

HERO AT HEART

Dr. Mohamad Ajjour



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. Mohamad Ajjour, an Interventional Cardiologist on staff at St. John Hospital and Medical Center.

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

A: In college. During my pre-med classes I was drawn to medicine because of all the challenges the profession presented. I then decided to become a cardiologist not only due to my interest in the heart, but knowing there was a growing number of people suffering with heart disease who needed help.

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

A: Being able to stay on top of all the emerging technological advancements—especially as an Interventional Cardiologist. With new procedures constantly evolving, a doctor has to take this new knowledge and apply it to patients that it best serves.

Q: What makes a good patient/physician relationship?

A: Communicating the diagnosis, treatment and prognosis in terms the patient truly understands. It is important that the patient be able to comprehend the information in order to establish an open and trusting relationship that assures them that, as their doctor, you are always there to help them.

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

A: Electrophysiology (EP) studies used in the detection of arrhythmia, or irregular heartbeats, are making it easier to tackle difficult problems without the use of medications. Other procedures such as electrocardiograms and Holter monitoring record the arrhythmia events if they occur during the study while the EP study provokes these events and collects the data necessary for an accurate diagnostic and treatment plan.

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

A: "Preventive medicine is the best medicine."

Q: Why did you choose St. John Health?

A: I was trained here at St. John Hospital, and through knowledge and experience, I have witnessed how St. John Hospital has stayed up-to-date with technology to provide excellent care. I also value the open communication between the administration and physicians—it is not one-sided. When planning began on the new center, the physicians were part of the decision-making process to fully capture the amenities that would allow patients to receive better treatment.

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. Ajjour at Cardiovascular Institute of Michigan 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. Ajjour is an independent physician on the medical staff at St. John Hospital and Medical Center.



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