



PENSACOLA

HeartHealth

A publication from Cardiology Consultants, PA | www.cardiologyconsultants.com

Volume 2 • Issue 4



Heart disease fact vs. fiction

Exercise and diet
can lower your risk
for heart attack
and stroke

Living with Comfort, Compassion, & dignity when it matters most

HOSPICE
of the
Emerald Coast
(850) 474-7288



- Superior Home Care for patients with life limiting illnesses
- Medicare/Medicaid certified
- Patients are admitted based on individual health needs and not their ability or inability to pay for services
- Nursing care and services are available 24-hours/day, 7 days a week
- Providing Physical, Social, Emotional and Spiritual support



We specialize in solving computer problems for medical practices!

Today's practice must carefully analyze cost structures and find ways to manage health care more efficiently through the use of technology - without sacrificing quality care.

Does your practice need these services?

- ✓ Home access to clinical systems
- ✓ Palm Pilot and PDA support
- ✓ Mobile and wireless technology
- ✓ Assistance with hospital networks
- ✓ HIPAA security compliance
- ✓ Microsoft Windows Server 2003 support
- ✓ Microsoft Office support
- ✓ Network design and maintenance
- ✓ Web sites and Internet services
- ✓ Clinical vendor evaluations
- ✓ Scanning and imaging systems
- ✓ Low-cost maintenance and repair



Jon Dancy
Master in Information Technology
Master in Business Administration
Certified Management Accountant
Certified Novell Engineer
Certified Microsoft Professional

7794 Grow Drive ~ Pensacola, FL 32514
p. (850) 474-4145 ~ f. (850) 484-8762
jon.dancy@gulfwave.com ~ www.gulfwave.com



We support this community with confidence.

Here at Regions Bank, we're proud to be a part of this community. And we remain committed to providing our neighbors with the financial resources they need to be successful. Helping them achieve their goals with confidence is an important priority for us. Learn more at regions.com or contact:

Brett Barrow | 850-444-1510



 © 2007 Regions Bank. Member FDIC. Regions is a registered service mark of Regions Asset Company and is used under license.



YOU

have a choice
when it comes to medical suppliers







Neptune Booker System Lifelinks Imaginations Tale-Rhythms

Introducing the **new**
www.tzmedical.com website.
Complete with everything you need
to make the **right choice.**

Contact us today!
Toll free at 800.944.0187 or visit us at
www.tzmedical.com

TZMedical
A Family of Medical Products Sparked by Your Ideas

7400-07(3/07)



CARDIOLOGISTS:

- William Henry Langhorne, MD, FACC
- William S. Pickens, MD, FACC
- W. Daniel Doty, MD, FACC, FAHA
- Edwin W. Rogers, MD, MBA, FACC
- G. Ramon Aycock, MD, FACC
- F. James Fleischhauer, MD, FACC
- W. Henry Langhorne III, MD, FACC
- Brent D. Videau, MD, FACC
- Andrew Scott Kees, DO, FACC
- Safwan Jaalouk, MD, FACP, FACC, FSCAI
- Elias G. Skoufis, MD, FACC
- Thanh H. Duong-Wagner, MD, FACC
- Thabet Alsheikh, MD, FACC
- Roger E. Moraski, MD, FACC
- Muthu Velusamy, MD, FACC
- Sumit Verma, MD, FACC
- Hani A. Razek, MD, FACC
- Thomas D. Paine, MD, FACC
- Martha J. Stewart, MD, FACC, FSCAI
- Robert H. Spencer, MD, FACC
- Benjamin F. Lloyd, MD
- Steven D. Eilen, MD, FACC
- Afolabi Sangosanya, MD

CARDIOTHORACIC SURGEONS:

- James L. Nielsen, MD, FACS
- James L. Lonquist, MD, FACS
- William F. Bailey, MD, FACS

NURSE PRACTITIONERS AND PHYSICIAN ASSISTANTS:

