

About

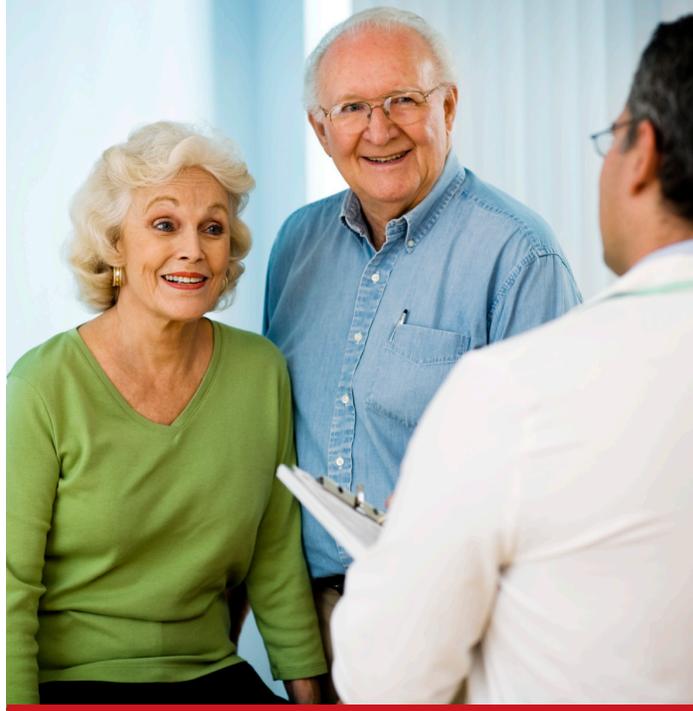
Welcome to our practice. Our mission is to provide excellence in cardiovascular care through patient service and patient satisfaction. Our staff is made up of professionals who work together to bring you the highest quality care. At Heart and Health, we offer a full range of health services to help you live a full and happy life. In order for our team to set the proper health plan for you, our patients undergo diagnostic testing and individualized assessments at our state-of-the-art facility.



"In today's world, we are weighed down with stress that can cause significant health issues. We can deliver a health plan that will optimize your blood circulation, metabolism, maintain a healthy blood pressure and reduce cardiovascular risk factors"

-Dr. Kavesteen, M.D. F.A.C.C

Dr. Kavesteen is a graduate in Medicine from SUNY Health Science Center. He completed his residency at the prestigious New York University Medical Center and continued further education in Maimonides Medical Center, specializing in cardiology and cardiovascular diseases; that is everything to do with the heart.



Central Long Island:

La Grande Place 1350 Deer Park Avenue
North Babylon, NY 11703
Phone: 631-482-1355

Suffolk:

Spring Lake Place 315 Middle Country Road
Middle Island, NY 11945
Phone: 631-345-6670

Nassau:

1070 Old Country Road
Plainview, NY 11803
Phone: 516-364-8600

www.HeartandHealth.com

**HEART
& HEALTH
MEDICAL**



Specializing in Early Detection & Prevention

Who Should Come In:

Male or female of any age complaining of the following symptoms:

- Chest Pains
- Chest Lightness
- Chest Pressure
- Shortness of Breath
- Left/Right Bundle Branch Block
- Abnormal EKG History of Coronary Artery Disease
- Valvular Heart Disease
- Hypertension
- Weakness
- Family History of Heart Disease
- Diabetes
- Mitral Regurgitation
- Kidney Disease
- **Any Other Cardiac Risk Factors**

Why?

- 1.) Determine if there is adequate blood flow to your heart during increasing levels of activity.
- 2.) Evaluate the effectiveness of your heart medications to control angina and ischemia.
- 3.) Determine the likelihood of having coronary heart disease and the need for further evaluation.
- 4.) Check the effectiveness of procedures done to improve blood flow within the heart vessels in people with coronary heart disease.
- 5.) Identify abnormal heart rhythms. Help you develop a safe exercise program.

