

Kurralta Park Clinic



The Kurralta Park Clinic is located at the Tennyson Centre only five minutes from the city. Free car parking is available on site and it is well serviced by public transport: Bus Stop 4a, South Road (East side), Stop 4a Beauchamp Street (East and West side) and Stop 5 South Road (East and West side).



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Our Cardiologists

Adelaide Cardiology provides an extensive range of cardiac services and subspecialties ensuring that patients have access to the complete range of cardiac care within our Practice.

Peter Steele
Interventional

Joseph Montarello
Interventional

Michael Brown
Interventional, Non-Invasive Cardiac Imaging (CT, MRI)

Glenn Young
Electrophysiology

Daniel Cehic
Electrophysiology

Peter Sage
Interventional

Stephen Worthley
Interventional, Non-Invasive Cardiac Imaging (CT, MRI)

Patrick Disney
Echocardiography, Adult Congenital Heart Disease

Karen Teo
Non-Invasive Cardiac Imaging (CT, MRI)

Julie Bradley
Echocardiography

Georgy Chacko
Interventional

Maria Santos
Electrophysiology

G (Srini) Srinivasan
Echocardiography, Non-Invasive Cardiac Imaging (MRI)

Jamie Morton
Echocardiography, Non-Invasive Cardiac Imaging (CT)

Luay Samaraie
Non-Invasive Cardiac Imaging (CT and MRI)



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Contact us

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Locations

City & Suburbs

St Andrew's Medical Centre
Level 2, 321 South Terrace
Adelaide SA 5000

Leabrook Clinic
286 Kensington Road
Linden Park
SA 5068

Modbury Clinic
71 Smart Road
Modbury SA 5092

Unley Road Clinic
313 Unley Road
Malvern SA 5061

Kurralta Park Clinic
Tennyson Centre
520 South Road
Kurralta Park SA 5037

Regional

Angaston Hospital
29 North Street
Angaston SA 5353

Bridge Clinic
8 Standen Street
Murray Bridge SA 5253

Broken Hill Base Hospital
Thomas Street
Broken Hill NSW 2880

Clare Medical Centre
Old North Road
Clare SA 5453

Gawler Health Services
21 Hutchinson Road
Gawler SA 5118

Gumeracha Hospital
2 Albert Street
Gumeracha SA 5233

Littlehampton
89 North Terrace
Littlehampton SA 5250

Maitland Health Centre
69 Robert Street
Maitland SA 5573

Mannum Medical Centre
Parker Street
Mannum SA 5238

Minlaton Medical Centre
7 South Terrace
Minlaton SA 5575

Wallaroo Hospital
Ernest Terrace
Wallaroo SA 5556



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the beat



Welcome...

to our Autumn 2014 issue of “the beat”, Adelaide Cardiology’s quarterly publication providing information about our Practice and cardiology topics of interest.


Adelaide Cardiology is pleased to announce the opening of two new clinics

Our Kurralta Park Clinic opened last month and is located at Suite 6 in the Tennyson Centre, 520 South Road, Kurralta Park.

We shall also be opening a new clinic in Leabrook in April 2014. The clinic is conveniently located at 286 Kensington Road, Leabrook, and will offer a wide range of services.

Both of our new clinics will complement our existing metropolitan clinics located at the St Andrew’s Medical Centre, Unley Road Clinic and Modbury Clinic.

Bookings and enquiries can be made by contacting us on 8202 6600.

 adelaide cardiology	Consultation	ECG	Echocardiography	Exercise Treadmill	Exercise Stress Echo	Holter Monitor	Event (Loop) Monitor	BP Monitor
Kurralta Park Clinic	✓	✓	✓	✓		✓		
Leabrook Clinic	✓	✓	✓	✓	✓	✓	✓	✓

Winter Dinner

Daniel Cehic and Steve Worthley are hosting a ‘Cardiology Review and Update’ dinner for General Practitioners on the **17th of June** at **Chloe’s Restaurant**.

