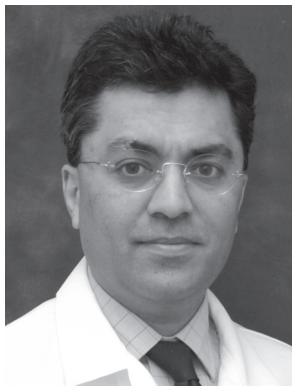


HERO AT HEART

Dr. Kamal Mubarak



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. Kamal Mubarak, Pulmonologist on staff at the Providence Heart Institute.

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

A: In High School. There are four generations of physicians in my family. So after discussing it with my parents, I decided to follow in the family footsteps. I wanted to be a part of a profession that helped people since I had witnessed two of my family members endure terminal illnesses. I am currently the Physician Specialist of the Pulmonary Hypertension Clinic at the Providence Heart Institute and Director of the Pulmonary Hypertension Clinic at Wayne State University. I also take care of critically ill patients in the Medical Intensive Care Unit.

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

A: Since I work strictly with pulmonary vascular disease in the outpatient setting, the challenge I face is that patients are often misdiagnosed for years before they come to see me. In these cases, I evaluate the patient and provide the proper diagnosis and treatment for their pulmonary hypertension. What most people don't know is that pulmonary hypertension can occur without an identifiable underlying cause, or it can also be associated with a variety of conditions that place a patient at high risk.

Q: What makes a good patient/physician relationship?

A: Communication is most important. The patients I work with must receive constant monitoring of their condition; therefore, in order to establish and maintain a good patient-physician relationship, they must be able to contact me at any time—even by email.

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

A: Treatments have changed dramatically in the past five years. With

this rapid progression, we have seen improvements in drug therapies administered orally, through inhalers, or by IV and injection. These drugs are increasingly being used in combination. The treatment of pulmonary hypertension is far less toxic than it was just a few years ago. With so much research being done, I expect many more classes of highly effective drugs to be released soon.

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

A: Get diagnosed early. Early detection combined with the proper treatment is important in restoring your health and wellness. Since pulmonary hypertension affects so many people—even young adults—it is essential to be proactive in order to improve the symptoms and survival. If you suffer from a rheumatological disorder, or have liver, sickle cell, thyroid, congenital heart disease or have HIV, you are at-risk for pulmonary hypertension and should seek proper care.

Q: Why did you choose St. John Health?

A: Because St. John Health offers outstanding services to treat a vast range of patients. The system is multi-faceted. St. John Health is also a very welcoming health care system with a professional and friendly staff that treats you like family. They show true concern. I am very proud to be a part of the Providence Heart Institute's Pulmonary Hypertension Clinic. Pulmonary Hypertension is an emerging field that is just gaining recognition. St. John Health has developed a program that is serving the public well through research studies and cutting edge technology, and I am extremely excited about the future of this remarkable program.

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. Mubarak at the Pulmonary Hypertension Clinic at the Providence Heart Institute. If you would like to make an appointment, please call 248-849-2000 or visit us online at www.realmedicine.org.

Dr. Kamal Mubarak 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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