failure and other health related problems.

blood vessels and other organs and over time can lead to Coronary Artery Disease, Heart Failure, Stroke, Kidney Failure and other health related problems.

At times one may notice fatigue, headache or nosebleeds, but unfortunately sometimes the first signs can be either a stroke or congestive heart failure, CHF.

Genetics and lifestyle are key factors that contribute to having high blood pressure. Obviously genetics is not something one can change, however, lifestyle and diet modifi-

cations can dramatically affect one with and those that will develop hypertension.

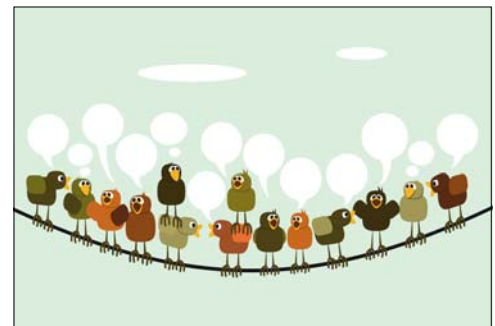
Fortunately, high blood pressure is TREATABLE. Lifestyle modifications are very important, including most importantly if you are a smoker, STOP. One should also avoid excessive salt and alcohol intake, increase exercise and consider the DASH diet of low sodium, low fat and high fruits and vegetables.

One should see their physician and discuss the importance of maintaining their blood pressure with lifestyle changes and medications when needed.

If you have hypertension set attainable goals, know your current and target blood pressure levels.

For a more accurate reading prior to having a blood pressure check:

- Avoid caffeine, alcohol and tobacco for 30 minutes
- Sit and relax comfortably for 5 minutes with your back supported and legs and ankles uncrossed.
- Use the restroom
- Have your arm resting on a surface level with your heart during the reading



To help us to keep the most efficient communication between our offices and our patients please be sure to keep us updated with your recent home and cell phone numbers & email contact information.

PERIPHERAL ARTERY DISEASE— THE IMPORTANCE OF DIAGNOSIS & TREATMENT

Peripheral Artery Disease (PAD), or also called Peripheral Vascular Disease (PVD) is a common disease of the blood vessels outside of the heart and brain. PAD affects over 8 million Americans and roughly 15% of patient with PAD are over the age of 65.

PAD occurs when fatty deposits known as plaque build up in the inner lining of the artery wall, causing a narrowing of the vessels that carry blood to the bodies extremities and major organs.

Symptoms of PAD can include pain, numbness, aching or heaviness in the leg muscles when walking or climbing stairs. Other symptoms can include cramping in the leg, buttocks, thighs, calves or feet.

PAD puts you at a much higher risk for having cardiovascular disease, heart attack, stroke, kidney failure and heart

failure. Therefore it is very important for an accurate diagnosis.

Diagnosis for PAD is based on one's family and medical history, a physical exam and test results. A simple test called an ankle-brachial index (ABI) is commonly used to diagnose PAD. An ABI shows how well blood flows in the limbs by comparing the blood pressure in the ankle to that of the

pressure in the arm.

The Cardiologists who specialize in Peripheral Interventions at Cardiology Associates take a multidisciplinary approach to provide you with the best care available today for PAD. They bring over 40 years of combined experience to the management of patients with PAD and offer the best interventional therapies available to open up blocked arteries and restore blood flow.

Treatment for PAD varies upon ones test results and severity of one's blockages. Lifestyle changes, lowering blood pressure, getting regular exercise, medications, and angioplasty or stenting to open up the blocked arteries if needed.

Consult your physician should you suspect that you may have PAD.

RISK FACTORS for PAD

- Age (Over 50)
- Smoke or used to smoke
- Diabetes
- Obesity (BMI 30+)
- High Blood Pressure
- High Blood Cholesterol
- Personal History of vascular disease, heart attack or stroke.
- African American



It is important to eat a diet rich in fruit, vegetables and lean meats. Portion size is also important.

A serving of a 1/4 cup of almonds just enough to cover a 3" x 3" sticky note provides you with a reminder of a healthy snack in a healthy proportion.

FOOD FOR THE HEART



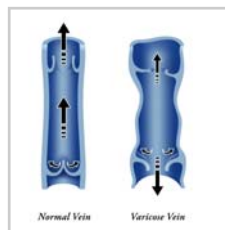
Designed and offered exclusively to Cardiology Associates patients, Registered Dietitian Lynn Barnes offers helpful diet tips the first Friday of each month. The presentations are at 9 a.m. in the Breezeway Café located in the Heart Center Building on the campus of Springhill Medical Center.

Cardiology Associates Introduces Endovenous Laser Therapy

A Major Advancement in the Treatment of Varicose Veins



Cardiology Associates introduces an innovative cardiovascular procedure, Endovenous laser therapy provides patients with a non-surgical option for the treatment of varicose veins.



Lasers have become more and more a proven treatment for many medical conditions because of their inherent precision, reliability and safety. The application of Endovenous laser therapy is non-surgical alternative for the treatment of varicose veins and is performed in at Cardiology Associates.

Dr. Chip Grant, a specialist in Cardiac and Peripheral Vascular Interventions, states that “Endovenous laser therapy is a very patient-friendly procedure and can be done right in the office

with excellent results.” Before this therapy was developed the only treatment for the large varicose veins was vein stripping, an invasive surgical procedure with a lengthy recovery period. Now these same patients can be treated in the office, and the procedure is often covered by insurance.

Varicose veins develop when the body works to counteract the forces of gravity, veins have valves that prevent blood from flowing backwards as it is pumped back towards the heart. Over time, these valves can weaken, allowing the blood to pool inside the vein. This can cause the vein to distend, resulting in a “rope-like” appearance commonly associated with varicose veins.

This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation. For additional information on Endovenous Laser Therapy consult your Cardiology Associates physician.



**The Gulf Coast's Most Comprehensive Provider
of Cardiovascular Care.**

MOBILE

6701 Airport Blvd., Suite D-330
Mobile, AL 36608
(251) 607-9797

3715 Dauphin St., Suite 4400
Mobile, AL 36608
(251) 460-0078

1720 Springhill Ave., Suite 101
Mobile, AL 36604

BALDWIN COUNTY

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

1721 N. McKenzie St.
Foley, AL 36535

Outreach Clinics

Atmore, Chatom, Jackson, AL
Bay Minette & Lucedale, MS

