

SUMMER 17/18 NEWSLETTER



Wishing our patients and their families a **Merry Christmas**

Adelaide Cardiology metropolitan clinics will remain open for consultation and investigational services over Christmas and New Year, closing only for the public holidays.

Our regional clinics will close on the 22nd December and open on the 2nd January 2018.

*For all bookings and enquiries: Phone: 08 8202 6600 | Fax: 08 8202 6698
or Email: info@adelaidecardiology.com.au*

Welcome to our summer newsletter.

In this issue we provide a review of cardiology topics of interest and changes in our practice in 2017.

We look forward to continuing to provide you, our patients and your families with the best medical treatment and care in 2018. Looking after you is our priority and you can expect to be treated with compassion, dignity and respect every time you visit our practice.



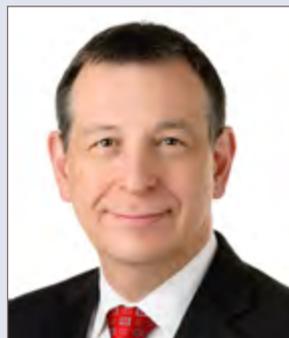
Genesis National Network

EVIDENCE BASED MEDICINE

Genesis HeartCare comprises the largest group of private practicing cardiologists in Australia. Our national cardiology network of clinically independent practices covers more than 20 metropolitan sites and 50 regional clinics and provides services to over 220,000 cardiovascular patients annually. In addition, we partner in the ownership of three major catheterisation labs and are currently involved in over 80 clinical trials across the group.

Our cardiologists have paved the way in **evidence based patient care** and taken industry-leading steps to support people with heart disease — to better understand their condition, the care choices available, the **expected results of treatments** and recommended lifestyle choices to improve the individual's health.

Latest News



Dr Daniel Cehic has accepted a new role with Genesis HeartCare, (a national group that we are part of). Daniel's new role as Chief Medical Officer will enable him to help shape and direct the delivery of innovative and transformative healthcare across the national Genesis HeartCare network. Daniel will continue to consult with Adelaide Cardiology at

the St Andrew's Medical Centre and our Leabrook, Murray Bridge, Wallaroo and Mount Barker Clinics.



Adelaide Cardiology welcomes Dr Sam Sidharta to the Practice

Sam graduated from the University of Melbourne in 2004 and was awarded FRACP in 2012. In 2017 he was awarded his PhD on the role of intravascular imaging and has recently completed a fellowship in interventional cardiology at the Royal Adelaide Hospital.

Sam joined Adelaide Cardiology in July and consults at the St Andrew's Medical Centre and our Leabrook, Modbury, Clare and Broken Hill Clinics. He is fluent in Indonesian.

If you would like to **subscribe** to an **electronic copy** of this newsletter please **email** your preferred address to **events@adelaidecardiology.com.au** or for a **hard copy** please confirm your **postal address with our administration staff**.

Announcing the Heart Foundation Walking Program

Heart Foundation Walking (HFW) is Australia's largest free walking network. It is a social, fun and easy way for people to walk and be active.

With more than one in three Australian adults (6.1 million people) doing very little or no exercise at all, HFW is a great way to help people increase their physical activity.

PATIENT BENEFITS

Linking patients to appropriate and accessible physical activity programs can be challenging.

There is limited access to low cost or free physical activity in Australia. Many programs struggle to gain participation and have low retention rates. Typical community based physical activity programs have a six-month retention rate of below 50%.

This program will get your patients participating in the recommended 30 minutes of physical activity a day.

With a high percentage of our walkers residing in regions of high chronic disease prevalence and a retention rate of over 80% of walkers after six months, it is an ideal option for your patients.

HOW YOU CAN HELP YOUR PATIENTS

Why not refer your patients to a local HFW group? With over 1,200 groups nationally there are many options available.

Visit walking.heartfoundation.org.au or call **1300 36 27 87** to find your nearest group or for more information on HFW.



WHY NOT START YOUR OWN? BECOME A HOST ORGANISATION!

The Heart Foundation works in partnership with Host Organisations like yourselves, to set up and maintain walking groups. We provide resources and training to engage patients/staff or community members to become volunteer Walk Organisers.

Call **1300 36 27 87** for more information.

A ground-breaking device could be the solution for patients suffering from Heart Failure who are too sick to have major surgery.

Adelaide Cardiologists are among the first in the world to trial an innovative device that could significantly improve the quality of life of patients suffering from Heart Failure.

The ARTO system repairs a leaky heart valve and can be implanted into a patient by gaining access to the heart via the groin and neck, rather than open heart surgery.

"This device is completely unique," says GenesisHeartCare Executive Manager Professor Stephen Worthley.

The first case was successfully conducted at St Andrew's Hospital by Professor Worthley, Associate Professor Glenn Young and Dr's Joe Montarello and Patrick Disney.

Mitral regurgitation is a condition in which the damaged mitral valve located on the left side of the heart fails to close tightly each time the heart contracts, resulting in backward flow of blood into the upper chamber of the heart. This can cause the heart to pump harder and enlarge. ARTO, which is Latin for 'pressing together, significantly reduces the leakage by dragging the leaflets of the valve back together'. It's like two french doors, says Professor Worthley. "They should be stopping any blood leaking back but because the heart enlarges when it's not pumping well, it drags those leaflets apart, so there is now a gap when it closes. ... what we do is a very ingenious technique of putting a small bar behind one of the leaflets and a little plug behind the other leaflet and with a thread drag the two closer together, so they no longer leak."

"The results have been very promising," he says. "We've seen no adverse outcomes. In fact in all of the patients we've seen an improvement in the leak of the valve and in some it's been remarkable."



Associate Professor Glenn Young



Dr Daniel Cehic



Dr Maria Santos



Ms Anne Marie Mitchell

Adelaide Cardiology Implantable Cardioverter Defibrillator (ICD) Support Group.

We are committed to providing continuing support for our patients living with an ICD. Our ICD Support Group program provides regular education, clinical and technology update meetings and the opportunity for ICD recipients to meet with other people with ICD's. Meetings conducted twice a year are hosted by the Support Group Team and include presentations from a wide range of invited guest speakers.

To register your interest in attending our next meeting please contact **Anne Marie ph: 08 8202 6608.**

Comprehensive cardiology investigation and procedure preparation information is available on our website

adelaidecardiology.com.au