



Genesis SleepCare with Adelaide Cardiology is committed to improving outcomes and access for patients with Sleep Disorders.



Our SleepCare team comprises Respiratory SleepCare Physician Dr Vinod Aiyappan, SleepCare Technicians, healthcare and management professionals working together in the diagnosis and treatment of a range of sleep disorders to help our patients live a more satisfying and healthy life.

For consultations with Dr Aiyappan at the St Andrew's Medical Centre please call Adelaide Cardiology **ph:** 08 8202 6600.



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)

Locations

City & Suburbs

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

Leabrook Clinic:
284 Kensington Road Leabrook

Kurralta Park Clinic:
Tennyson Centre,
520 South Road Kurralta Park

Modbury Clinic:
71 Smart Road Modbury

Unley Road Clinic:
313 Unley Road Malvern

Regional

Angaston Hospital:
29 North Street Angaston

Bridge Clinic:
8 Standen Street Murray Bridge

Broken Hill Base Hospital:
Thomas Street Broken Hill

Clare Medical Centre:
Old North Road Clare

Gawler Health Services:
21 Hutchinson Road Gawler

Gumeracha Hospital:
2 Albert Street Gumeracha

Littlehampton Medical Centre:
89 North Terrace Littlehampton

Mannum Medical Centre:
Parker Street Mannum

Minlaton Medical Centre:
7 South Terrace Minlaton

Walleroo Hospital:
Ernest Terrace Wallaroo

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the beat

spring 2014



Welcome to our Spring 2014 issue of the beat, Adelaide Cardiology's quarterly publication providing information about our Practice and cardiology topics of interest.

Adelaide Cardiology News

Referrer Education Meeting

Cardiology and Urology GP Dinner at the Tennyson Centre 10th December 2014

Dr Kym Horsell, Urologist will present an: 'Update on Prostate Imaging-Prostate MRI' and

Dr Luay Samaraie, Cardiologist will: 'Review the management and treatment of Congestive Cardiac Failure'

To confirm your registration for this meeting please RSVP:

E: jbreen@adelaidecardiology.com.au or **P:** 0428 287 952.

RACGP CPD Points will be awarded for attendance at this meeting.

Updated Adelaide Cardiology Web Site and New Logo

We have launched our new website which is designed to enable you easy access to:

Regular clinical Cardiology updates

Quick links to Health Organisations, Heart Care affiliates and partner groups

Patient information for 'Healthy Living'

Procedural and Testing Information for patients

Register for CPD Education Meetings

Download Referral Forms

Provide feedback

Please visit our new website at
www.adelaidecardiology.com.au

Dr Maria Santos reviews the clinical indications for 'Implantable Loop Recorders'.

Arriving at a diagnosis in patients with syncope (unconscious collapse or fainting) can be fraught with difficulty if episodes are infrequent and seemingly random.

External cardiac monitoring (inpatient telemetry, ambulatory Holter study or event monitor) and provocative testing (tilt table testing, invasive electrophysiology study) are among the initial diagnostic steps. However when these investigations fail to yield a clear answer, extended cardiac rhythm monitoring can be helpful in selected patients. It can provide symptom-rhythm correlation in a significant number of people with undiagnosed syncope.

An implantable loop recorder (ILR) should be offered for recurrent syncope, or even a single episode of syncope if an arrhythmic aetiology, especially a potentially life-threatening one, needs exclusion.



The ILR can provide symptom-rhythm correlation in a significant number of people with undiagnosed syncope.

An ILR is a small, thin device that continuously monitors the heart rhythm and records arrhythmias automatically according to programmed parameters. The patient can also initiate a recording using a hand-held activator. Blackouts with little or no warning, giddy turns, falls, and palpitations can be correlated with stored information, and an arrhythmic cause can definitively be established or excluded.

The ILR is inserted just underneath the skin in the left upper chest under local anaesthetic. The incision is usually ~5 mm, does not require sutures, and is covered with a plain waterproof dressing for 5-7 days.

Estimated battery longevity is over three years. These devices are generally MRI-conditional. Device interrogation occurs through a portable programmer that collects data from the ILR using a wand, usually at the cardiologist's office. Remote follow-up may also be possible using a home-based personal monitor that collects information from the ILR wirelessly and transmits data trans telephonically to the relevant clinician.

The ILR is an important tool in potentially preventing arrhythmia-related complications including death, once appropriate treatment is instituted when the correct diagnosis is reached.



Maria completed her physician training in New South Wales and her advanced cardiology training at the Austin Hospital in Melbourne. She was admitted to the Royal Australian College of Physicians in 2009.

Following her advanced cardiology training, Maria completed Fellowships in Electrophysiology at The Prince Charles Hospital in Brisbane (2010) and the University of British Columbia, Vancouver Canada (2011).

Maria has an interest in all aspects of clinical cardiology with a particular interest in implantable electronic devices, heart failure device therapy and syncope.

Maria joined Adelaide Cardiology in 2012 and consults at our Leabrook, St Andrews Medical Centre, Modbury, Gawler, Angaston and Clare rooms. Maria performs device implantation and electrophysiology procedures at St Andrew's and Calvary Wakefield Hospital.

To register for an electronic copy of this newsletter please email your confirmation to Julie Breen at
jbreen@adelaidecardiology.com.au