

HERO AT HEART

Dr. Eduardo Garcia



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. Eduardo Garcia, Cardiologist on staff at the Providence Heart Institute.

Q: Dr. Garcia, what do you think are the challenges of practicing medicine?

A: Progress is very rapid in heart care, and staying on top of the emerging technologies that allow doctors to provide patients with a quick and accurate diagnosis can be challenging. But these advancing technologies give doctors more confidence, confirming the proper treatment plan to ensure a successful outcome. Another challenge is treating terminal patients – informing them of their condition and treatment options.

Q: What makes a good patient/physician relationship?

A: Taking a sincere interest in the patient. Patients know when you're really interested in listening to them and attending to their medical needs. A good patient-physician relationship can only be established when the doctor shows true concern and lets the patient know that they are being heard.

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

A: There are so many new things in cardiology today; however, I believe that the greatest change in diagnostics and management of heart disease will come through the

application of genetics. In the interim, mastering diagnostics through more accurate, less invasive procedures such as use of the 64-slice CT scanner is allowing a broader scope of patients to quickly receive successful treatment.

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

A: The world, in general, needs improved health care. In the developing countries, the economics, communication and community education need to be enhanced to provide better care for all in need.

Q: Why did you choose St. John Health?

A: I chose St. John Health due to its professional and friendly atmosphere. St. John is a unique system of hospitals that offers the same advances as other area health care systems with the added advantage of providing excellent specialty care to many patients. As a doctor who is part of the Providence Heart Institute and works in a small group practice, Providence Hospital is a top-notch facility that provides accessibility to my patients and our physicians.

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. Garcia at Michigan Cardiology Associates, PC, in Southfield, Dearborn or Wayne. If you would like to make an appointment, please call 1-888-440-REAL or visit us online at www.realmedicine.org.

Dr. Eduardo Garcia 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.



1-888-440-REAL

REAL MEDICINE™