



Guthrie recommendations and expert advice on health topics that matter to you.

MEET OUR EXPERT



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Chair, Guthrie Cardiovascular Services



Cardiovascular questions answered by Daniel Sporn, MD, FACC, MHA, Chair, Guthrie Cardiovascular Services.

Q: How is heart disease diagnosed?

A: Like other areas of medicine, diagnosing heart disease is primarily about listening to the symptoms patients describe, and asking appropriate questions. Ninety percent of all diagnoses are made in this way. Physical examination and specific testing help to secure a diagnosis in the other 10 percent.

Q: Who is most at risk for heart disease or heart issues?

A: Those most at risk for heart disease engage in behaviors that put them at risk. This includes smoking, overeating and failure to be active. This can create other risks for heart disease including diabetes and high blood pressure. Unfortunately, genetics may play a role as well.

Q: What can you do to reduce your risk of developing heart conditions?

A: One can reduce their risk of developing a heart condition through regular exercise, healthy eating, refraining from smoking and developing healthy mechanisms for dealing with stress.

Q: What does treatment look like for someone with a heart condition?

A: Treatment for heart disease depends on the specific heart condition being treated. It may begin with lifestyle modification with or without the addition of medications. It may involve procedures such as coronary stenting to fix a tight narrowing in a heart artery, or a heart bypass for more extensive disease. Valve procedures and procedures to address heart rhythm

abnormalities are sometimes indicated. The medications available are better than ever, and if a fixing procedure is necessary, these are less and less invasive as technology continues to advance.

Q: What services does Guthrie provide to help with different types of cardiovascular issues?

A: Guthrie provides very specialized cardiovascular services for our community. We have specific clinics for heart failure patients, valve disease patients and patients with a cancer diagnosis who also have heart disease. We also have a longstanding, comprehensive cardiovascular rehabilitation team that works with patients to enable them to return to and exceed their quality-of-life goals.

Call 866-GUTHRIE (866-488-4743) to make an appointment at a Guthrie cardiology location near you.