- Richard Clark, PA-C
- Tanya Duffey Warner, MSN, ARNP-C
- Teresa Yates, MSN, ARNP-C
- Michael Sweet, MSN, ARNP-C
- Drew Watson, PA-C
- Jennie Lowery, MSN, ARNP-C
- Patrick Pagan, ARNP-C
- Douglas S. Baker, PA-C
- Bill Moore, PA-C
- Charlene Lane, ARNP-C
- Nora Shipman, ARNP-C
- Luciane Brown, PA-C
- Carol Alyea, ARNP
- Cathy Aaron, PA-C

ADMINISTRATOR:

Andrew Radoszewski, MBA, MPH, CMPE

MAGAZINE COORDINATOR:

Frances Kahler-Ropp, MSW, LCSW

LOCATIONS:

Baptist Campus

Baptist Medical Towers
1717 North E St., Suite 331
Pensacola, FL 32501-6376
(850) 444-1717

Pace Campus

Pace Medical Park
3754 Highway 90, Suite 310
Pace, FL 32571
(850) 484-6500

Gulf Breeze Campus

Medical Office Building
1118 Gulf Breeze Parkway, Suite 102
Gulf Breeze, FL 32561-4836
(850) 932-1775

Sacred Heart Campus

Regional Heart and Vascular Institute
5151 North 9th Ave., Suite 200
Pensacola, FL 32504-8721
(850) 857-1700

Welcome

The fourth issue of *Pensacola Heart Health* marks the conclusion of volume two in the series of this publication. We continue to be thrilled at the response of our readers and patient base, as well as the continued enthusiasm of our physicians and other contributors who write the many interesting articles.

Earlier this year, one of our physicians, Mark Borganelli, MD, FACC, decided, after 15 years in the clinical practice of electrophysiology (EP) in Pensacola, to return to an academic center where he can concentrate on teaching and research. Though we will miss his talents and personality, Cardiology Consultants, PA, will continue to provide the quality EP care you have come to expect. Thabet Alsheikh, MD, FACC, and Sumit Verma, MD, FACC, will continue to provide you cutting-edge EP therapy, and we have recruited a third electrophysiologist, Afolabi Sangosanya, MD, to join us in September.

On the note of longevity, we are proud to announce the 45th anniversary for William Henry Langhorne, MD, FACC, of practicing medicine in Pensacola. Dr. Langhorne is the senior partner and one of the founders of Cardiology Consultants. After completing his training in internal medicine and cardiology at Tulane Medical School, he began solo practice in January 1963 at 1011 West Moreno St. In 1964, he became associated with the Electrodiagnostics Department at Baptist Hospital and began to structure what evolved into The Heart Center today.

From its humble beginnings and the many changes in the field of cardiology over the years, I'm certain that Dr. Langhorne did not foresee this practice becoming what it is today. We have 26 physicians, 13 midlevel providers, and more than 200 support staff covering three hospitals, four clinics and diagnostic centers, and a stand-alone business office. Whew!

Thank you, Dr. Langhorne, and congratulations on your milestone achievement.




Andrew Radoszewski, MBA, MPH, CMPE
Administrator

in this issue

Overcoming congenital heart defects

Fifty years after open heart surgery, Stan Shaw still feels great

4

Heart disease clinic strives to combat congenital heart disease

5

Heart disease fact vs. fiction

Exercise and diet can lower your risk for heart attack and stroke

6

Getting to know...

William Henry Langhorne II, MD, FACC

9

Pensacola Heart Health is published by QuestCorp Media Group, Inc., 885 E. Collins Blvd., Ste. 102, Richardson, TX 75081. Phone (972) 447-0910 or (888) 860-2442, fax (972) 447-0911, www.qcmedia.com. QuestCorp specializes in creating and publishing corporate magazines for businesses. **Inquiries:** Victor Home, vhome@qcmedia.com. **Editorial comments:** Lindsay Klinck lklinck@qcmedia.com. Please call or fax for a new subscription, change of address, or single copy. Single copies: \$5.95. This publication may not be reproduced in part or in whole without the express written permission of QuestCorp Media Group, Inc. **To advertise** in an upcoming issue of this publication, please contact us at (888) 860-2442 or visit us on the Web at www.qcmedia.com. August 2008

