

# HERO AT HEART

## Dr. Thomas LaLonde



*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. Thomas LaLonde**, Interventional Cardiologist at St. John Hospital and Medical Center in Detroit.*

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

**A:** In 7th grade. I was chronically ill, and I was inspired by the doctor's reassurance and ability to help me. I never thought about doing anything else.

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

**A:** The rules and regulations of the bureaucracy within the medical and insurance industry. These aspects can take away from the main focus of treating the patients.

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

**A:** Listening and establishing an open relationship. By listening to my patients, they can help me to achieve an accurate diagnosis. It is also important to me that my patients see me as a regular person. We share information about life. They know about my children and interests just as I know about theirs.

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

**A:** Since completing my formal training in 1989, I have learned many new procedures. The most exciting developments have been less invasive while achieving favorable results. Through CT scans and catheterization, the most successful new procedures allow cardiologists to more accurately assess circulation and treat blockages without requiring surgery.

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

**A:** An individual can do a lot for themselves. Doctors help guide patients but, ultimately, their health lies in their own hands through taking on a healthy lifestyle that consists of a proper diet along with exercise.

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

**A:** I wanted to stay in the neighborhood where I was born and raised. St. John Health is committed to serving a diversity of patients in the area, and after 22 years, I still love coming to the hospital. I even tell my kids that I am still excited about my job, and I wish the same for them.

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

You can find Dr. LaLonde at EastLake Cardiovascular Associates, PC, in St. Clair Shores. 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. LaLonde is an independent physician on the medical staff at St. John Hospital and Medical Center.



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