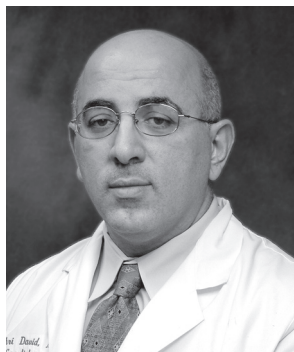


HERO AT HEART

Dr. Shukri David



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 the Providence Heart Institute are working to change that. And that's why we salute this week's Hero At Heart.

Meet Dr. Shukri David, Chief of Cardiology Providence Hospital in Southfield and Medical Director of the Providence Heart Institute.

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

A It was my first year in college when I realized that I wanted a career in medicine, but initially I wanted to be a lab researcher focusing on pure science. After volunteering as an orderly in the emergency room, I was struck by how quickly the doctors were able to diagnose and render care. I was impressed. They left a lasting impression, and I knew that patient care was also part of what I wanted as a doctor.

It was after my first-year rotations that I developed a passion for cardiology...I saw the opportunity to make a real difference in people's lives. The field is definitely partly an art, but it is also objective science. The combination is what makes cardiology so appealing to me.

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

A Great question. The challenge today is to make practicing medicine less bureaucratic. We need to maintain an environment of teaching and education—that's important. However, the challenge is not letting that responsibility (and other administrative obligations) take away from the personal attention a physician should give to patients. The opportunity to really create a personal connection with patients is disappearing with the increase in time-slot patient management. Personal connections make for good medicine.

Q What makes a good patient/physician relationship?

A Trust. Confidence. Communication. Those elements must be present. A patient should feel comfortable asking questions and getting a second opinion. If my patients don't have trust and

confidence in me as their physician or can't communicate openly with me, we are not going to make a good team and they should select another doctor. Regardless, patients should seek second opinions because it reinforces good medicine for everyone involved.

Q What's on the horizon in heart care?

A Excitement. Today we are diagnosing and treating patients, but prevention is the most exciting frontier. Tomorrow we will be screening at a younger age and preventing the situations we are facing today—and that's great. The other exciting arena is gene therapy. We will be able to intervene sooner and help those people who are predisposed to heart-related problems.

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

A Quite simply, I'd say...take care of each other. When people love their "neighbors" and care more for each other, overall health and happiness improves.

Q Why did you choose St. John Health?

A We chose each other, really. Providence offered me access to the latest technology and unique opportunities to explore the science of heart care. They have incredible depth and resources for physicians and patients. The new Providence Heart Institute is a great example. This state-of-the-art facility builds upon the hospital's strong history of providing some of the most technologically advanced and clinically excellent cardiac care in the area. The improvements will mean an even higher level of quality, convenience and satisfaction for our patients and family members.

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

You can find Dr. David at Heart Cardiology Consultants office locations in Southfield, Livonia, Farmington Hills and Novi. If you would like to make an appointment, please call 888-440-REAL or visit us online at www.realmedicine.org.

Dr. Shukri David 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.