Overcoming conge

Fifty years after open heart surgery,
I still feel great

By Stan Shaw

I was born with a congenital heart defect. A hole in my heart caused blood to bypass my lungs, preventing my body from receiving a supply of blood with adequate oxygen levels, also known as blue baby syndrome. My earliest recollection of my physical impairment came years after a Blalock-Taussig shunt was performed on me in Dallas in 1951 at the age of 16 months. My parents said the shunt was a temporary fix to let me live a little longer, but that I would continue to have difficulty when exerting energy. The simplest physical activity caused me to turn blue and gasp for air.

In a small home in Shreveport, Louisiana, I found myself developing a rather unusual routine. I would take a few steps, squat long enough to regain my breath and strength, and then start again. Walking was burdensome, and running was out of the question. Childhood pictures often showed my older brother and sister actively playing while I sat on the front steps of our home and watched.

Elementary school brought its share of challenging and embarrassing moments. The fifth grade was the most traumatic. I found myself always having to play spectator at recreational activities, and I was often teased for my limitations.

Hope at last

Then my family received word that Denton Cooley, MD, was performing open heart surgery at the Texas Christian Children's Hospital in Houston. I remember my dad telling me about an operation that could give me a chance to live a normal life, but that it was still risky. (This procedure is known as a Tetralogy of Fallot.) Although scared, I was determined to have the surgery.

In 1959, just shy of my 10th birthday, I had the surgery. A few months later, Dr. Cooley



Fifty years after Stan Shaw had surgery for his malformed heart, he is married, has two daughters, and five grandchildren. He also has traveled the country.

and my cardiologists from Houston gave me a clean bill of health — something I had never had. I was told I could go and do whatever I liked, except for football. To this 10-year-old boy, it felt like the world had been handed over on a platter.

I didn't have the slightest idea how to run or skip, and I was 10 years behind most kids in terms of their coordination skills. But I found strength and determination in the fact that I was no longer limited by my body's flaws. When you have something to prove to yourself and others, it's amazing how fast you can close these gaps.

Getting stronger everyday

So while I went through an emotional and difficult transition period, by high school I made the junior varsity basketball team and was running the best times in my class in cross country track. In my sophomore year at Louisiana Tech University, I was selected as a part of the college cheerleading squad. Our squad went on to win the college cheerleading competition.

Next year will be the 50th anniversary of my open heart surgery. I am currently being treated by Brent D. Videau, MD, FACC, at Cardiology Consultants, PA's adult congenital heart disease clinic.

Today, I have a beautiful wife, two beautiful daughters, five grandchildren, a rewarding career, and so much more. I have traveled the country and accomplished some amazing things in 50 years. Life has been good! I have been richly rewarded by the grace of God and by the miracle of modern medical science. Who knows how long I will live or whether I will once again have to draw upon the skills of another brilliant heart surgeon, but no matter the future, I am thankful for these 50 years and all of life's special blessings.

To the parents of today's children born with congenital heart defects, my message is one of hope and optimism. I made it 50 years so far with a surgery that was still a "work in progress." Today's children have 50 more years of scientific and medical discovery to benefit from, and each day takes us closer to cures beyond our wildest imaginations. ♥

congenital heart defects

Heart disease clinic strives to combat congenital heart disease

By Brent D. Videau, MD, FACC

One of every 100 babies is born with congenital heart disease, which is a malformation of the heart or major blood vessel. Fifty years ago, many of these babies could not survive. Today, thanks in part to medical and surgical advances, people with these anomalies are living long, healthy lives. One such patient is Stan Shaw, who was diagnosed with a malformed heart and at 10 years old was given a second chance at life when doctors performed heart surgery on him. He is now doing well 50 years after his corrective surgery.

