

*Doctoring with a Difference...  
...Join our Medical Home*

*Doctors who listen.  
Doctors who teach.  
Doctors who care.*



**Medpeds Associates of Sarasota**

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[doctors@medpedsdocs.com](mailto:doctors@medpedsdocs.com)



*Doctors who listen.  
Doctors who teach.  
Doctors who care.*

### *Did you know?*

General Electric designated Medpeds Associates of Sarasota as a National EMR Show Site.



## WHAT IS A MEDPEDS DOCTOR?

A MedPeds (med-peeds) doctor is a physician who is board certified in the practice of two specialties: Adult Internal Medicine and Pediatrics. They are two different kinds of physicians combined into one. As such, they are uniquely qualified to provide healthcare to the entire family, from grandparents to grandchildren. We believe that the relationship developed with the family provides us with better insight into the healthcare concerns of each individual within that family that may go unnoticed elsewhere.

## OUR COMMITMENT

At MedPeds we strive to provide the very best of healthcare services to infants, children, adolescents and adults in a family-oriented practice setting. We place a strong emphasis on preventive healthcare services and are readily available for illnesses, disease management, in addition to injury prevention and treatment.

Services provided include emphasis on wellness and disease prevention integrating routine screening and preventive care.

**Preventive Medicine** is strongly emphasized for both children and adults. These can include routine gynecological health care for women including pap smears, birth control, and infections; routine health care for men; full pediatric medicine including well baby care, immunizations, school physicals and adolescent medicine; injuries, minor surgery, and dermatology; health risk/lifestyle screening including blood pressure, cholesterol, diabetes and cancer screening examinations, and lab and x-ray procedures.

**Disease Management** provides training in a wide variety of illnesses and chronic medical conditions, including but not limited to: hypertension, coronary artery disease, heart disease, thyroid disease, diabetes, pulmonary disorders and gastrointestinal disorders.

## MEET OUR DOCTORS

All Med-Peds physicians hold a unique distinction in that they are experts in two areas of medicine, rather than one. Thereby making them double board-certified. Like other specialists, Med-Peds physicians John J. Collins, MD and Steven R. Grogg, DO completed additional training during their residencies at the University of Texas, Houston. During their four years of residency at UT, both Dr. Collins and Dr. Grogg met the training requirements of two medical boards: the American Board of Internal Medicine and the American Board of Pediatrics.



### *John J. Collins, MD, FAAP*

John Collins graduated from the University of South Florida Medical College in 1996. He is an Assistant Professor at Florida State University.



### *Steven R. Grogg, DO, FACOP, FAAP*

Steven Grogg graduated from the Oklahoma State University College of Medicine in 1996. He is an Assistant Professor at Florida State University.

## USING TECHNOLOGY TO IMPROVE PATIENT CARE

### *Electronic Medical Records (EMR)*

Medpeds Associates of Sarasota has a state of the art computer system that improves our service to our patients, as well as the medical community. We closely track our patient's healthcare needs and store medical records, or "charts", electronically. This enables us to better keep track of a patient's unique healthcare needs, deliver diagnostic results promptly, and coordinate care more efficiently. Medpeds Associates of Sarasota was one of the first medical offices in Sarasota to operate completely electronically. In 2009, less than 2 percent of medical offices nationwide use electronic medical records systems!

### *Patient Portal*

The Patient Portal enables real-time collaboration between patients, providers and referring physicians, allowing our patients to share healthcare information in a highly secure, HIPAA compliant environment. From requesting refills, viewing lab results and accessing educational information, the patient portal delivers vital care information directly to our patients' desktop to help ensure maximum patient satisfaction while eliminating preventable errors.

#### **Benefits:**

- At-will access to personalized care information empowers patients to be more proactive in managing their conditions.
- Simplified disease management with automated, condition-specific messages, reminders and alerts.
- Improved patient safety and compliance with treatments through online medication instructions, alerts, warnings and recalls.
- Instant access to lab results, radiology reports and procedure information helps develop patient understanding and reduces response time.
- On-line patient education programs help patients better understand their conditions and promote a healthy lifestyle.

