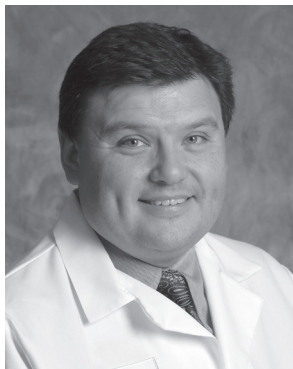


HERO AT HEART

Dr. Charles Nino



This year, 1.2 million Americans will have a heart attack. Half of them will die.

The truth is that heart disease is still the number one cause of death of adults in America — and in Michigan. But the heart doctors of St. John Macomb Hospital are working to change that. And that's why we salute this week's Hero At Heart.

*Meet **Dr. Charles Nino**, Cardiologist on staff St. John Macomb Hospital in Warren.*

Q: Dr. Nino, when did you know you wanted to be a doctor?

A: Early on in grade school and I never wavered. I was surrounded by role models who helped shape my decision at a very young age. I didn't choose to become a cardiologist until my first rotation as an intern. I was overwhelmed by the extent of heart disease and fascinated by the technology available for its treatment.

Q: What do you think are the challenges of practicing medicine?

A: I think the biggest challenge is maintaining the relationships with my patients. The economics and requirements doctors face today can intrude on the time spent treating patients, which can compromise the relationships if you're not careful.

Q: What makes a good patient/physician relationship?

A: Trust. When a patient looks to a doctor for advice and help he must feel that the doctor is not distracted by an ulterior agenda, but truly cares about his health and well being.

Q: What's on the horizon in heart care?

A: The sky is the limit in cardiology. In short-term advances, equipment such as the new 64-slice CT scanner is drastically changing the way patients are treated through non-invasive procedures. This equipment poses tremendous benefit since it is applicable to patients of any age. Also, carotid stenting implantation is remarkably restoring blood flow to patients' limbs. As for long-term advances, manipulating serum cholesterol as a preventative measure is definitely on the horizon.

Q: What is some medical advice the world can't do without?

A: The best advice I can give a patient is that they must trust their doctor, and if they don't, find a new one. Medicine is so complicated today, and with the countless sources of information available through the internet coupled with what is shown on TV, it can be hard to decipher fact from fiction. That is why a professional opinion is so necessary. But don't settle for just one doctor's opinion if you don't feel completely comfortable.

To find out your risk for heart disease, visit us online and take our 2-minute heart assessment at www.realmedicine.org/heartcheck

You can find Dr. Nino at Eastlake Cardiovascular Associates, PC, in St. Clair Shores. If you would like to make an appointment or would like more information about the 64-slice CT scan, please call 1-888-440-REAL or visit us online at www.realmedicine.org.

Dr. Nino is an independent physician on the medical staff at St. John Macomb Hospital.



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