Dinner will commence at 6.30pm and CPD Points will be awarded.

If you would like to attend please contact Julie Breen on 0428 287 952 or jbreen@adelaidecardiology.com.au



An update on the latest clinical trial results of HDL and the role of HDL in preventing atherosclerotic disease by Dr Jamie Morton

Numerous epidemiological and preclinical studies have shown that higher HDL levels are atheroprotective, which is thought to be due to not only the role of HDL in cholesterol efflux, but also its powerful anti-inflammatory and anti-oxidant properties. However, in the last few years several landmark clinical trials employing HDL-raising as a therapeutic strategy have failed to demonstrate a clinical benefit for cardiovascular disease. The first study, published in 2007, was the ILLUMINATE study of torcetrapib. This cholesterylester transfer protein (CETP) inhibitor raises HDL and lowers LDL. However, in ILLUMINATE, treatment was associated with excess deaths. Then AIM-HIGH was published in 2011 testing niacin, A B-group vitamin that raises HDL. This trail was stopped prematurely as interim analysis determined there was no probability of showing benefit. Following this, Dal-OUTCOMES showed a lack of benefit of dalcetrapib, another CETP inhibitor, and then HPS2-THRIVE confirmed the neutral results seen with niacin in AIM-HIGH.

These unexpected and disappointing results have led to many questioning the role of HDL-raising therapy. As part of his PhD, Dr Morton looked into this paradox of why HDL-raising therapy appeared so beneficial in animal models and yet so futile in human trials. He examined HDL-raising in the mouse model of atherosclerosis utilising apo-E deficient mice (analogous to human hyperlipoproteinaemia type III). Two animal models were produced: one used young mice with very early stage atherosclerosis called fatty streaks, and the other used old mice with much more advanced fibroatheroma. The advanced disease was more in keeping with the type of disease seen in humans enrolled in clinical trials, who all had to have symptomatic vascular disease, whereas the majority of previous animal work utilised a model similar to the first.

The results appear to shed some light on the conundrum. In advanced disease, HDL-raising had no or very little effect on atherosclerosis progression and severity. On the other hand, in the early-stage model there was a remarkable benefit of HDL-raising, with reduced progression of plaque growth and

the conversion of plaques to a more favourable type thought to have less chance of rupture. Based on the evidence from Dr Morton’s thesis, HDL-raising may have more beneficial effects when initiated early. Patients can be advised that *now* is the best time to improve their lipid profile. Currently, HDL-raising can be best achieved by increasing exercise and consuming a diet low in saturated fat – a lifestyle that has been shown to increase HDL by 5-14%.

Dr Jamie Morton

Jamie graduated from the University of Adelaide in 2001 and completed his internship at the Royal Adelaide Hospital. He then spent two years working in London, particularly at St Thomas’ Hospital. Upon returning to Australia he moved to Sydney where he finished his general medical and advanced cardiology training at the Royal Prince Alfred Hospital, receiving a Distinguished Teacher Award in 2009. He was awarded his FRACP in 2010.

In 2013 he was awarded his PhD on the role high density lipoprotein cholesterol (the “good cholesterol”) plays in cardiovascular disease, diabetes and cancer by the Heart Research Institute, University of Sydney. This research was supported by a National Health and Medical Research Council and National Heart Foundation scholarship. His work from this research has been presented at national and international conferences and has received awards from the Cardiac Society of Australia and New Zealand and the Heart Research Institute.

He returned to Adelaide in 2013 to join Adelaide Cardiology where he consults at our metropolitan and regional clinics. His specialised interest are diagnostic imaging, particularly echocardiography, transoesophageal echocardiography and CT coronary angiography.

Leabrook Clinic



The Leabrook Clinic is located ten minutes from the city at 286 Kensington Road, Leabrook. Free car parking is available on site and the clinic can be accessed by public transport: Bus Stop 10, Kensington Rd North and South side and Bus Stop 10 Tusmore Avenue East and West Side.