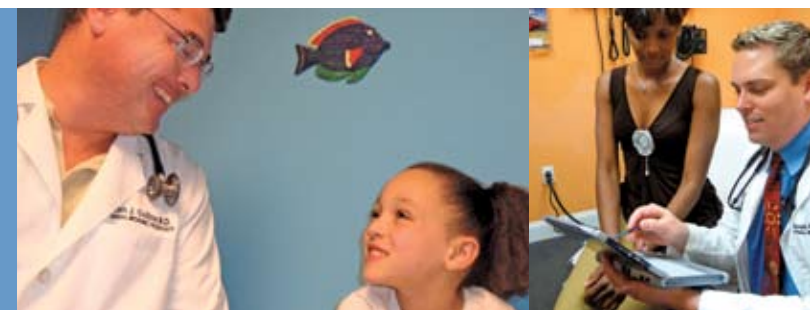
## E-PRESCRIBING

Electronic Prescribing, better known as E-Prescribing, is the use of computers to improve the safety and efficiency of the prescribing process. The E-Prescribing system allows Medpeds Associates of Sarasota to transmit prescriptions directly from the patient's EMR to their selected pharmacy. In turn, the pharmacy can then electronically transmit patient requests for refills in a timely manner. This integration reduces duplication and errors in transcribing medical prescriptions.



### *Did you know?*

Med-Peds physicians are double board-certified in Internal Medicine and Pediatrics.



*Internal Medicine-Pediatrics trained physicians embody the skills, wisdom and dedication of pediatricians and adult internists in a single physician.*



## ADULT NEW PATIENT VISIT

New patients are given an **Initial Physical** including in office testing based on age, medication and diagnosis. This may include a 12 lead electrocardiogram, ABI, pulmonary function test, vision test, BMI determination, blood pressure, vitals, review of family & social history and immunizations update. Other surveillance protocols for problem specific internal medicine problems are used in our clinic to improve patient care and follow-up.

Health maintenance visits differ from visits needed by people who have medical problems that need to be monitored and treated. Even if you feel fine, it's still important to see your health care provider regularly to check for potential problems. Most people who have high blood pressure don't even know it. The only way to find out if you have hypertension is to have your blood pressure checked regularly. Likewise, high blood sugar and high cholesterol levels often do not produce any symptoms until advanced disease has occurred. **The earlier a disease is found, the better the chances for successful treatment and possible cure.**

### *Disease Management*

Evaluation and treatment of many adult problems including:

- o Hypertension
- o Hypercholesterolemia
- o Heart Disease
- o Asthma & Pulmonary Disease
- o Diabetes
- o Thyroid Disease
- o Sinus/Allergy Problems
- o Arthritis/Osteoporosis
- o Gastrointestinal Disorders
- o On-site testing includes:
  - Hemoglobin A1C
  - Urine HCG
  - Hearing Test
  - Urine Microalbumin
  - Pulmonary Function Test
  - Vision Screening
  - Urinalysis
  - Influenza & Rapid Strep, RSV
  - ABI
  - EKG

## WELL-ADULT VISITS

### *The Power of Preventive Care*

Your healthcare team at Medpeds Associates of Sarasota is an important partner in caring for your health. Our main emphasis is on prevention. Preventing disease is less costly and more rewarding than correcting problems once they occur. Good health is no accident. It is the result of good habits, proper nutrition, and regular professional care. Through periodic exams, your physician can screen for and treat disease and disorders as soon as they are detected, increasing your chance for a full recovery. By helping you develop good habits and behaviors, you can lead a longer, healthier life. That's what preventative care is all about.

**Even when healthy, adults should visit a clinician periodically.** The purpose of these visits is to:

- screen for diseases
- assess risk of future medical problems
- encourage healthy lifestyles
- update vaccinations
- maintain a relationship with a doctor in the event of an illness

## WELL-CHILD VISITS

Infants go through many developmental stages as they reach childhood, adolescence, and ultimately adulthood. However, children aren't the only ones growing during this time — so are parents.