These patients who have had prior complex surgical procedures present a challenge, even to the most experienced cardiologist. Adult patients with congenital heart disease require specialized care throughout their lives. For some people with mild levels of disease, the only treatment necessary may be regular monitoring of the defect and extra precautions against infections during surgical or dental procedures. For others, treatment may range from various medications, ablations, device management of rhythm disorders, or referral to tertiary centers for cardiac transplantation.

As a result of this growing population of patients, Cardiology Consultants, PA, has created a congenital heart disease clinic. This clinic is overseen by Thanh H. Duong-Wagner, MD, FACC, FASE, and me. The major source of referral to the adult congenital clinic is from Nemours Children's Hospital in Pensacola. Nemours Clinic's policy to refer a child to an adult cardiologist at the age of 16. The congenital clinic at Cardiology Consultants works in conjunction with Bill Blanchard, MD, a pediatric cardiologist and chief of the medical staff at Nemours Clinic. This provides patients with the continuity of care they need and deserve.

Because many of these patients require invasive and surgical procedures, it is critical that a clinic such as this establish a relation-



The number of adults with congenital heart disease is growing yearly. It is estimated that 20,000 people with congenital heart disease will reach adulthood this year in the United States.

ship with university-based programs where pediatric surgery is performed. Thus, the adult congenital clinic at Cardiology Consultants has formed a relationship with Arwa Saidi, MD, at the University of Florida. Dr. Saidi is head of the adult congenital program at the university's Shands Hospital, and she has committed to come

to Pensacola every six months to consult and advise this complex group of patients. Cardiology Consultants also has a working relationship with Emory University and the University of Alabama.

In summary, the number of adults with congenital heart disease is growing yearly. It is estimated that 20,000 people with congenital heart disease will reach adulthood this year in the United States. Cardiology Consultants has established its specialty clinic and its relationships to provide cutting-edge care so these individuals live long, healthy lives.

To refer a patient or to be referred to this clinic, please contact Cardiology Consultants at (850) 857-1700 or (850) 444-1717. ♥



Brent D. Videau, MD, FACC, received his bachelor's degree from Louisiana State University and then continued on and received his medical degree from Louisiana State University School of Medicine. Dr. Videau did his internship, his residency in internal medicine, and his fellowship in cardiology at Emory University. He is board certified in internal medicine and cardiovascular disease. Dr. Videau is a member of American College of Cardiology.

Cardiology Consultants

has established its specialty clinic and its relationships to provide cutting-edge care so these individuals live long, healthy lives.

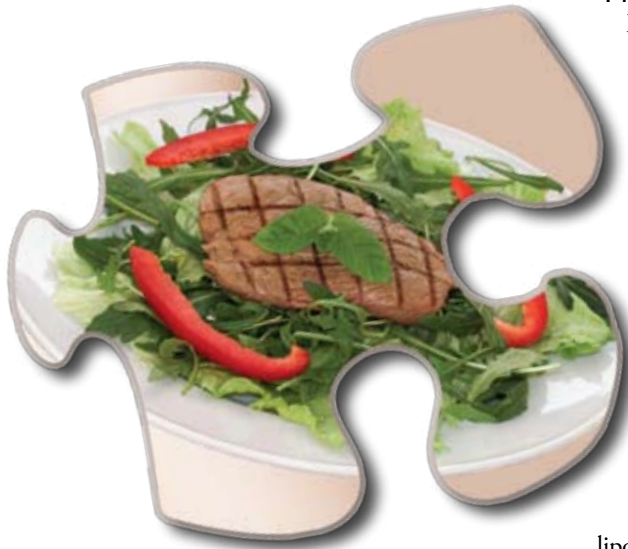


Heart
disease

fact vs. fiction

Exercise and diet can lower your risk
for heart attack and stroke

By Steven D. Eilen, MD, FACC



According to the American Heart Association (AHA), heart attack and stroke are among the leading causes of death and disability in the United States. Fortunately, the last few years have brought us more weapons to fight these diseases, such as powerful medications. However, in seeking to avoid conditions such as heart attack and stroke, many people resort to over-the-counter medications that actually have no effect on cholesterol or heart health. The best ways to fight vascular disease are with diet and exercise.

