

# HERO AT HEART

Dr. Julius Gardin



*This year, 1.2 million Americans will have their first or recurrent cardiac event. Half of them will die. If you think that heart disease is generally curable, think again. It is still the number one cause of death of adults in America. 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. Julius Gardin, Chief, Division of Cardiology, St. John Hospital and Medical Center*

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

**A** In junior high school I developed a real interest in medicine as a result of my father's sudden heart attack. I had to work in our family store while he was ill, and I knew then that I wanted to become a cardiologist.

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

**A** The proliferation of new technology. With so many emerging procedures, it is important for a doctor to understand the proper indications for each test. Applying the latest technology to all patients could lead to unintended, and sometimes negative, consequences—for example—if false positive findings result from screening tests.

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

**A** The ability to talk frankly to each other. Taking the time to understand and really hear what that patient is saying allows me to not only obtain a diagnostic history, but to establish two-way communication that definitely provides better overall healthcare.

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

**A** Better, less invasive imaging technology through improvements in ultrasound, CT scan and MRI will help with diagnosis. At SJHMC we are thrilled to be offering 64-slice CT scan early in 2006. This imaging technology allows us to learn things about our patient's condition that we never could have before without an invasive procedure like a catheterization. That means, quicker diagnosis

that is much easier on the patient. SJHMC is among the first in the area to introduce this advanced technology. In addition, newer therapies such as catheter-based stents and electrical pathway ablation implantable heart defibrillators, robotic surgery and gene therapy are already making a significant impact in heart care.

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

**A** Patients have an important role in preserving their health. Eating right and exercising along with periodic visits to their healthcare provider can make an enormous impact in safeguarding their wellness.

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

**A** I have worked at a number of university hospitals across the country, and the dedication of the St. John physicians, who provide 24/7 care, impressed me the most. Also, the professionalism of the nursing staff at St. John is second to none.

**Q What do you bring to St. John Health?**

**A** I have a very strong academic background. I was Chief of Cardiology at University of California-Irvine before becoming Chief at St. John and a Professor of Medicine at Wayne State University. I secured research funding from organizations including the National Institutes of Health and American Heart Association. I have served as President of both the American Society of Echocardiography and Society for Geriatric Cardiology, and have been named on the Best Doctors in America list for the last several years.

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

For more information about Dr. Gardin, visit [www.realmedicine.org](http://www.realmedicine.org) or call 888-440-REAL.



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