

CARDIOVASCULAR DISEASE PREVENTION AND CARDIAC REHABILITATION

The most promising treatment for heart disease isn't really treatment at all. It's prevention.

Emory Heart Center's HeartWiseSM Risk Reduction Program offers comprehensive health management services and tools tailored to fit the needs of individuals at every level of the cardiovascular-care continuum:

- **Primary prevention** for individuals who have not experienced a heart attack or stroke but have risk factors for developing cardiovascular or other chronic diseases and wish to reduce those risks by using lifestyle-management techniques and appropriate medical therapy.
- **Secondary prevention** for patients who require medically supervised disease management or rehabilitation following a heart attack or stroke, or medical treatment such as angioplasty or open heart surgery, as well as those who have a diagnosis of chronic heart failure.
- **Lifestyle management** for individuals who are not at high risk for developing cardiovascular disease but want to live healthier.



The HeartWiseSM Risk Reduction Program's specialized team includes cardiologists, nurses, physical therapists, exercise physiologists, registered dietitians and EKG technicians. The staff coordinates with each patient's physician to provide a comprehensive medical

evaluation, an exercise prescription and an individualized plan for cardiac risk-factor modification. Participants may access a supervised fitness center with state-of-the-art telemetry, nutrition counseling, exercise counseling and educational classes. Through INTERVENT, the lifestyle management component of the HeartWiseSM program, individuals may receive one-on-one coaching and a variety of easy-to-understand educational kits, audio CDs and self-management tools.



Clinical Research: An Important Weapon Against Heart Disease

Emory's team of cardiologists actively participates in clinical studies that may uncover important information about the development of heart disease – including the role exercise plays in protecting humans against oxidative stress, the role diabetes plays in developing and exacerbating heart disease, and the effects of estrogen on vascular biology. In an effort to improve detection of heart disease, particularly in younger adults, Emory's cardiologists are working to develop an outpatient cardiac risk-factor model for high-risk individuals.

Successful Outcomes Improve Patients' Quality of Life

More than 1,000 patients a year benefit from Emory's cardiac risk-reduction and rehabilitation programs and services. Recent surveys indicate participating patients had a significant improvement in their perceptions of pain, physical functioning and overall vitality.

Emory Heart Center Transfer Service: 404-778-4930 or 800-43-HEART
Emory Physician Consult Line: 404-778-5050 or 800-22-EMORY
Emory HealthConnectionSM: 404-778-7777 or 800-75-EMORY



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www.emoryhealthcare.org

SPECIALISTS:

Joseph Miller, III, MD

phone 404-778-2746 fax 404-778-2895

Board Certified: Internal Medicine, Cardiology

Clinical Interests: General cardiology, cardiac catheterization, heart risk reduction, echocardiography, early onset atherosclerosis

Arshed Quyyumi, MD

phone 404-778-5299 fax 404-778-2895

Board Certified: Internal Medicine, Cardiology

Clinical Interests: Cardiology research, general cardiology and prevention

Paul Robinson, MD

phone 404-778-5299 fax 404-778-2895

Board Certified: Cardiology

Clinical Interests: General cardiology

William Smiley, III, DO, FACC, FAHA

phone 404-778-2746 fax 404-778-2895

Board Certified: Internal Medicine, Cardiology

Clinical Interests: Prevention of the first or second heart attack, general cardiology

Laurence Sperling, MD, FACC, FACP

phone 404-778-2746 fax 404-778-2895

Director of Preventive Cardiology, The Emory Clinic

Board Certified: Internal Medicine, Cardiology

Clinical Interests: General cardiology, cardiac catheterization, heart risk reduction, echocardiography, lipid metabolism, coronary calcium scoring

Jeanne Bond, MS, RD, LD

phone 404-778-2711 fax 404-778-2855

Certification: Registered Dietitian

Clinical Interests: Cardiology, weight management

Kathy Lee Bishop Lindsay, MS, PT, CCS

phone 404-778-2746 fax 404-778-2855

Program Manager, HeartWiseSM Risk Reduction Program

Certifications: Physical Therapist, Cardiopulmonary Specialist

Clinical Interests: Cardiopulmonary rehabilitation, women and heart disease, cardiovascular prevention, education, research

Christine Nell, NP-C, MPH, MSN

phone 404-778-2746 fax 404-778-2895

Certification: Nurse Practitioner

Clinical Interests: Preventive cardiology, research, health education



The Emory Clinic at 1525

1525 Clifton Road, NE

Atlanta, Georgia 30322

Phone: 404-778-2746

Deck parking is available behind the building.

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