Wishing You a Healthy Spring!

As spring blooms, New Orleanians take to the streets for festivals, barbeques, and jaunts around Audubon Park. With so much to do out there, it can be hard to make the healthiest choices. Spring is the perfect time to reevaluate your lifestyle and begin to choose more heart-healthy alternatives. Making small changes to focus on health can make a huge impact on your body’s wellbeing. We asked Tulane University Heart and Vascular Institute’s faculty and fellows for how they stay healthy in their day-to-day lives. Trust them: they’re doctors!

“I avoid red meat (I have not eaten it in for decades,) and exercise regularly, combining walking, jogging, swimming, and light weights.” –Dr. Keith Ferdinand, Professor of Clinical Medicine

“I spend an hour on the treadmill at the gym when I can find the time” –Dr. Fahad Iqbal, Cardiology Fellow

“I try to eat foods high in potassium to lower my blood pressure.” - Dr. Gholam Ali, Assistant Professor of Clinical Medicine

“I try to sleep more than seven hours every night.” –Dr. Aderonke Adeniyi, Cardiology Fellow

“I drink water instead of sugary soft drinks.” –Dr. Alvaro Alonso, Assistant Professor of Clinical Medicine

Dr. Corey Goldman: The Art of Medicine

Director of Vascular Medicine, Dr. Corey Goldman is what some may call a Renaissance-man. Before receiving his MD and PhD, his first loves were music and photography. Dr. Goldman has played the drums for years, wishing to emulate his classic rock heroes. His colorful and inspired photographs, mainly surrealistic images of classic New Orleans architecture, have shown in displays around New Orleans and brighten the walls of the TUHVI office. “Medicine and Art are merely two aspects of the divine seen as beauty. What more can I ask for in a lifetime but to experience all that?” explains Goldman. His natural eye for aesthetics serves him well in his primary passion within vascular medicine: treating varicose and spider veins. He is currently seeing patients at our Downtown and West Bank clinics to eliminate these painful and unsightly veins in the leg with Venacure EVLT, a minimally invasive, outpatient laser treatment. Varicose veins can halt one’s confidence in their appearance. No one wants to forgo skirts and shorts in the upcoming balmy summer months, yet those suffering from varicose veins are often too embarrassed to show their legs. Beyond concerns about appearance, varicose veins can cause pain and discomfort. Varicose veins sprout when the valves in your veins, necessary for pumping blood back up to your heart, become weak or damaged. Blood is no longer able to return upwards, thus pooling, causing visible blue knotty veins to appear on the legs. Age, obesity, gender, pregnancy, family history and activity level can all affect your risk of developing varicose veins. Dr. Goldman recognizes both the medical and the cosmetic aspects of venous disease and welcomes discussion of both. For more information on varicose veins and treatment options, please contact one of our clinics.

Recent Publications


Research Funds Bolster Tulane Efforts

MDs aren’t the only doctors that contribute to the Heart and Vascular team. Six research faculty members do laboratory investigations into various cardiovascular related issues. The efforts of one particular research assistant professor, Sergiy Sukhanov, PhD, were recognized by Tulane University School of Medicine through the Research Pilot Program. The Bridge Program is designed to aid in the generation of sufficient preliminary data in order to apply for extramural funding. With the national deficit at an all time high, and research funding facing large federal cuts, this program is a necessary boon to the important work being done at Tulane. Of forty-one applicants, Dr. Sukhanov was one of four researchers awarded the fund. Dr. Sukhanov’s research team is investigating potential cellular mediators of atherosclerosis, the buildup of fatty plaque in arteries that can lead to heart attack and other cardiovascular ailments. The research is an extension of an ongoing project driven by another Heart and Vascular team under Department Head Patrice Delafontaine, MD.

Research on Katrina Wows ACC

At the American College of Cardiology’s 62nd Annual Scientific Session on March 7, Heart and Vascular faculty Anand Irimpen, MD unveiled new research on the effects of Hurricane Katrina on Louisianans’ heart health. The data shows an increased incidence of heart attacks after the devastating 2005 storm, showing a link between stress caused by traumatic events and heart attacks. Tulane Health Sciences Center is still seeing an increase in heart attack patients six years after the city’s recovery began. Post-Katrina patients not only showed increases in heart disease, but also in rates of depression and substance abuse. When faced with rebuilding homes, finding lost employment, and grieving loss of family members, patients’ mental and physical health suffer. “These findings have broad implications about how natural disasters affect communities, as well as the extensive costs to society, whether it is financial or social,” Dr. Irimpen explains. Dr. Irimpen and his team of Tulane researchers plan to collaborate with other institutions around the country to further investigate how natural disasters, including the recent Hurricane Sandy in the northeast, affect heart health. This research could help physicians and politicians effectively aid devastated areas around the world.

