



melbourne heart care



AUTUMN EDITION

March - May 2016

WELCOME DR NITESH NERLEKAR

MEDICARE REBATES

All Melbourne Heart Care services (excluding Blood Pressure monitors) are claimable through Medicare. In order to claim your entitlement Medicare require that all claimants provide a valid GP or specialist referral.

PRIVATE HOSPITAL COVER

All of our doctors participate in no gap cover with the private health insurance companies. If you require admission to a private hospital, you will not be out of pocket for any in hospital services provided by our doctors.

PENSIONER AND HEALTH CARE CARD HOLDERS

We offer reduced rates to pensioners and healthcare card holders for all diagnostic testing.

It is with great pleasure that we introduce our newest member to the Melbourne Heart Care team - Dr. Nitesh Nerlekar.

Nitesh is a General Clinical Cardiologist and will be consulting at our Warragul rooms. Nitesh will also be a valuable asset to our ultrasound and diagnostic reporting team.

Nitesh graduated from Monash University with a Bachelor of Medicine, Bachelor of Surgery with Honours in 2007. After completing his physician training at MonashHealth, he completed his advanced training in cardiology at MonashHeart and the Alfred Hospital.

He subsequently completed a fellowship in advanced echocardiographic and cardiac CT interpretation at MonashHeart and is currently undertaking training in Cardiac MRI.

His clinical interests include general clinical cardiology, coronary, structural and valvular heart disease and heart failure.

Outside of work, Nitesh loves spending time with his family. He is a passionate sports fan with a special love for cricket and proudly supports the Hawthorn Football Club.



WELCOME DR ROBERT GOOLEY

Melbourne Heart Care would like to welcome Dr Robert Gooley to its ever expanding team. Robert is an Interventional and Structural Cardiologist and will be consulting at our Warragul rooms.

Robert graduated with honours from Monash University and completed a fellowship in Interventional and Structural Cardiology at MonashHeart. He has also undertaken a PhD in multi-modality imaging assessment of aortic and aortic valve anatomy for which he was awarded a National Health and Medical Research Council (NHMRC) scholarship.

Robert's clinical practice includes general cardiology in addition to treatment of coronary artery disease and transcatheter management of valvular heart disease. These techniques offer a minimally invasive treatment option for patients at high risk from traditional surgical intervention.

Robert is married and enjoys travelling with his wife. He is an avid runner and Hawthorn supporter.





RHYTHM MANAGEMENT

DR EMILY KOTSCHET



As cardiac rhythm issues continue to grow in our community, we continue to find innovative ways to treat patients which always amazes me, given the high standard of medicine we have in Australia. The biggest revelation in cardiac rhythm management in the last twelve months has been a landmark trial based in Australia, proving that daily exercise, diet and subsequent weight loss reduces the frequency of arrhythmia, hence reducing patient's symptoms. In fact, the effectiveness is equivalent to the effect of our current medical therapy (tablets).

The heart rhythm team at Melbourne Heart Care have been busy with new pacing technology, in particular new devices to manage heart failure. Cardiac Contractility Modulation is a new type of pacing device that delivers high energy impulses to the heart, priming the cells to contract more strongly to improve heart function and reduce patient's symptoms from heart failure. Channel 9 aired a story on the marvellous clinical response our first patient had to this new technology.

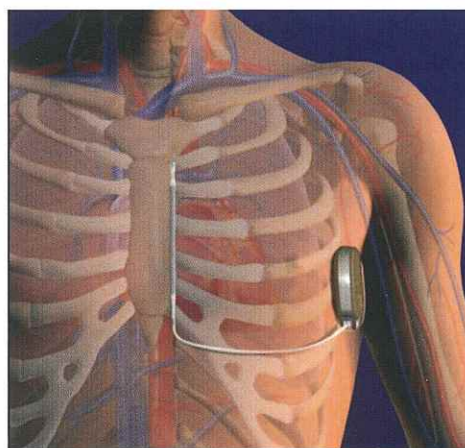
We have implanted fifteen new subcutaneous defibrillators which do not require a lead going into the heart, also featured on Channel 7 news. The defibrillator and lead sit in the fat layer under the skin. This poses less long term risk to the heart which is really important in young people who need their defibrillator for many, many years.

We have extended our rhythm service out to Warragul to service the Gippsland area and Frankston with rooms at Peninsula Private Hospital to service the Mornington Peninsula. We have established EP services at Peninsula Private, performing ablations for supraventricular tachycardia and arrhythmias there.

Finally, on a personal note, we have a great team of heart rhythm doctors working together to provide these services. We managed to win the corporate golf day in which Linacre Hospital placed a few teams. We all make sure we do our daily exercise to practice what we preach. Dr David Adam completed the Three Peaks ride over 12 hours, I completed my fourth marathon in 4 hours, and Dr Stewart Healy won the Monash Health golf tournament.



Cardiac Contractility Modulation Device



Subcutaneous ICD device



A MESSAGE FROM OUR PRACTICE NURSE

Hello, I'm Cathy, the Practice Nurse for the Brighton rooms of Melbourne Heart Care. Many of you may have already met me prior to your cardiology review for a quick ECG and blood pressure check.

I am available to discuss any concerns or queries you may have in relation to:

- Upcoming cardiac procedures or tests that we have referred you for.
- Management of your blood thinning medication prior to any scheduled surgery or procedure and advice if suffering any ill effects from prescribed medication.

- Appropriate lifestyle/weight loss programs for those of you seeking to make positive changes for a healthier future. Many programs are covered by your health fund or bulk billed so there is no out-of-pocket expense.

So feel free to call me anytime and whatever I can't resolve myself I will pass on directly to your cardiologist for further follow up.

