

# HERO AT HEART

## Dr. Gerald Cohen



*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 Hospital and Medical Center are working to change that. And that's why we salute this week's Hero At Heart.*

*Meet Dr. Gerald Cohen, Noninvasive Cardiologist at St. John Hospital and Medical Center in Detroit.*

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

**A:** When I was a boy, I had an uncle who was an excellent internist. He inspired me to become a doctor. I always admired the way he was able to help people, and I wanted to be able to do the same.

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

**A:** Providing a caring human touch while mastering the knowledge and technology necessary to offer state-of-the-art medical care and inspiring people to take responsibility for their health to become contemporary patients.

**Q: What makes a good patient/physician relationship?**

**A:** Trust and integrity as well as the doctor's capability in their specialty and the patient's willingness to ensure their own well-being.

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

**A:** Non-invasive technologies that detect the hardening of arteries at an early age to prevent the incidence of strokes, heart attacks and other vascular diseases later. For example, CT imaging of coronary arteries and ultrasound imaging of carotid arteries are very effective in detecting the early accumulation of fatty deposits or plaques in these blood vessels. Also, new technologies in echocardiography now enable 3-D images of the heart to be viewed for diagnostic purposes.

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

**A:** "Strive to be happy and take care of yourself."

**Q: Why did you choose St. John Health?**

**A:** St. John provides a genuine caring environment for patients while constantly remaining at the forefront of medical technology. Overall, I feel that St. John represents integrity and compassion in medical care.

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

You can find Dr. Cohen in the noninvasive lab at St. John Hospital and Medical Center. If you would like more information, please call 888-440-REAL or visit us online at [www.realmedicine.org](http://www.realmedicine.org).



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