

HERO AT HEART

Dr. Mark Rasak



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. Mark Rasak, Cardiologist on staff at the Providence Heart Institute.

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

A: My father is a doctor, and, through watching him help people restore their health, I decided that becoming a doctor would be very rewarding. There are few careers that have such gratifying job satisfaction. I chose cardiology due to the variety. As an interventionalist, the range appealed to me.

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

A: Medicine today requires time-intensive paperwork that can detract from time needed in one-on-one patient care. With the required HIPAA compliance forms and insurance companies' referral and consent forms, the clerical responsibilities are mounting in health care. Although the health system requires these documents, it is an added obligation for practicing physicians.

Q: What makes a good patient/physician relationship?

A: Trust. The patient must believe that you are treating them just as you would a family member. Aside from all the administrative functions of medicine, the physician's primary reason for practicing must remain the needs of their patients. They come first.

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

A: The arrival of non-invasive diagnostic procedures. The 64-slice CT scanners allow a patient's anatomy to be viewed without requiring an invasive heart catheterization. A remarkably clear 3-dimensional image is produced within a matter of minutes, which helps the doctor pin-point and diagnose heart-related conditions. This new advancement will certainly replace old procedures through its precision and ability to get patients back on their feet faster.

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

A: Prevention. Like bailing water out of a boat before it is already sinking, taking care of your body will help prevent your chances of developing heart disease. Remember that even though we have all these big machines that will help save your life, we hope you'll never need them!

Q: Why did you choose St. John Health?

A: Providence is a smaller hospital that provides superior patient care while maintaining a state-of-the-art facility that rivals those of the larger hospitals, and that is something to be proud of. Providence is also a place where I can provide customized, personal patient care, which is important to me. I know that my patients aren't lost in a sea of hospital beds because the Providence support staff is second to none.

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. Rasak in his office location in Farmington Hills. If you would like to make an appointment, please call 1-888-440-REAL or visit us online at www.realmedicine.org.

Dr. Mark Rasak is an independent physician on the medical staff of Providence Hospital



Providence Hospital in 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™