Heart-healthy food

The AHA diet is probably the most prescribed diet. It limits fat and salt intake. Other diets also have been successful in increasing one's heart health. The Mediterranean diet proposes a higher quantity of fruit and vegetable intake. Eggs are consumed no more than four times per week. This diet uses olive oil as a source of fat. Olive oil is monounsaturated and can lower cholesterol; therefore, people in the Mediterranean area may consume less saturated fats than others.

The South Beach diet is another popular diet. It is broken into phases and starts with attaining glycemic control, meaning decreasing insulin resistance. Then, foods are slowly added back in to the diet, usually in a quantity to help lose weight. For more information, a number of books are available on the topic. In general, the South Beach diet may be difficult to follow for long periods, but it is helpful. Lately, it has been made easier with the addition of Kraft Foods' South Beach diet products.

Flex your heart muscles

Exercise is important. Although we all work hard during the day, most of us do not get the type of exercise necessary for cardiovascular health. Ideally, we should exercise enough to get the heart rate up to 80 percent of our maximum heart rate (see the chart on page 8 to determine your target heart rate). Workouts should be at least 30 minutes a day, four days a week. This will help raise HDL (high-density lipoprotein), or "good" cholesterol, and lower LDL (low-density lipoprotein), or "bad" cholesterol.

(Note: Remember to ask your doctor if exercise is safe before beginning an exercise program.)

Drug therapy

What if cholesterol and triglycerides are still elevated, even after diet and exercise? The next step would be medical therapy. If you have cardiovascular disease, your doctor will be aggressive in getting the LDL cholesterol count below 70. For women, HDL should be more than 50, and for men, it should be more than 40. For those with heart disease, diabetes, or elevated blood sugar, advanced blood testing is needed to determine levels of more sophisticated types of cholesterol.

Most people these days require more than one medicine to reach the recommended levels of cholesterol and triglycerides. This is why statin drugs are the best line of defense. These include Zocor, Lipitor, Crestor, and Pravachol, among others. These are safe, effective drugs.

Some claim these drugs may cause liver problems, but the statin drugs are so safe that once they had been used by millions of people, the U.S. Food and Drug Administration actually decreased its recommendations for liver testing. So do not believe any rumors that statins will destroy your liver. The fact is, these drugs can reduce the risk of heart attack by up to 35 percent.

Other drugs used with statins are fenofibrate, niacin, and ezetimibe. These all are safe and effective. Some controversy exists about ezetimibe and whether it further reduces risk.

That should be settled, however, in a study that will be completed in about two years.

Misconceptions

Triglycerides also are a risk factor for heart disease. We have become more aware of the effect of triglycerides on vascular disease during the past several years. They are more related to dietary intake than cholesterol. Limiting alcohol and red meat significantly lowers triglycerides. Fenofibrate, Lovaza (omega-3 fatty acids), and niacin lower triglycerides and cholesterol.

Many people take "natural" supplements in hopes of lowering their risk of heart disease. Unfortunately, most of these are worthless. Ginseng, Ginkgo biloba, ginger, and garlic have not been shown to help heart disease or cholesterol (see *The American Journal of Cardiology*, September 2006). Coenzyme Q10 (CoQ10) is currently being evaluated, and a more definitive answer about its use for heart failure and other cardiac diseases will be available in the next couple of years.

While many people think over-the-counter medication is safe, research has shown many of these medications interfere with blood coagulation and also interact with warfarin and Digitek, medications commonly prescribed to patients with atrial fibrillation. >>>

Some general tips in following the American Heart Association's diet are as follows:

1. Choose lean meats with no skin.
2. Use low-fat dairy products.
3. Cut back on hydrogenated vegetable oils.
4. Limit salt intake to 2,300 milligrams (.08 of an ounce) of sodium per day. The amount of calories allowed depends on how active you are and is usually between 1,600 and 2,000 calories per day.

For more information, visit www.americanheart.org.