Tulane Surgeons Perform New Procedure

Tulane University Heart and Vascular Institute recently stepped in to repair an aortic dissection with a procedure that is thought to have never been performed in the US before. The novel, minimally invasive procedure saved the patient’s life. TUHVI Director of Vascular Surgery, Dr. Albert D. Sam II led the revolutionary procedure, repairing the tear to the aorta with minimal damage. Aortic dissection is fairly common, with 2,000-3,000 cases occurring annually, but what separated this one from the pack was the use of tiny catheters to repair the damage without removing aortic tissue or heart valves. In a typical aortic dissection, doctors remove large portions of the damaged aorta in order to prevent a tear in the blood vessels from spreading to nearby valves or arteries. For this patient, such an invasive procedure was not an option.
Dr. Keith Ferdinand to Start Seeing Patients in New Orleans East

What have you been working on recently?
My work with the Association of Black Cardiologists and the National Forum is ongoing. Back home in NOLA, I am on the board of the New Orleans East Hospital Service district, which is designed to bring in-patient services back to NO East, where there are no in-patient beds in a large community of almost 70,000. We need to complete that project and integrate health care across the city, for a more unified approach. New Orleans is one of the nation's greatest cities, (if not the world’s greatest,) but the services in the communities themselves are still under-developed. I am going to start seeing patients at TUHVI’s new New Orleans East Clinic starting in May. I am excited to help the people of NO East have prompt and easily available of specialty care with the staff of the Tulane University Heart and Vascular Institute.

Tell me about your new Arrest the Risk campaign.
The Association of Black Cardiologists and The Heart Rhythm Society have a national campaign to make the public aware of the scourge of sudden cardiac arrest and the life-saving therapies and tools we have to help people survive. African Americans, Latinos and women are at particular risk, not receiving the life-saving devices they need. Surveys have shown that many Americans are unaware of the harm and prevalence of heart rhythm disorders and available treatment options. We want to overcome those gaps and disparities in care. I chose cardiology as my field of specialty for one simple reason: I wanted to be a force for positive good in my community. I quickly recognized as I pursed medicine that cardiovascular disease is by far the main cause of disparities in longevity and healthy life that affect the African-American community.

You presented at the ACC conference this spring. What did you talk about and why are these topics important?
I am Chair of the National Forum for Heart Disease and Stroke Prevention, a coalition of over 65 organizations and institutions, including the ACC, AHA,CDC, NHLBI and others. I spoke of the need to support public health initiatives in heart disease and stroke, the number one cause of death in the U.S. for all populations.

You’re known for your charitable work with local and national non-profits, which current or past projects are you most proud of?
We as physicians have a responsibility to teach our patients and the community to prevent disease as much as using medications and interventions to cure. I am proud of our ongoing work in the Healthy Heart Community Prevention Program, started with my wife Daphne P. Ferdinand, PhD, RN. We pioneered what is now fairly common- screening and educating the public in non-medical environments. We utilized unique settings such as barbershops, beauty salons and the Bayou Classic football game to reach out to the public. Increasing awareness is a very important component in decreasing heart disease, especially in minority populations. I’ve seen medicine get better over the last several decades- with better medications, innovative procedures- but one-on-one care, education and prevention of disease in the community are still the real powers of healing.

What do you do when you’re off the clock?
In the far distant past, I was actually an artist- oils, acrylics, water colors, but medicine took that time away- I read regularly and love to experience the world we all live in. I’ve visited Japan, Thailand, France, the Caribbean and other interesting locales.
Downtown New Orleans
Tulane University Heart and Vascular Institute
Tulane Medical Center
1415 Tulane Avenue, 4th Floor
New Orleans, LA 70112
(504) 988-6113

West Bank
Tulane University Heart and Vascular Institute
St. Luke’s Medical Center
4201 Woodland Drive, 2nd Floor
New Orleans, LA 70131
(504) 378-5080

Metairie
Tulane Multi-Specialty Clinic
4720 S. I-10 Service Road, Suite 101
Metairie, LA 70001
(504) 988-8050

New Orleans East
Tulane University Heart and Vascular Institute
East After Hours Urgent Care Center
5640 Read Blvd., Suite 550
New Orleans, LA 70127
(504) 378-5080