

Kurralta Park Clinic



The Kurralta Park Clinic located at the Tennyson Centre provides Consultation, Echocardiography, Holter Monitor and Exercise Treadmill Testing services. Free on-site parking, excellent public transport services and the availability of urgent appointments ensure that our new clinic is easily accessible for our patients. To make a booking please contact Ph: 08 8202 6600 or Fax: 08 8202 6698.



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cardiology

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 (Srin) 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
Leabrook
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

Littlehampton
89 North Terrace
Littlehampton SA 5250

Mannum Medical Centre
Parker Street
Mannum SA 5238

Minlaton Medical Centre
7 South Terrace
Minlaton SA 5575

Walleroo Hospital
Ernest Terrace
Walleroo SA 5556



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caring for hearts since 1935

the beat

Welcome...

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

Adelaide Cardiology welcomes registrations for their GP CPD Education Meeting

Saturday 2nd of August 2014 : 8.30am until 1.00pm. at The Tennyson Centre at Kurralta Park : 520 South Road, Kurralta Park

Dr's Peter Steele, Michael Brown, A/Prof Glenn Young, Patrick Disney, Georgy Chacko, Maria Santos, Jamie Morton and Luay Samaraie will present a clinical update and review of the following topics:

Ischaemic Heart Disease:

- History Taking
- Testing
- Percutaneous Coronary Interventions
- Treatment

Congestive Cardiac Failure:

- Medical Treatment
- Follow Up
- Implantable Cardiac Defibrillators
- End of Life Issues

Arrhythmias:

- Atrial Fibrillation
- Supraventricular Tachycardia
- Pacing

Non Invasive Cardiac Imaging:

- CT Coronary Angiography
- Echocardiography
- Transoesophageal ECHO
- Cardiac MRI

To confirm your registration:

RSVP: Julie Breen E: jbreen@adelaidecardiology.com.au

T: 0428 287 952 F: 08 8223 6166 before 24th of July 2014

6 Category 2 RACGP Points will be awarded for this meeting.



A/Prof Glenn Young recently spent a week in Myanmar providing cardiology services and education. He writes about his experience below:

Inspired by the work and experiences of a medical colleague, James Muecke, I recently set about making enquiries as to the possibility of providing cardiology services and education to underprivileged communities overseas. With contacts made through James' experience in Myanmar and a chance discussion with an EP colleague from Sydney, I visited Myanmar in October 2013 with a volunteer group, Open Heart International.

Myanmar is a bustling and vibrant country of approximately 65 million people in the heart of Asia. It shares borders with Bangladesh, India, China, Laos and Thailand. It has a turbulent history being a British colony for more than a hundred years before achieving independence in 1948. It was initially a democratic country but a coup in 1962 saw a military junta take control. This persisted until 2010 when a general election was held and a civilian government installed. With these recent changes Myanmar has become more accessible to both tourists and to foreign investment. A visa is still required to visit.

The medical system is largely Government run but expenditure on health care is low – around 1-3% of GDP. Although health care is nominally free, patients pay for medicine and treatment in clinics and hospital.

The purpose of my trip was to provide assistance and education to the only Electrophysiology Unit in Myanmar. This Unit is run by Professor Nwe Nwe who trained in Myanmar and then spent a year in Singapore to improve her electrophysiology skills. The Unit is based at the Yangon General Hospital in central Yangon (formally Rangoon). This is a busy general and tertiary care hospital established by the British in 1899. It is still housed in the original colonial buildings and entering it is to go back 100 years. The Cardiology Department provides inpatient and outpatient care including interventional cardiology, and as mentioned previously, the only electrophysiology services in Myanmar.

The electrophysiology laboratory was established approximately three years ago and operates 3 to 4 days a week (it shares the only laboratory with the interventional cardiologists). The laboratory has good quality x-ray equipment and facilities for

basic electrophysiology studies, catheter ablation and device implants. Only the most symptomatic patients are eligible for treatment. Professor Nwe Nwe has gathered a fabulous team of dedicated nurses, technicians and radiographers. The laboratory runs extremely efficiently and the staff are well trained and very conscientious. They work up to 12 hours a day, 5½ days a week for about \$100 a month. Their enthusiasm and the pleasure they seem to derive from their work is enlightening and infectious.

The plan for the week was for Dr Stuart Thomas (from Westmead Hospital) and myself to work with Professor Nwe Nwe and the staff on arrhythmia cases they had been unable to successfully treat. We started on Monday morning and over the next 6 days worked about 80 hours and completed the 30 or so patients they had lined up. It was approached as a teaching exercise and we encouraged the local staff to do as much of the work as possible although there was enough hands on work to keep us busy. It was very gratifying to see the obvious appreciation the patients and their relatives expressed for our help. We managed to enjoy a traditional Myamnar lunch cooked every day by "Matron" and the hospitality extended to us was wonderful. We found the people warm and friendly and Yangon very safe to travel around. Our only regret is that we didn't have time to see more of the city sights.

In terms of logistics we were assisted by Open Heart International. This is a volunteer medical group based in Sydney who provide medical assistance and care to many underprivileged countries. I would encourage you to look at their website and consider volunteering, or at least making a donation. They are doing wonderful work. They made the whole process of getting to Myamnar, interfacing with the local medical community and arranging the day to day requirements such as accommodation and transport seamless. I must also thank Medtronic, St Jude and Biotronic who donated medical supplies for us to take to Yangon.

From my personal perspective, I gained an enormous amount from the trip and it seems that we may have made a good impression as we have been invited back this year.

Associate Professor Glenn Young

Glenn graduated from the University of Adelaide in 1985 and undertook his internship, general medical training and advanced cardiology training at the Royal Adelaide Hospital. At this time invasive treatment of cardiac arrhythmias was in its infancy and Glenn decided to travel overseas to pursue his interest in this area.

Having been awarded the Lions Heart Foundation Travelling Fellowship, Glenn studied at the Royal Brompton National Heart Hospital in London for 12 months and then a further two years at the University Hospital in Vancouver, Canada.

In 1994 Glenn returned to the RAH to establish a comprehensive electrophysiology service. He continues to work predominantly in the field of cardiac arrhythmias performing both catheter ablations and implanting pacemakers and defibrillators.

Glenn has undertaken extensive research in the area of arrhythmias and involves himself in the teaching of medical students, cardiac trainees and nursing staff and is a Senior Clinical Lecturer at the University of Adelaide.

Glenn has an active role in the Cardiac Society of Australia and New Zealand being past Chairman of the Pacing and EP working group and is on a number of Cardiac Society and federal government committees.

Glenn who joined Adelaide Cardiology in 1994 consults at the St Andrews Medical Centre, our Unley Road, Murray Bridge and Broken Hill Clinics.