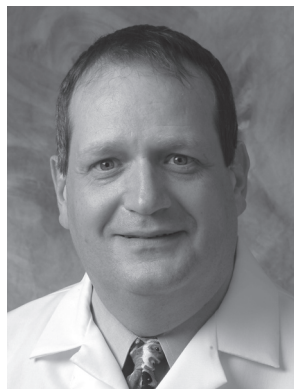


HERO AT HEART

Dr. James Martin



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. James Martin, Cardiovascular Surgeon and Medical Director of Cardiovascular Surgery at St. John Macomb Hospital in Warren.

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

A: My senior year of college. I was studying to become a research biochemist, and while working on an honors project I determined that I hated working in a lab and I wanted to be around people. Three different friends – all on different occasions – suggested I should become a doctor. I believe in the power of suggestion and ‘God showed me the way’. Now I’m a doctor!

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

A: Medical advancements coupled with the human aspects of interacting with patients, staff and the administration as well as the basic logistics of being a practicing cardiac surgeon. It is exciting because every day brings new challenges with it. There is never a dull or routine moment.

Q: What makes a good patient/physician relationship?

A: Honesty, compassion and the ability to listen. These are fundamentals that foster a true relationship between a doctor and a patient. You have to care about people to develop relationships, and once a relationship is established, it is important to maintain it through every interaction.

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

A: Non-invasive surgery for Atrial Fibrillation, which is an unsafe, abnormal heart rhythm affecting millions of people of all ages. We are just starting to ‘crack the lid’ on this new procedure, which is essential unknown, but I am very excited about its potential to help a large number of people who are currently taking prescription medications that are having a minimal effect on treating their condition.

Q: Why did you choose St. John Health?

A: After my residency, I came to St. John for the opportunity to practice; however, after 12 years, I have come to know the nature of St. John as a true ‘system’. With multiple hospitals, St. John works to set standards and protocol in a cooperative manner to provide the best patient care. St. John has a team of qualified doctors who work with an educated support staff to create a caring environment. That’s why I stay at St. John.

Q: What words of advice would you give the cardiac physicians of tomorrow?

A: In a rapidly changing field, the concentration should be medical rather than surgical. With better medications and new technologies, the need for invasive procedures will be a ‘thing of the past’. Since heart disease is so common, genetic engineering could really ‘take off’ in cardiac care, and minor inroads could have huge results.

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. Martin at St Clair Cardiovascular Surgeons, PC, in Roseville. If you would like to make an appointment, please call 1-888-440-REAL or visit us online at www.realmedicine.org.

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



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