

# HERO AT HEART

## Dr. Robert Grodman



*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. Robert Grodman, Cardiologist on staff at the Providence Heart Institute.*

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

**A:** I was in college, and I was going to be a baseball player or a doctor. I had a cousin who was going through medical school, so I was influenced by family to choose medicine over baseball. I decided on the specialty of cardiology during a heart dissection in gross anatomy class. I was intrigued by how such a small organ of the body was so vital to sustaining life.

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

**A:** Insurance companies, Medicare and uninsured patients all pose different challenges to practicing medicine today. It can be particularly challenging to get elderly patients the treatment and prescriptions they need when they are uninsured.

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

**A:** Honesty, communication, and accountability—on both sides. The doctor and the patient have to listen carefully and really hear what the other is saying. It cannot be one-way communication. Once the doctor and patient are open, then honestly sharing information naturally follow.

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

**A:** The enhanced ability to diagnose and treat heart-related disease with less invasive tests and procedures. Particularly, the

64-slice CT scanner is very exciting in heart care. As the newest CT angiogram device, this scanner provides nearly the same diagnostic information as a current cardiac catheterization. Soon to be offered at the Providence Heart Institute, it will replace the need for diagnostic operation, which is a huge step forward.

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

**A:** People should identify and control the risk factors in their lives that are associated with heart disease. Maintaining a normal blood pressure and cholesterol level, quitting smoking, eating a balanced diet, adequate exercise, and controlling blood sugar are all very important to staying healthy and steering clear of heart disease. It is never too late to start! You can alter the course of coronary disease progression by making changes today.

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

**A:** St. John Health has state-of-the-art facilities. As an interventional cardiologist, I wanted to be a part of St. John Health's remarkable heart network. I am currently in private practice with Dr. Anton at our Livonia office, and Dr. Pacis is joining us as a new associate. St. John allows us to serve patients from southwest Oakland to western Wayne Counties at the Providence Heart Institute, which has the latest technology and amenities needed to provide superior patient care.

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

You can find Dr. Grodman at Advanced Cardiovascular Health Specialist, PC, in Livonia. If you would like to make an appointment, please call 888-440-REAL or visit us online at [www.realmedicine.org](http://www.realmedicine.org).

Dr. Robert Grodman 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.