Maximizing **your** workout

Target and maximum heart rates

The target heart rate for each person varies, depending on his or her age and health. To figure out your target heart rate, you must measure your pulse periodically as you exercise. The table below shows estimated target heart rates for different ages. Look for the age category closest to yours, and then read across to find your target heart rate.

Courtesy of www.americanheart.org

| Age | Target HR 50 - 85 % | Average Maximum HR 100 % |
|-----|-----------------------------|--------------------------|
| 20 | 100 to 170 beats per minute | 200 beats per minute |
| 25 | 98 to 166 beats per minute | 195 beats per minute |
| 30 | 95 to 162 beats per minute | 190 beats per minute |
| 35 | 93 to 157 beats per minute | 185 beats per minute |
| 40 | 90 to 153 beats per minute | 180 beats per minute |
| 45 | 88 to 149 beats per minute | 175 beats per minute |
| 50 | 85 to 145 beats per minute | 170 beats per minute |
| 55 | 83 to 140 beats per minute | 165 beats per minute |
| 60 | 80 to 136 beats per minute | 160 beats per minute |
| 65 | 78 to 132 beats per minute | 155 beats per minute |
| 70 | 75 to 128 beats per minute | 150 beats per minute |

Baptist gave me the thing I needed most

answers

Baptist Health Care Imaging Services

Your body has 60,000 miles of blood vessels that work together to keep a steady flow of blood moving to and from your heart. If these vessels become weak or clogged, you may feel fatigue, shortness of breath and chest discomfort—leaving you with many unanswered questions. Baptist Health Care uses the most innovative heart and vascular imaging technology, providing you with the answers you need.

Our eight convenient imaging locations, including the new Baptist Imaging Center on 5330 North Davis Highway, provide you with easy access to the region's highest quality technology, comfort and care.

For more information, call us at **(850) 434-4080** or visit us at www.eBaptistHealthCare.org.



You'll Love the Way Baptist Cares for You

Convenient Imaging Locations: Baptist Hospital • Gulf Breeze Hospital • Jay Hospital
Atmore Community Hospital • Baptist Medical Park Pensacola • Baptist Medical Park Navarre
Andrews Institute • Baptist Imaging Center

Fact vs. fiction >>>



In addition, vitamin E has been shown to increase risk of fatality and should not be taken as a supplement in patients with heart disease.

Diabetes and your heart

Lastly, it is important to remember two other considerations: blood pressure and diabetes. It is clear that lowering blood pressure levels — even lower than we used to think were safe to about 130/75 — decreases vascular complications and strokes, particularly in diabetics. Strict blood sugar control is of paramount importance in decreasing the complications of diabetes. The hemoglobin A1c should be below 7 percent. Just like cholesterol control, blood sugar control usually requires several medications.

Can we lower our risk of heart attack, stroke, and peripheral vascular disease? The answer is a resounding yes. Diet, exercise, and medications can lower our risk tremendously. In fact, as we learn how to look for new types of cholesterol and to treat recently discovered abnormalities, we expect to lower that risk even more. ❤️



Steven Eilen, MD, FACC, received his undergraduate degree from Emory University and his medical degree from the Medical College of Georgia in Augusta. Dr. Eilen completed his internship and residency at Tulane University in New Orleans, where he served as chief medical resident. He is board certified in internal medicine and cardiovascular disease. Dr. Eilen is a member of the American College of Cardiology.

Getting to know...

William Henry Langhorne, MD, FACC



Though his childhood nickname was “Doc,” Henry Langhorne, MD, FACC, seen here with his assistant, Jeanette Duncan, said it was family tradition that led him to medicine — his father and grandfather were both physicians.

Q What brought you to Cardiology Consultants, PA?

A In 1963, I began a solo practice in internal medicine and cardiology. I acquired two associates — Dr. Riley and William S. Pickens, MD, FACC — in 1972 and 1976, respectively, and Cardiology Associates, PA, was formed. Later, the name was changed to Cardiology Consultants, PA. The group now has 26 associates, including three cardiac surgeons.

Q What led you to become a physician?