The main purpose of well-child visits is to ensure your child is developing normally and to vaccinate them against childhood diseases. As important, however, is to open the lines of communication between you and our physicians. Well-child visits provide an excellent opportunity for parents to ask about something they've read in a parenting magazine, heard from their friends, or learned on the Internet. Our physicians and clinical professionals can help parents differentiate good information from some of the misinformation that's out there.

You should plan on at least seven well-child visits in the first year of your baby's life. The American Academy of Pediatrics and CSIMP recommend these ages, however this may change due to individual needs of your child.

- Birth
- 2 to 7 days (depending on status at birth)
- 2, 4, and 6 months
- 9, 12, 15, and 18 months
- Yearly, age 2 and up
- Once yearly, from age 11 through adulthood.

At each well-child visit, your child will be weighed and measured to ensure proper and timely development. In addition during these well child visits we will be:

- \* Complete physical - including, but not limited to, checking your child's ears, mouth, heart, and lungs.
- \* Additional screenings for vision, blood pressure and occasionally blood work are performed in an age-appropriate manner.
- \* Checking speech, social, and motor skills, as well as nutrition and growth.
- \* Immunizations

### *Childhood Immunization Schedule*

**BIRTH:** Hep B

**1 MONTH:** No Immunizations

**2 MONTH:** DTaP, HiB, Polio, Hep B, Pevnar, Rota

**4 MONTH:** DTaP, HiB, Polio, Pevnar, Rota

**6 MONTH:** DTaP, HiB, Polio, Hep B, Pevnar, Rota

**9 MONTH:** No Immunizations

**12 MONTHS:** MMR, Varicella, Hep A, Pevnar

**15 MONTHS:** DTaP, HiB

**18 MONTHS:** Hep A

**2 YEARS:** No Immunizations

**3 YEARS:** No Immunizations

**4 YEARS:** DTaP, Polio, MMR, Varicella

**11-12 YEARS/7TH GRADE ENTRY:** Tdap, Meningococcal

**FEMALE 9-26 YEARS:** Gardasil

## A PHYSICIAN FOR FAMILY GENERATIONS...

### *...Med-Peds according to the American Academy of Pediatrics*

"Internal Medicine-Pediatrics trained physicians embody the skills, wisdom, and dedication of pediatricians and adult internists in a single physician. Capitalizing on the focus, depth, and evidence base incumbent to training in and practicing the two disciplines, they bring a unique insight and scope to the care of patients throughout their life span. Caring for multiple generations of the same family lends them intrinsic insight into family dynamics, epidemiology and the impact of acute or chronic illness at all ages, all in the context of family systems. Coupled with this special continuity are the tremendous rewards of durable relationships as the health mentor for families over several decades. Med-Peds physicians draw from the rich repertoire of knowledge and skills of pediatricians and internists to bring great flexibility in their approach to clinical medicine."



### *Good Health...Don't Forget to Take It With You!*

International travel can be challenging if the traveler is not prepared. Disease, illness and injury happen unexpectedly to even the most experienced traveler. Planning for good health on an international trip is as important as buying tickets or obtaining a visa and passport. That is why Medpeds Associates of Sarasota is licensed to provide travel vaccines and travel medications for the international traveler. We are one of two clinics in the county that have completed rigorous training in the field of Travel Medicine. Both Dr. Collins and Dr. Grogg are licensed with the esteemed International Society of Travel Medicine. In addition, Dr. Grogg is also a state certified Yellow Fever vaccine provider. Whether traveling for business or pleasure, our physicians prepare travelers for their trip with destination-specific travel information for immunizations and travel advised by the CDC.

# Disease Management

Requires efficiency and coordination of care.



Medpeds Associates of Sarasota improves quality of life for individuals by preventing or minimizing the effects of a disease, usually a chronic condition, through routine care, regular follow up, diagnostics and integrative care. Through disease management our physicians are able to optimize patient care through prevention, proactive care. Demonstrated best clinical practices, or evidence-based interventions.

