

HERO AT HEART

Dr. Jamal Zarghami



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. Jamal Zarghami, Cardiologist at the Providence Heart Institute.

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

A: Even at an early age – junior high and high school – I was drawn to the medical field. As a summer intern in high school, I learned first hand about the role of radiology in the emergency room. The doctors that I met were passionate about their work—and I was hooked. It wasn't until after medical school, however, that I chose interventional cardiology.

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

A: Resource allocation. One of the greatest challenges is being able to provide the same high quality medical care to everyone. With the growing health care costs in this country, giving personalized care and access to the best medicine available is difficult at times, but we always strive for it.

Q: What makes a good patient/physician relationship?

A: Listening is really the key to good relationships between patients and physicians. Everyone who knows me is keenly aware that communication with my patients is paramount. I may get backed up sometimes (as my staff can attest) but it is because I give each patient an opportunity to tell me his or her complaints, fears and questions. Time and honesty make for a good relationship.

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

A: For me, as a peripheral vascular interventionalist, placing stents in the carotid arteries, kidney arteries and arteries of the leg in addition to coronary stents marks an exciting advance in cardiology. We are now able to offer effective and less invasive options of therapy for patients with vascular disease, especially the patients who may be not be ideal candidates for surgical revascularization.

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

A: Be conscious of the modifiable risk factors for disease. Factors like weight, food selection, exercise and lifestyle can have positive or negative long-term effects on the body and organs. Too many young people will suffer unnecessarily if we don't educate and modify their risk factors now. Childhood obesity is at an all-time high and cholesterol is already a factor at a younger age than in previous generations.

Q: Why did you choose St. John Health?

A: I trained at Providence so it is like coming home. Providence offered me access to the latest technology and unique opportunities to explore the science of heart care.

Q: Do you have any advice for the physicians of tomorrow?

A: It may sound cliché, but my advice is to follow what you love. If you do, you will never "work" a day in your life.

Q: What do you consider the greatest medical myth?

A: Once you stent a coronary artery, the problem is solved and the patient can return to all the "old habits". In fact, quite the opposite is true. Once a patient is diagnosed with coronary artery disease, treatment of all the risk factors becomes the most important step in their therapy.

Q: What is your favorite medical term (phrase/jargon)?

A: My favorite phrase is when I can tell my patients that "Everything is going to be OK".

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

Dr. Jamal Zarghami 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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