A Family tradition, in that my great-grandfather and grandfather were physicians. It may have been predestined: my childhood nurse named me “Doc”! Sci-

ence and mathematics were my strong suits in high school and college. In college, the junior and senior premed students impressed me with their motivation and commitment more than others did. They had a genuine interest in medicine and were achievers.

Q Why did you specialize in your particular area?

A In medical school, I found the study of the heart to be the most fascinating subject. Later, as I developed clinical skills, the cardiac patients were the most interesting. Evaluation of heart patients by history, physical examination, and diagnostic studies intrigued me. Cardiology was on the verge of dramatic advancements when I graduated from medical school. This enticed me to take

additional training in cardiology after my residency in internal medicine.

Q How has medicine advanced since the start of your career?

A In many remarkable ways: Coronary care units were developed in the mid-1960s, and I was fortunate to be involved with the planning of the first community hospital coronary care unit in the Southeast, at Baptist Hospital. Coronary angiography was followed by coronary artery bypass surgery in the 1970s. Thrombolytic therapy to dissolve blood clots and open coronary arteries ensued, and angioplasty techniques made the 1980s a decade of unimagined success. New advances continued with more sophisticated pacemakers and defibrillators, radiofrequency >>>

ablation, stenting, laser therapies, and CT/MRI cardiac studies.

Q Where would you like to see things go in the future with the practice?

A Remarkable advances have been made in cardiology during the past 45 years. I would expect this to continue. All of the new techniques mentioned are directed at treatment of significant cardiovascular disease. I would hope that the future will bring more emphasis on preventive cardiology, especially through genetic studies and stem cell research.

Q What is it like interacting with patients on a day-to-day basis?

A Over the years it has become more meaningful and rewarding to me. When I was young, my thoughts and primary interests were in the academic world of cardiology. It was a challenge for me to provide successful treatment to patients. When it failed, I would be frustrated. Now, in my senior years, I have grown old with many patients. I know them personally and have been with them through trying and sometimes life-threatening times. I enjoy them more than ever, and they have become my primary interest.

“Now, in my senior years, I have grown old with many patients. I know them personally, and have been with them through trying and sometimes life-threatening times. I enjoy them more than ever, and they have become my primary interest.”

— William Henry Langhorne, MD, FACC



Dr. Langhorne now works with his son William Henry Langhorne III, MD. The senior Dr. Langhorne said his son has become his mentor, and it has stimulated him to learn more.

Q What are the most rewarding aspects of your job?

A When I see some of these old patients, review their thick medical charts, and visit with them one-on-one, I feel rewarded for the trust they have shown me over the years. It is especially gratifying when I recall with them critical moments in the past. To have played some part in their lives is worth all of the study, stress, and frustrations of practicing medicine.

Q What do you do to relax when you are not at the office?

A Poetry has sustained my life and my freedom through the imagination. I fell in love with poetry as a boy. It has been an invaluable escape for me after hard days at work. Reading also has been supportive, as well as listening to classical music with a glass of wine.

Q Do you plan to continue practicing for much longer?

A As long as I can maintain my health and stay reasonably current with advances in cardiology, I have no deadline ... unless my partners tell me it's time!

Q What is it like working with your son, William Henry Langhorne III, MD, FACC?

A It has been a joy. When he joined the group, I was concerned that he might feel uneasy working with me. Instead, he makes me feel relaxed and stimulates me to learn more. Unlike some professions, such as law, medicine is constantly changing, and textbooks are out of date when published. Senior physicians are usually not the mentors for younger associates as in other fields unless they have valuable experience to share. My son is my mentor now, and he has helped me in my struggle to keep current so many times.

Q If you were to sum up your career in a few sentences, as in what it has meant to you to practice medicine, specifically cardiology, what would you say?

