

NEW HORIZONS IN CARDIAC DISEASE MANAGEMENT

Only half of all heart attacks come with symptoms. Noninvasive, affordable risk assessment is essential for early diagnosis, treatment, and prevention.

By Diana Dunne

Today, like every other day in this country, approximately 2,600 people will die from cardiovascular disease. Of these, half are people who have had no prior heart disease diagnosis. You could be one of these folks—a ticking time bomb—and never even know it. That's why it's important to understand that the number one killer of Americans is often silent before it strikes with a vengeance. Armed with awareness, you can take steps toward preventing a heart attack or stroke and reversing heart disease.

“Our failure to reach out to people to detect cardiovascular disease early enough, and to give them proper treatment to stop the progression and reverse their disease, is what leads to this unfortunate ending,” says Mohamed Shalaby, M.D., a board certified cardiologist at St. Luke's Episcopal Hospital, and one of the leading cardiologists in Southeast Houston. “Most of our effort in the medical community has now shifted from receiving and treating a patient with a heart attack in progress, to instead reaching out to the public and educating them to prevent heart disease before it happens.”

Traditional risk factors like age, smoking, obesity, and family history are only indicative of vascular disease in 50 percent of patients who experience a heart attack. So it's important that everyone, even at a younger age, be assessed for this disease. Let go of your thinking that heart disease is an “old person's” illness. Many heart conditions affect young and seemingly healthy people as well.



At The Heart Center and The Chest Pain Center, Dr. Shalaby and his staff focus on early detection and lifestyle modification to prevent and reverse cardiovascular disease.

Clogged arteries (atherosclerosis, or hardening of the arteries), is a condition in which plaque builds up inside the arteries. “Plaque actually starts to develop in our second decade of life, and it keeps progressing,” Dr. Shalaby says. “Detecting plaque and preventing it from progressing further becomes key to treatment. The choices we make regarding lifestyle, stress level, and diet play a very large role in preventing the progression of plaque, as well as in preventing the development of vascular disease in adult life.”



Watch and listen to Dr. Shalaby discuss heart disease and preventive measures for maintaining a healthy lifestyle on Great Day Houston!

https://www.youtube.com/watch?feature=player_embedded&v=vCxqrxsRdNO

With proper risk assessment, approximately 80 percent of future heart attacks can be prevented. And when disease is detected in its early stages, natural intervention is much more likely to heal the patient. At The Heart Center, Dr. Shalaby and his staff focus on early detection and lifestyle modification to prevent and reverse vascular disease. “We work with a team of physicians, dietitians, exercise trainers, and life coaches to eliminate the root causes of heart disease,” Dr. Shalaby explains. “With patient education and lifestyle changes, we have been able to take patients off of their medications as they begin to lose weight, exercise, and understand how they can become healthier overall.”

With today’s state-of-the-art technology and noninvasive testing, Dr. Shalaby can offer affordable risk assessment, covered by most insurance, to every patient.

Dr. Shalaby’s welcomes your visit. Call The Heart Center today to schedule your cardiac risk assessment appointment at 281.956.7070. →

CHEST PAIN OR HEART ATTACK SYMPTOMS? SEE A CARDIOLOGIST NOW!

One of the most common reasons people visit their local hospital emergency room is because they are experiencing chest pains. The ER can be a very busy place, causing long waits when immediate care is needed.

Mohamed Shalaby, M.D., a board certified cardiologist, offers immediate and high quality medical care to persons experiencing chest pain and related symptoms.

“When someone has a history of symptoms like chest pain, palpitations, shortness of breath, dizziness, or others, but their condition is stable, they can come directly to the chest pain center for evaluation,” Dr. Shalaby says.

After thorough assessment, most cases can be managed using medications and outpatient testing. For more serious conditions that require hospital care, Dr. Shalaby will arrange for hospital admission. (Note: The decision to be seen in the conventional ER or in the chest pain center should be determined by discussion with your doctor.)

The care is immediate, and the cost is substantially lower than a visit to the hospital emergency room.



CARDIOVASCULAR DISEASE SYMPTOMS

There are “typical” heart disease symptoms that most of us are familiar with: Pressure in the center of the chest, usually radiating to the shoulder, neck, or jaw, and often felt during physical activity (i.e. walking up stairs). But these only affect 50 percent of the people who have angina. The other 50 percent experience symptoms in a different way, for example:

- Fatigue, No Energy
- Shortness of Breath
- Palpitations, Irregular, or Rapid Heartbeat
- Weakness or Dizziness
- Nausea or Heartburn
- Sweating

CARDIOVASCULAR DISEASE RISK FACTORS

Some people who are diagnosed with heart disease have traditional risk factors:

- Family History
- Obesity
- Diabetes
- Smoking
- High LDL
- Sedentary Lifestyle
- High Levels of Stress

However, a large number of people who have a stroke or heart attack do not possess any of these. Fortunately, technology developed in last 15 years, as well as lab work, can help discover additional risk factors for those who do not have the traditional ones. Carotid Intimal Media Thickness or CIMT, Calcium Scoring, Ankle Brachial Index, Echocardiogram, and Stress testing are all examples of safe, simple, and noninvasive ways to detect cardiovascular disease early.