For patients with chronic diseases, the anticipated benefits of disease management include superior clinical outcomes; improved functional capacity and quality of life; lower health care costs; and reduced need for hospitalization, surgery or other invasive care. Illnesses that disease management would concern itself with include: coronary artery disease, renal failure, hypertension, congestive heart failure, obesity, allergies, diabetes mellitus, asthma, COPD, cancer, arthritis, clinical depression, sleep apnea, thyroid disease, osteoporosis, GERD and other common ailments.

## HEART DISEASE

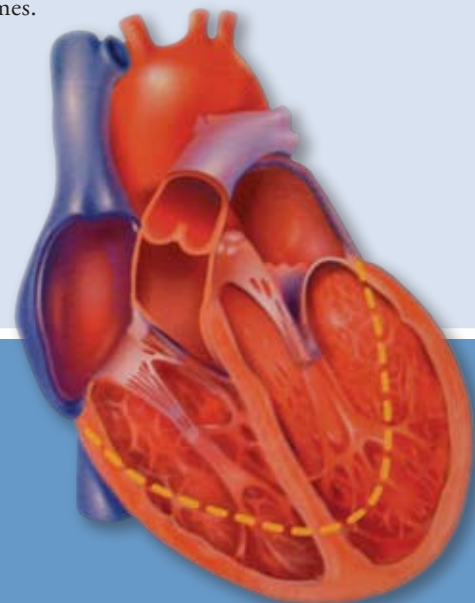
### *And other conditions that put your heart at risk.*

**ARRHYTHMIAS** - Arrhythmias are disorders of the regular rhythmic beating of the heart that may lead to stroke or sudden death.

**CHOLESTEROL** – As the blood cholesterol levels rise, so does the risk for cardiovascular disease.

**CONGENITAL HEART DISEASE** – Heart Defects

**DIABETES** – Increases cardiovascular disease risk by two to four times.



**HEART ATTACK** – Can cause permanent damage to the heart muscle or death.

**HEART FAILURE** – Inhibits the heart's ability to pump blood

**HIGH BLOOD PRESSURE** – The single most important risk factor for stroke.

**METABOLIC SYNDROME** – This group of risk factors includes many of the other

conditions that are risk factors themselves.

**OBSESITY** – Considered a major risk factor for coronary heart disease and heart attack

**PERIPHERAL ARTERY DISEASE (PAD)** – Commonly undiagnosed and can lead to heart attack or stroke

**STROKE** – The nation's third leading cause of death

### *Hypertension*

About 65 million American adults have hypertension or high blood pressure. This chronic disease is so common that middle-aged Americans face a 90% chance of developing high blood pressure during their lifetimes. Hypertension is often called “**the silent killer**” because you can have it for years without knowing it. In fact, this disease kills more than 46,000 Americans annually and is systemically linked to heart disease, diabetes and other chronic illnesses.

Blood pressure is normal if it's below 120/80. Prehypertension is a systolic pressure ranging from 120 to 139 or a diastolic pressure ranging from 80 to 89. Prehypertension tends to get worse over time and, if high blood pressure risk factors exist, then high blood pressure problems may develop.

Medpeds Associates works with patients to help them identify and manage their hypertension, understand treatment,

remain compliant with medications, monitor their blood pressure and control lifestyle risk factors. Medpeds Associates helps patients understand their **risk factors for high blood pressure** so that they can help prevent or delay the onset of high blood pressure and its life-threatening complications.

#### **Some lifestyle factors contribute to high blood pressure.**

The good news is that by making even small changes to one's lifestyle, one can prevent or reduce their chance of developing high blood pressure. Factors that can contribute to high blood pressure are:

- o Excess weight. Losing as little as 10 pounds reduces blood pressure.
- o Lack of exercise. Just a daily 30-minute walk can help.
- o Unhealthy diet. Cut back on salt (sodium), eat more fresh fruits and vegetables.
- o Stress. Learn to manage stress.
- o Tobacco products. Talk to your doctor if you need help quitting.
- o Excess alcohol. More than two drinks a day for men and one for women can raise blood pressure.