Regards,

Cathy



With winter approaching, make sure you speak to your GP regarding the Flu vaccine. This yearly immunisation offers protection against the 4 most likely causes of influenza, a serious respiratory illness within certain

health groups, such as those with heart disease and the elderly at high risk for developing complications. Immunisations should ideally be given during Feb-March. Last year we saw a very high incidence of influenza due to the fact that many immunisations were given too late.



VISIT OUR WEBSITE AT

www.melbourneheartcare.com.au

HEALTHY HEART RECIPE — BROWN RICE SALAD

Ingredients:

- 1 cup boiled brown rice
- 6 spring onions (thinly sliced)
- 2 red capsicums (finely diced)
- 2 tablespoons of pumpkin seeds
- 2 tablespoons of sunflower seeds
- 1/2 cup of chopped cashews
- 1/2 cup of currants
- 1/2 cup of chopped parsley

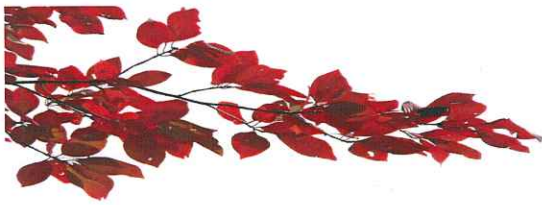
To Make the Dressing:

- 3 tablespoons lemon juice
 - 3 tablespoons soy sauce
 - 1/4 cup extra virgin olive oil
 - 2 cloves crushed garlic
- Mix all ingredients together in a bowl and pour over salad and mix through thoroughly.

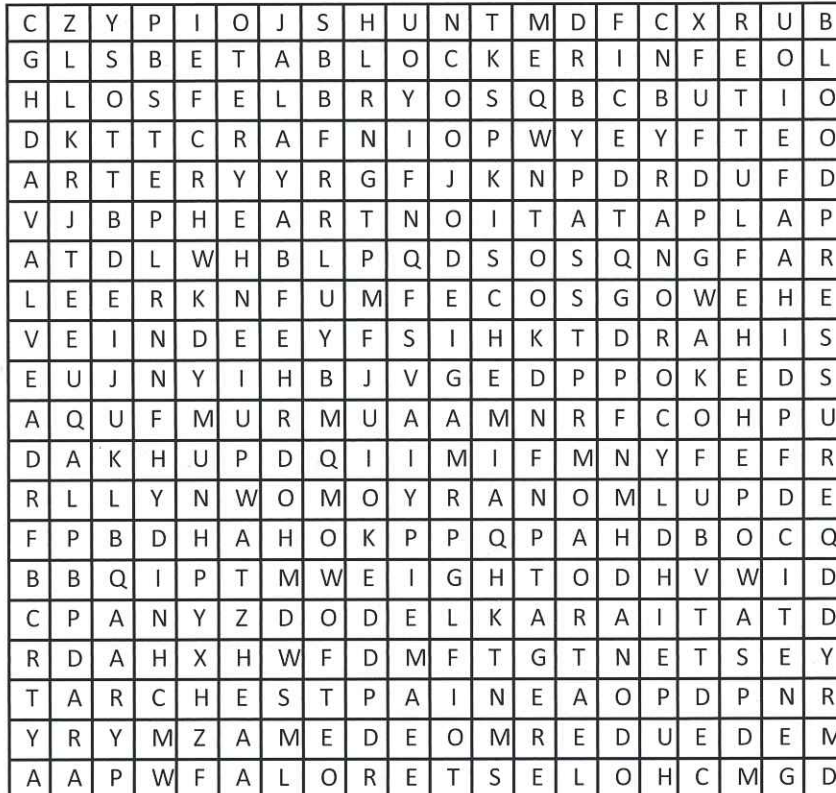
Tip: try a small empty jar to mix wet ingredients.



Brown Rice Salad



CARDIAC WORD SEARCH



PLAQUE

SHUNT

STENT

ISCHEMIA

MURMUR

INFARCT

GENETIC

OEDEMA

FLUTTER

VALVE

PULMONARY

BETA BLOCKER

CLOT

CHEST PAIN

WEIGHT

ARRHYTHMIA

HEART

BLOOD PRESSURE

PALPATATION

CORONARY

AORTA

ARTERY

BYPASS

CHOLESTEROL

VEIN

FROM THE PRACTICE MANAGER

We are very excited to have this first edition of our Melbourne Heart Care quarterly newsletter finally in print and hope you find it interesting and informative.

CUSTOMER SERVICE - strong focus for 2016 and beyond...

The entire team at Melbourne Heart Care are all dedicated to providing friendly, informed and caring assistance to our patients, referring GP's and all other health professionals that we work together with.

We also realise that the best way to ensure we maintain the highest levels of customer service and care to all is to hear about our patient experiences (positive and negative) and of course any feedback and suggestions for improvement. Whilst it is always nice to hear about and celebrate positive feedback we believe it is also vital to hear ways in which we can improve from the perspective of those using our services.

We have created an email address specifically for feedback and encourage anyone to share their experiences.

Please send your thoughts to

feedback@melbourneheartcare.com.au

This email will be checked weekly. We also have a feedback box located in the waiting room of our Brighton, Hampton and Mulgrave rooms where feedback can be provided anonymously if you would prefer. Please also feel free to call myself or our Assistant Practice Manager Debbie directly at our Brighton rooms on 9592 2177.

Our goal for 2016 is to focus on our customer service at every level and improve where we can by listening as well as ongoing in-house customer service training for our staff.

We are well into another busy year at Melbourne Heart Care and we look forward to caring for all of your cardiac care needs with the highest of standards!

Regards,

Jo Raulin