Radiation Free Stress Test

An echocardiogram is a graphic outline of the heart's movement. A stress echo can accurately visualize the motion of the heart's walls and pumping action when the heart is stressed; it may reveal a lack of blood flow that isn't always apparent on other heart tests. A stress echo is an imaging test that involves the use of an echocardiogram. An echocardiogram uses high frequency sound waves (ultrasound) to provide pictures of the heart's valves and wall motion. During an echo stress test, images of the heart are taken before and after exercise. A treadmill is used to increase your heart rate during exercise. By comparing images of the heart at rest and stress, the cardiologist will be able to evaluate cardiac function. Any changes in the heart movement many indicate the possibility of blockage in

the coronary arteries, thus diagnosing coronary artery disease.

Carotid Artery Sonogram

The Carotid Sonogram is a 2-D picture test that shows if the carotid blood vessels have narrowed. The purpose of a Carotid Sonogram is to assess the stroke risk from the narrowing of the carotid arteries. Patients should undergo this test if they experience numbness, fainting or dizzy spells.

Echocardiogram

An Echocardiogram is a 2-D imaging test that shows the movement of blood throughout the heart and blood vessels. It examines the cause of abnormal heart sounds, an enlarged heart, unexplained chest pains, shortness of breath or irregular heartbeats. This test can also check for the presence of different types of heart diseases. Patients should undergo this test if they experience chest pain, shortness of breath, heart murmur, palpitations, syncope or if they have an abnormal EKG.

Holter and Event Monitoring

Holter and Event monitors are pocket sized mini EKG devices worn continuously that record possible irregular heartbeats as you carry out your normal day activities. These tests help the doctor link symptoms of dizziness, fast or irregular heart rhythms or blackouts. Patients should undergo this test if they experience palpitations, dizzy spells, chest pain, fainting and significant personal or family health history of cardiac risk factors.

Radiation Free Stress Testing

Radiation Free Stress Tests are used to provide information about how the heart responds to an increase in energy. The Stress Test determines if there is enough blood going to your heart during increasing levels of activity. This test can also assess the likelihood of having coronary heart disease and identify abnormal heart rhythms, among other valuable assessments. Men over 45 and women over 55 should have this test done. Patients should also undergo this test if they have diabetes, kidney disease or multiple risk factors for heart disease.

Blood Vessel Testing

Blood Vessel tests tell your doctor if the vessels are working properly or if you are at risk for Periphery Artery Disease. This test shows if there are any blockages in

your blood vessels which could lead to a reduction of blood flow throughout your body. Patients should undergo this test if they experience leg pain in one or both calves, thighs or hips.

Metabolic Testing

Metabolic Testing is a process that shows the maximum amount of food you can eat in a day and still lose weight. The summary print out assess how many calories you need to take in a day in order for your body to optimally create and utilize energy. Patients should undergo this test if they are unable to absorb, digest and store food properly which could lead to diabetes, high cholesterol, low thyroid hormones and unexplained weakness or fatigue.

FAQ

What is Coronary Artery Disease?

Coronary Artery Disease is caused by the hardening of the arteries due to the buildup of plaque. Risk factors include: high blood pressure, high LDL levels, obesity, diabetes and smoking.

What is plaque?

Plaque is a mixture of cholesterol, calcium and other fatty substances that forms in the inner linings of the arteries. When plaque increases in size to more than 75% stenosis, it will restrict the blood flow to the heart muscle.

What are symptoms of decreased blood flow to the heart?

Decrease of blood flow could present as chest pain, or shortness of breath. The decrease in blood flow can also weaken the heart muscle.

What are the dangers of High Blood Pressure?

Having high blood pressure puts you at risk for a stroke and other serious health problems. It is known as the "Silent Killer" because it can cause damage and roughen the lining of the arteries making it easier for plaque to build up in the artery walls and reduce blood flow to vital organs.

Can exercise and eating right help manage my High Blood Pressure?

Blood pressure rises as body weight increases. Therefore, physical activity and other healthy lifestyle changes are one of the most important steps one can take in lowering high blood pressure.