

HERO AT HEART

Dr. Christian Machado



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 Providence Heart Institute are working to change that. And that's why we salute this week's Hero At Heart.

Meet Dr. Christian Machado, Cardiac Electrophysiologist on staff at the Providence Heart Institute.

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

A: I was in sixth grade. My grandfather had suffered a heart attack, and I remember the cardiologist came to his home to perform an EKG. I was so impressed by his confidence and caring nature. He assured all of us that my grandfather would recover – and he did. The doctor became my role model. The experience stuck in my mind, and I knew I wanted to become a cardiologist. All my goals from that day forward focused around this decision.

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

A: I think a major technical challenge is the ability to apply all the emerging knowledge to practical issues. Easy access to an excess of information makes analyzing the data from all the research and putting it into practice very difficult. On the other hand, the field of medicine also faces a social challenge of finding a way to take all this technology and knowledge to serve the underprivileged – to ensure everyone receives the best care available.

Q: What makes a good patient/physician relationship?

A: Obviously trust and respect. You can't have a relationship without them; however, time plays an integral role in building the relationship. The length of time spent with each patient, through office visits or procedures, is what allows it to develop and become established.

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

A: In the area of electrophysiology, Atrial Fibrillation is a revolutionary procedure that is providing a cure for heart arrhythmias, which were previously thought to be untreatable. Also, device therapy is on the horizon. New technologies in implantable devices are proving to be very promising. The results are impressive.

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

A: The best medicine is always preventative medicine. The latest technologies and impressive centers with expert subspecialties all come into play after the fact. Educating people about general health issues is important in building a society that believes in preventative care, since adopting lifestyle changes has proven to help prevent cardiac disease.

Q: Why did you choose St. John Health?

A: Providence Hospital offered me the ideal setting to practice cardiac electrophysiology, conduct clinical research, teach medical students and residents, and lead the training of new cardiologist via our Cardiovascular Fellowship. It was nine years ago when I pioneered the electrophysiology lab at Providence, and I am fortunate to be a part of a progressive health system that truly has the best interest of all patients in mind.

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. Machado at Heart Cardiology Consultants in Livonia, Southfield, Novi and Farmington Hills. If you would like to make an appointment, please call 1-888-440-REAL or visit us online at www.realmedicine.org.

Dr. Christian Machado is an independent physician on the medical staff of Providence Hospital



Providence Hospital is the only hospital in southeastern Michigan with a Cardiovascular Teaching program recognized as a national top 100 heart hospital five years in a row.

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