**Medical conditions can raise blood pressure and this is called secondary hypertension.** By effectively treating these medical conditions, Medpeds Associates can typically get your blood pressure under control or even cure it. Some of these conditions include kidney disease, sleep apnea, renal artery stenosis, Cushing's Disease, and coarctation of the aorta.

**Certain prescription medications, over-the-counter drugs, supplements and other substances can trigger or worsen high blood pressure or interfere with the action of medications you're taking to lower your blood pressure.**

#### **Uncontrollable risk factors can also raise blood pressure.**

However, Medpeds Associates teaches patients how to compensate for these factors by showing patients how to change the ones they can control. Three major risk factors that can't be controlled are race, age, and family history.

### *Hypercholesterolemia*

High cholesterol, or Hypercholesterolemia, occurs when there is too much cholesterol in the body. This raises your risk for heart disease, heart attack, and stroke. There usually aren't any symptoms of high cholesterol, especially in early stages.

A fasting blood test is the only way to check levels of cholesterol in your blood. If levels are above 200 mg/dL or HDL is below 40, a fasting lipid profile may be ordered. Although cholesterol levels above 200 are generally considered high, what's considered safe for each person depends on whether they are at risk for, or have heart disease.

Adults with normal total and HDL cholesterol levels should have their cholesterol checked yearly. Patients with high cholesterol should be checked every 3 - 6 months. Liver function tests may also be ordered for patient on cholesterol-lowering medication.

In some cases, high levels of cholesterol may be inherited—your liver may make too much cholesterol, or your body may not remove LDL from your blood as efficiently as normal. High cholesterol or triglycerides can also be associated with other diseases, such as diabetes. But most often high cholesterol is caused by eating foods high in saturated fat and not getting enough exercise. High cholesterol is more common in people who are overweight or obese, a condition that is true of almost half of U.S. adults.

**Some factors increase a person's risk of having high cholesterol.** While some of these cannot be changed, many can be. The most important risk factors for high cholesterol are:

- Overweight or obesity
- Diet high in saturated fat and trans fatty acids (found in processed and fried foods)
- Lack of exercise
- Family history of heart disease
- High blood pressure
- Smoking
- Diabetes

Most patients can lower cholesterol levels by eating a well-balanced diet, getting regular exercise, losing any excess weight and through medication. Lowering cholesterol levels reduces risk of heart disease and stroke. Patients who already have heart disease or are at higher risk benefit most from lowering their cholesterol. Studies have shown that for every 1% reduction in cholesterol levels there is a 2% reduction in the rate of heart disease.

### *Did you know?*

Medpeds Associates of Sarasota has been practicing under the “Medical Home Model of Care” since 2000.

## DIABETES

Diabetes is a chronic disease that can be managed with the help of your physician. In order to determine whether or not a patient has pre-diabetes or diabetes, Medpeds Associates will order a Fasting Glucose Test. With this test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes. This test followed up with others including HgbA1C.

### Types of Diabetes:

**TYPE 1 DIABETES:** Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes. It is most prevalent in children and young adults.

**TYPE 2 DIABETES:** Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most adult Americans who are diagnosed with diabetes have type 2 diabetes.

**PRE-DIABETES:** Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.

**GESTATIONAL DIABETES:** Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

### Myth - "Diabetes is caused by eating too much sugar."

One in every 500 children and adolescents has type 1 diabetes. Parents should encourage active play, lots of exercise, and healthy meals. If a child exhibits the following signs, contact our pediatricians to discuss diabetes: excessive thirst, frequent urination, bed-wetting, blurry vision, extreme tiredness, or dark skin around the neck or armpit.

**HYPOGLYCEMIA** (also called an insulin reaction) occurs when blood glucose goes too low. Hypoglycemia can be caused by a number of factors: too much insulin, not enough food, too much exercise, eating late, or eating too little carbohydrates. In short, it happens when insulin and blood glucose are out of balance. Mild or moderate hypoglycemia is pretty common for children and adults who take insulin. But it can be dangerous if it's not treated right away. Mild or moderate hypoglycemia can turn severe -- leading to coma -- pretty quickly. So knowing about hypoglycemia is very important -- not just for parents and their child, but for family, friends, teachers, and coaches.

