

# Baltimore

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## GREAT MEDICINE

### HEART

#### Cardiology Department The Johns Hopkins Hospital

● Aside from performing more open-heart, heart transplant, and bypass operations than anyone in town, Hopkins cardiologists have developed procedures to deal with heart irregularities known as arrhythmias. One method involves implanting a small defibrillator which automatically “shocks” the heart back into proper rhythm. The other involves a catheter which essentially kills the area of the heart that is beating irregularly, leaving the rest of the muscle functional. Hopkins handles over 12,000 heart patients per year. Seventy-five-year-old Anna Martin got her first valve replacement there in 1954. This year she received an experimental pacemaker after her heart dropped to 17 beats a minute. Her personal doctor said she wouldn’t survive the surgery. Wrong. “I came home on a Friday. Tuesday I was cooking dinner. Two weeks later I was doing the laundry and putting it in the dryer!” says Martin.

**Staff:** 43 cardiologists and cardiac surgeons, all board-certified. **Nurse-to-patient ratio:** 1:5 on general floors, higher in ICU and CCU. **Annual patient volume:** 12,000. **Outcomes:** 167 heart transplants; 85 percent survival rate after one year. **Fellowships:** Yes. **Location:** 600 N. Wolfe St. **Clinic hours:** Mon-Fri 8:30 am-4:30 pm. **Phone:** 955-5993, cardiology service; 955-2800, cardiac surgery service.

#### Heart Center University of Maryland Medical Center

● “State of the art” doesn’t even begin to describe the work they’re doing here. How’s this—developing a test that accurately predicts your risk for coronary artery disease by merely sticking your arm in a bucket of ice and looking at artery constriction. Pretty painless, huh? The staff at the center seem particularly sensitive to the fact that women are often neglected when it comes to coronary care. Fact is, women are 11 times more likely to die of heart disease than breast cancer. A study by Dr. Michael Miller published in the *Journal of the American Medical Association* showed that diabetic women were particularly at risk. Other NIH-supported research includes studying beta-blocker drugs in small doses as an aid to patients with heart failure. On the clinical side, everyone who comes through the center’s outpatient clinic is evaluated for risk factors including smoking, obesity, and high blood pressure. Whether it’s preventive maintenance, clearing clogged arteries, or heart transplants, U of M’s Heart Center is equipped to handle the problem.

**Staff:** 10 cardiologists, 5 cardiac surgeons, 5 cardiac anesthesiologists, all board-certified. **Nurse-to-patient ratio:** Varies depending upon unit. **Annual patient volume:** 4,500. **Fellowships:** Yes. **Location:** 22 S. Greene St. **Phone:** 328-0199.

CENTERS OF EXCELLENCE