

Spring has arrived and we know many of you are looking forward to getting out and getting more active. It's the perfect time to make sure your heart is in the best possible shape to support your favorite activities.

For many years, our patients have trusted us to help them live the lives they want to, whether they have chronic heart conditions or are simply at risk for developing heart disease. We're delighted to be a health resource and advocate for our community. And now that we're part of the UW Medicine Regional Heart Center family of providers, our patients benefit from an even greater level of clinical and research expertise.

We look forward to seeing you at your next visit. Wishing you good health!

The Physicians and Staff

“The Best Cardiac Procedure I’ve Ever Had.”

In January, Tom Hamilton of Shoreline was retooled with three stents to open a blocked artery. Hamilton has had 10 stents since 1999 and his last three were placed under the direction of Summit Cardiology’s Dr. Marko Yakovlevitch at Northwest Hospital’s Cardiac Catheterization suite.

“I’m an old hand at stents,” said Hamilton, a retired Boeing technical writer.

Referred to Summit Cardiology by his retiring cardiologist, Hamilton, age 74, faithfully kept his appointments with Dr. Yakovlevitch for three uneventful years. During that time, stress tests were used to monitor a minor blockage.

“Then, I started to have symptoms. I could only walk 200 to 300 steps and I’d have moderate chest discomfort,” he said. “It was this way before, so I knew something was up.”

Dr. Yakovlevitch performed an angiogram and confirmed Hamilton

had coronary artery disease in an artery that had been previously stented. He determined Hamilton needed three more stents.

Hamilton’s stents were implanted using cardiac catheterization, a procedure that uses a long, flexible tube inserted through a blood vessel – in Hamilton’s case, the femoral artery in his leg. The stents are then deployed to the blocked area through the catheter. Summit Cardiology also performs radial

Dr. Margaret Hall Receives Healthcare Award

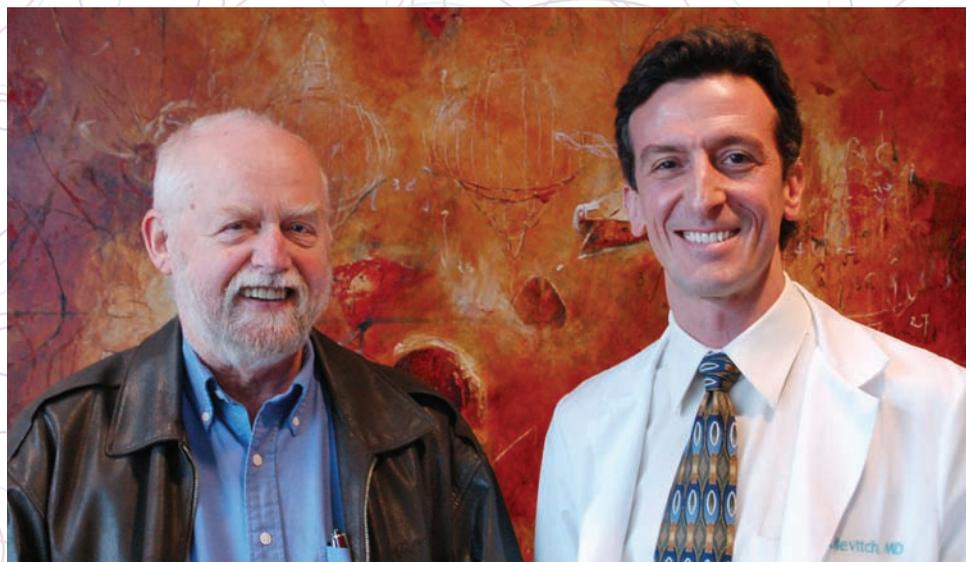
Dr. Margaret Hall of Summit Cardiology was recently honored with the 2012 Outstanding Healthcare Professional – Leaders in Healthcare award by Seattle Business Magazine. She is chief of cardiology and the medical director of the Cardiac Rehabilitation Program at Northwest Hospital.



catheterization, where the catheter is inserted through the wrist.

“I was conscious during the entire procedure and could watch the doctor work on the monitor,” Hamilton said. “Dr. Yakovlevitch’s prep was flawless and his was the best practice I’ve seen. I had no pain or bruising from the IVs or the catheterization. From my

(continued on back)



Tom Hamilton (left) and Dr. Marko Yakovlevitch



Summit Welcomes Dr. Chetan Pungoti

Dr. Chetan Pungoti is a board-certified cardiologist with specialty training in echocardiography, nuclear cardiology, diagnostic cardiac catheterization and vascular ultrasound. He recently completed a fellowship in cardiology at Mount Sinai Hospital in New York, where he was elected chief fellow two years in a row. He earned his medical degree from Rosalind Franklin University of Health Sciences, Chicago Medical School, and completed his internal medicine residency at Mount Sinai Hospital.

The Sleep Apnea – Heart Disease Connection

While obesity and smoking are major factors for heart disease, there is one many people don't think of. Sleep apnea can play a role in developing congestive heart failure, a condition that affects more than 2.5 million Americans. Sleep apnea refers to periods of not breathing during sleep. Sleep apnea is a subtle contributor to heart disease. If you have disturbed sleeping, snore, or have a partner that hears you stop breathing in the middle of the night, talk with your physician about the possibility that you may have sleep apnea. It can lead to higher blood pressure, heart rhythm irregularities and heart muscle problems.

perspective, it was the best cardiac procedure I've ever had. I'm just in awe of Summit Cardiology and Northwest Hospital!"

"We fixed his active coronary issue, and we're now using a more aggressive medication regimen to protect him from further disease progression," Dr. Yakovlevitch said. "The important thing is to maintain healthy heart muscle by avoiding a heart attack. Tom recognized his symptoms and sought evaluation for that. Before his condition progressed to a heart attack, we took him to the cath lab and corrected the problem

before he experienced any muscle damage. His prognosis is excellent."

Hamilton's almost back to his normal exercise routine, recently attended a men's church retreat, and has already attended a grandson's soccer match.

"My wife, kids and grandkids like to see me in decent shape so I can share activities with them!" he said.

Hamilton is looking forward to a full recovery and a summer filled with attending baseball and soccer games. He's a big Sounders as well as a Mariners fan!

Heart Healthy Apple Oat Bread

- 1 1/2 cup quick old fashioned oats, uncooked
- 1 1/2 cup flour, all purpose
- 1 1/2 tsp. baking soda
- 1 1/2 tsp. ground cinnamon
- 3/4 tsp. ground allspice
- 1/2 cup honey
- 1/2 cup skim milk
- 1/4 cup salad oil
- 3 egg whites
- 1 1/4 cup Granny Smith apples, about 3 medium



Preheat oven to 350 degrees. Spray loaf pan with vegetable oil. Mix oats, flour, soda, cinnamon and allspice. In separate bowl beat honey, milk, oil and egg whites until blended. Stir into flour mixture just until moistened. Fold in apples. Batter will be lumpy. Pour batter evenly into loaf pan. Bake 65 minutes or until a toothpick inserted in center of bread comes out clean. Cool in pan 10 minutes. Remove to wire rack. Makes one loaf.

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