**HYPERGLYCEMIA** is caused by having too much glucose and/or not enough insulin in the body. In fact, the symptoms of diabetes are the same as the symptoms of hyperglycemia. That's because diabetes itself causes hyperglycemia. The two main reasons for having hyperglycemia are poor blood glucose control and getting sick. If the child's blood glucose levels are frequently above the target range, it's probably time to change their diabetes treatment. Medpeds Associates provides parents with the tools to learn how to control their child's blood glucose better.



## ADHD

### (Attention Deficit Hyperactivity Disorder)

It is a condition of the brain that makes it difficult for children to control their behavior. It is one of the most common chronic conditions of childhood. It affects 4% - 12% of school-aged children. About 3 times more boys than girls are diagnosed with ADHD. **ADHD behavior symptoms** include:

1. Inattention
2. Hyperactivity
3. Impulsivity

**If a child has shown symptoms of ADHD on a regular basis for more than 6 months, contact a pediatrician.**

## ALLERGIES

Children get allergies from coming into contact with allergens. Allergens can be inhaled, eaten, injected (from stings or medicine), or they can come into contact with the skin. Some of the more common allergies are:

- Pollens
- Molds
- House dust mites
- Animal dander and saliva
- Chemicals used in industry
- Some foods and medications
- Venom from insect stings

The tendency to have allergies is often passed on in families. If a parent has an allergy problem, then there is a higher than normal chance that the child will have allergies. This risk increases if both parents are allergic.

### "Triggers" for some common allergies:

- **Asthma:** Cigarette smoke, viral infections, pollen, dust mites, furry animals, cold air, changing weather conditions, exercise and stress.
- **Hay Fever:** Pollen from trees, grasses, or weeds
- **Food Allergies:** Any foods, but the most common are eggs, peanuts, milk, nuts, soy, fish, wheat, peas, and shellfish.

- **Eczema:** Sometimes made worse by food allergies, contact with allergens (pollen, dust mites, furry animals), irritants, sweating.
- **Hives:** Viral infections, food allergies, and drugs (ie: aspirin, penicillin, or sulfa) but cause is often unknown.
- **Contact Dermatitis:** Contact with a plant substance, such as poison ivy or oak, household detergents and cleansers, and chemicals in some cosmetics and perfumes.

## ASTHMA

**Asthma is commonly seen in children.** It is a leading cause of hospital stays and school absences. Children with asthma may be able to breathe normally most of the time but when they encounter a substance that can cause problems, an asthma attack can occur.

A worldwide increase in the number of children with asthma has been linked to environmental factors, including air pollution.

Children's airways are narrower than those of adults which can create more serious problems in children. In children, an asthma attack can appear suddenly with severe symptoms so it is important that asthma be diagnosed and treated correctly. Some children may need to take medicine every day, even when they do not have symptoms.

**Symptoms of asthma include** difficulty breathing, fast breathing, shortness of breath (even at rest), tightness in the chest and coughing. A persistent night-time cough is one common sign of asthma, even in children without other symptoms.

The doctor will use a stethoscope to listen to the lungs. Tests may include lung function tests, peak flow measurements, chest x-ray, allergy skin or blood tests, and/or eosinophil count (a type of white blood cell).

### Emergency symptoms:

- Difficulty breathing
- Bluish color to the lips and face
- Severe anxiety due to shortness of breath
- Rapid pulse
- Sweating
- Decreased level of alertness, such as severe drowsiness or confusion

A child who is having a severe asthma attack should be treated immediately. The child may need to stay in the hospital, and may be given oxygen and medicines by an intravenous line.