DO YOU KNOW YOUR VASCULAR AGE?

A simple, noninvasive ultrasound test makes it very easy and very affordable to determine your vascular age. This is determined by measuring the thickness of your carotid arterial walls (Carotid Intimal Media Thickness or CIMT). This information can potentially save your life, and add years to it, by indicating any action necessary to prevent or reverse cardiovascular disease.

Vascular age testing can predict the future incidence of stroke or heart attack and lead you toward reversing or stopping cardiovascular disease.

STATE-OF-THE-ART CARDIOVASCULAR CARE CLOSE TO HOME



Mohamed Shalaby, M.D., F.A.C.C., St. Luke's Episcopal Hospital, Texas Heart Institute

Dr. Shalaby is a board certified, fellowship trained cardiologist with 20 years of experience in cardiovascular medicine. He offers a wide range of services to prevent and treat cardiovascular conditions. He and his team are focused on longevity and quality of life.

Call Dr. Shalaby's office to learn more about:

- Complete Cardiovascular Care
- Heart Attack and Stroke Risk Assessment
- Healthy Start Weight Loss and Management Programs
- Vein Center Laser Vein Removal and Chronic Vein Disease Treatment
- State-of-the-Art Cardiac Stress Testing
- Congestive Heart Failure
- Hypertension and High Cholesterol Management
- Coronary Artery Disease Management
- Dizziness and Syncope

**Call Dr. Shalaby's office to schedule
your Cardiovascular Risk Assessment or
manage your existing heart disease today!
Same Day Appointments Available!**

281.956.7070

www.DrShalaby.com

www.HealthyStartMD.com



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Blvd, Webster TX 77598

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MEET DR. MOHAMED SHALABY'S HEART HEALTHY PATIENTS!

JEANETTE BARLOW

A few years ago, Jeanette Barlow knew something was not quite right. She became frustrated when her healthcare professionals brushed it off. "I knew I needed some help, but I was put off by other doctors," Barlow says. She was feeling weak and says she couldn't think straight. "Then I was referred to Dr. Shalaby. He wanted me to have an angiogram right away. But I felt I needed some time to think about it." Six months later, Barlow was feeling even worse. She visited Dr. Shalaby to tell him she was ready for that angiogram.

Just as Dr. Shalaby suspected, Barlow's results showed blockages that needed immediate attention. "A stent was placed immediately," Barlow says. "Thanks to Dr. Shalaby, I am up and getting out and feeling much better. I credit him with saving my life."

Dr. Shalaby was the only doctor who recognized Barlow's symptoms were indicative of heart problems. "With all my complaints, he was the only one who understood that a woman has different symptoms from a man as far as heart disease is concerned," she says. "With the stent he put in, I am considerably better."

At age 76, Barlow continues to visit Dr. Shalaby regularly. "He is so dedicated and shows genuine interest when he looks at you. He's been a delight to have as a doctor," she says. "He's very kind and a sincere gentleman. You never feel like he's rushing you and his clock is ticking. I'm very pleased with him and I would recommend him to anyone!"

SAVANNA DIERINGER

At 22 years old, you wouldn't think Savanna Dieringer should have any concerns about heart disease. But she had symptoms that told a different story. "I would have chest pain almost every day and when I checked my pulse, it was very fast," she says. "I could feel my heart beating very rapidly."

Dieringer made an appointment to visit Dr. Shalaby, who was her mother's cardiologist. "Dr. Shalaby did an EKG, some ultrasound testing, and several other types of tests," she says. Her results indicated a condition called tachycardia—a fast or irregular heart rate that can be potentially life threatening. Dr. Shalaby prescribed medication for the condition, which she takes daily.

"Now I am doing great and I see Dr. Shalaby every six months for a check up," Dieringer says. "He really listens to what I have to say, and he explains everything I need to know about my condition. He is a very nice, kind doctor. I would recommend him to everyone who needs a heart doctor."



Savanna Dieringer understands that age may not matter when it comes to cardiovascular disease prevention. At an early age, Dr. Shalaby diagnosed her heart condition and she has taken steps to live a "healthy heart" life.