A Cardiology has satisfied my intellectual needs and filled my life with challenges. I would not change it for any other profession. Most of all it has taught me about people, their strengths and their needs, and how vital and rewarding it is to be involved in some way in their lives. ♥



**CLARK PARTINGTON HART
LARRY BOND & STACKHOUSE**
ATTORNEYS AT LAW

*Offering full-service
representation to
our clients for
over 30 years*

PENSACOLA DESTIN
(850) 434-9200 (850) 650-3304
www.cphlaw.com



Bullock Tice Associates
909 East Cervantes Street
Pensacola, FL 32501
850.434.5444

*"The Interior Design professionals at
Bullock Tice Associates pared the universe
of choices into manageable design options
for our decisions and their prompt,
individualized attention to our needs
represents the professionalism
we were seeking."*

Andrew Radoszewski, MBA, MPH, CMPE
Administrator
Cardiology Consultants, Inc.
Pensacola, Florida

PLANNING
ARCHITECTURE
INTERIOR DESIGN
AA C000174, IB 0000951



-  Hospitals
-  Surgery Centers
-  Doctor's Offices
-  Rental Linens
-  Full Service
-  Locally Owned

1501 N. Guillemard Street
Pensacola, FL 32501

(800) 438-7578

(800) 844-5280 Toll Free
(850) 438-9395 Fax
www.crownlaundry.com

Directory

Cardiology Consultants, PA, thanks the following
advertisers for helping make this publication possible.

- Amsouth Bank/Regions see inside front cover
- Angle Benefits Group see inside back cover
- Baptist Health Care see page 8
- Bullock Tice Architect see inside back cover
- Clark Partington Hart Larry
Bond & Stackhouse see inside back cover
- Crown Health Care Laundry
Services, Inc. see inside back cover
- Gulf Coast Office Products, Inc.
826 Creighton Rd
Pensacola, FL 32504-7097
Phone: (800)366-5589
Fax: (850)434-0089
www.gcop.com
- Gulfwave Networks, Inc. see inside front cover
- Hospice of the Emerald Coast... see inside front cover
- Professional Medical Insurance Services
..... see inside back cover
- Sacred Heart Health System..... see back cover
- Saltmarsh, Cleveland, & Gund, CPAs
PO Box 13207
Pensacola, FL 32591-3207
Phone: (850)435-8300
Fax: (850)435-8352
www.saltmarshcpa.com
- St. Jude Medical see back cover
- TZ Medical, Inc. see inside front cover



*Bringing Innovative
Insurance Solutions
to the
Healthcare
Industry*

**Professional Liability Property and Life, Health,
Casualty Disability**

Call Toll Free: Jacksonville
Julie Shumer
(877) 908-1650

Tarpon Springs West Palm Beach
Hope Soukup Kim Brill
(877) 716-1300 (866) 297-3382

Don't let your
potential risk



stop you from
strutting your stuff

nationally sponsored by
★ macy's MERCK



Heart disease is the No. 1 killer of women.

Go Red For Women empowers women so they can take
positive action to reduce their risks of heart disease.

Join the Go Red For Women movement to receive your
free red dress pin. Call 1-888-MY-HEART or visit:

www.GoRedForWomen.org

Go Red TM of AHA, Red Dress TM of DPHS

MORE CONTROL. LESS RISK.

St. Jude Medical is focused on reducing risk by continuously finding ways to put more control into the hands of those who save lives.

Visit sjm.com



ST. JUDE MEDICAL, the nine-squares symbol and MORE CONTROL. LESS RISK. are trademarks and service marks of St. Jude Medical, Inc. and its related companies.
©2008 St. Jude Medical. All Rights Reserved.

A Tradition of Quality Heart Care



- A 64-slice CT scanner capable of capturing detailed images of a beating heart.
- A new minimally invasive procedure to correct heart rhythm disorders.
- Innovative, lifesaving procedures to open blocked arteries.

Over the past 35 years, Sacred Heart's cardiovascular team has introduced some of the very latest procedures for coronary artery disease, heart failure, blockages in the legs, and a variety of vascular and circulatory problems. We perform more heart and vascular procedures than any other hospital in Northwest Florida.



**Sacred Heart Regional
Heart & Vascular Institute**

Call 416-7000

www.sacred-heart.org