## PERIPHERAL VASCULAR DISEASE

Peripheral Vascular Disease, also known as PVD, refers to diseases of blood vessels outside the heart and brain. It's often a narrowing of vessels that carry blood to the legs, arms, stomach or kidneys. There are two types of these circulation disorders:

- 1) Functional peripheral vascular diseases don't have an organic cause. They don't involve defects in blood vessels' structure.
- 2) Organic peripheral vascular diseases are caused by structural changes in the blood vessels, such as inflammation and tissue damage. **Peripheral artery disease (PAD)** is an example. It's caused by fatty buildups in arteries that block normal blood flow.

**PAD is a problem that affects many of our patients.** Having documented PAD increases the risk of cardiovascular mortality 4-6 times over healthy age-matched individuals. In the USA, PAD is estimated to affect 10 million people and the numbers are growing. Identifying patients with PAD is important, as PAD is a risk marker for a number of conditions, including:

- Coronary artery disease
- Cerebrovascular disease
- Aneurismal disease
- Diabetes
- Hypertension

### Diagnosing PAD

The **ankle brachial pressure index (ABI)** is a good predictor of subsequent cardiovascular events, and improves on predictions by conventional risk factors alone. It is simple and accurate and should be included in routine screening of patients cardiovascular status. It is a painless exam that compares blood pressure in your feet to the blood pressure in your arms to determine how well your blood is flowing. This test takes only a few minutes and can be performed in our office. Normally, the ankle pressure is at least 90 percent of the arm pressure but with severe narrowing it may be less than 50 percent. If an ABI reveals an abnormal ratio between the blood pressure of the ankle and arm, you may need more testing and medical therapy addressing specific risk factors.

### Risk Factors for PAD:

- Physical Inactivity
- Obesity
- Body mass index greater than 30
- Advancing Age
- Hypercholesterolemia
- Leg Pain
- Hypertension (high blood pressure)
- Pre-diabetes
- Diabetes
- Erectile Dysfunction
- Heart Disease
- Vascular Disease

### Did you know?

There are 23.6 million children and adults in the United States who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people are unaware that they have the disease because it can develop gradually over many years, often with no symptoms.

# Florida Cardiac Consultants, Inc.

Florida Cardiac Consultants, Inc. has been providing cardiovascular care in Sarasota and the surrounding region since 1991. Our board certified physicians provide a complete range of cardiovascular services including diagnostic testing, interventional, peripheral and electrophysiology services.

William F. Crick, M.D., F.A.C.C.  
Michael Mumma, M.D., F.A.C.C.  
James J. Fox, M.D., F.A.C.C.  
Daniel S. Pacifico, M.D., F.A.C.C.

James P. Landis, M.D., F.A.C.C.  
Joseph A. Balzano, M.D., F.A.C.C.  
Edmund A. Bermudez, M.D., F.A.C.C.

## Nuclear Stress Testing

A nuclear stress test is a non-invasive diagnostic test that is designed to detect and evaluate heart disease. This test uses a very low dose of a radioactive agent to evaluate the heart's blood flow and function at rest and after exercise. A gamma camera is used to produce pictures detecting and mapping the radiation throughout the heart.

## Echocardiography

An echocardiography (echo) is a non-invasive test that uses ultrasonic waves directed over the chest wall to obtain a graphic record of the heart's position, wall motion and internal parts such as the valves. The sound waves are sent through a device called a transducer and are reflected off the various structures of the heart. These echoes are converted into pictures of the heart that can be seen on a video monitor. Testing can take anywhere between 15 and 45 minutes. Other forms of echos that we perform are carotid ultrasounds and arterial duplex imaging.

## Holter Monitoring

A holter monitor provides a continuous recording of heart rhythm during normal activity for a typical period of 24 hours. The recorded information is then analyzed, and irregular heart activity is correlated with your activity at the time. It is particularly useful in diagnosing heart rhythm irregularities that would not be discovered during a routine EKG.

## Diagnostic Catheterization

A diagnostic cardiac catheterization is an invasive procedure that involves the insertion of a catheter (long, thin tube) into the heart via a vein in your groin. During the procedure, dye is injected into the coronary arteries that enable x-ray pictures of the heart to be taken. These pictures will show any blockages that may be present in your coronary arteries.

## Interventional Cardiology

PTCA (Percutaneous Transluminal Coronary Angioplasty) is a catheter-based invasive procedure that involves inserting and expanding a small balloon to expand the opening of an artery. A device called a stent, which resembles a spring that is found in ball-point pens, will often be inserted to keep the artery open.

## Pacemaker/Defibrillator

A pacemaker is a device designed to regulate the beating of the heart. The purpose of the pacemaker is to stimulate the heart when it is not beating fast enough or if there are blocks in the heart's electrical conduction system preventing the propagation of electrical impulses from the native pacemaker to the lower chambers of the heart. Defibrillators (ICDs) include all of the functions of a pacemaker and will also shock the heart to terminate dangerous heart rhythms. Newer CRT devices can help damaged hearts beat stronger for patients with congestive heart failure.



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Sarasota, FL 34239  
(941) 917-0060

600 Nokomis Ave., Ste. 101  
Venice, FL 34285  
(941) 485-8190

# Dimensional Imaging, Inc.

Dimensional Imaging offers you imaging services that will help your physician in diagnosing and planning a course of treatment.

A NEW DIMENSION IN SERVICE AND QUALITY.

## The services we offer include:

High Field MRI, Open MRI, X-Ray, Ultrasound, Bone Density, Mammography, and labs such as Bun/Creatinine.

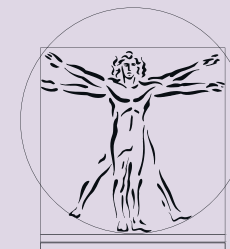
## Open Magnetic Resonance Imaging (Open MRI)

is an advanced diagnostic imaging procedure that creates detailed images of internal bodily structures without the use of ionized radiation (x-rays). Open MRI is able to produce these detailed images through the use of a powerful magnet, radiowaves and a computer. MRI can assist physicians in detecting and diagnosing diseases or other abnormalities in very early stages.

Claustrophobic, obese and pediatric patients, along with those suffering from post-traumatic stress syndrome, are often able to comfortably undergo MRI examinations in these "open architecture" systems while failing to tolerate traditional "closed" MRI systems.

## How does an Open MRI differ from a traditional MRI?

- Provides a more relaxed, less confining environment than traditional MRI
- Lower noise levels. Open MRI systems produce less knocking noise compared to traditional MRI systems. Your favorite cassette tape or CD can be played during the procedure.
- A friend or family member can be in the room during your procedure provided they do not have any contraindications to the MRI scanner. Your friend or family member will be subject to the same safety screening process as required for you.



## DIMENSIONAL IMAGING, INC.

2 N. Tuttle Ave., Sarasota FL 34237  
(941) 951-1888



# Sarasota Vascular Specialists

Early Vascular Disease Detection has Great Value – It can reduce risks of death and disability from vascular disease....

## Vascular disease can:

- Cause potentially lethal aneurysms of the main body artery (aorta)
- Block the carotid arteries to the brain causing strokes
- Impair the circulation in the legs leading to serious disability
- Narrow kidney arteries resulting in high blood pressure or kidney failure
- Narrow intestinal arteries leading to abdominal pain, weight loss and death

## What do we do?

Unlike most vascular surgical groups, we are also uniquely trained and experienced to offer all forms of diagnosis and therapy for arterial and vein diseases including:

- Medications to treat and prevent diseases that affect blood vessels
- Endovascular diagnosis and treatments (angiography, balloon angioplasty and stents)
- Minimally invasive outpatient surgery
- Complex bypass surgical procedures
- Standard open and minimally invasive aneurysm surgery
- Laser and Fox Hollow atherectomy
- Carotid surgery and carotid stenting
- Non-invasive vascular testing (ultrasound and pressure measurements)
- CAT Scan and MRA (Magnetic Imaging)
- Varicose veins/spider vein injections and laser therapy
- In-office removal of varicose veins (ASAP, Microphlebectomy)
- In-office laser obliteration of varicose veins (ELVS, VenaCure)



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The Vein & Artery Experts

## Did you know?

Medpeds Associates of Sarasota scores above the national average for hypertension and diabetes care.

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