

FROM THE HEART

A forum for the patients & friends of the Lown Cardiovascular Group

Lown Cardiovascular Group
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Letter from the Director

Several years ago I asked a patient of mine, who was 104 years old at the time, what was her secret to longevity. She hesitated - maybe just a few seconds - and answered: "Doctor; you just have to be grateful!" This was incredibly powerful to hear, and the sentiment was reaffirmed just a few weeks later, while listening to NPR. There was a discussion regarding the character trait most associated with longevity. Lo and behold the conclusion was...gratitude.

As we approach the end of 2017, a year filled with political and environmental storms, I can reflect on how much gratitude I have: to be a physician, and to work in this unique environment - The Lown Cardiovascular Group.

We continue to demonstrate that a small group of physicians with the desire to deliver high-quality caring with a human face can - Survive, Thrive and Be Successful - in an environment that is ever more challenging.

William Osler, a great clinician of the last century, stated: "The practice of medicine is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head. Medicine should begin with the patient, continue with the patient, and end with the patient."

We are incredibly grateful to our loyal patients who have continued to recognize the value of *patient-centered medicine*. We continue to rely on your support and good will. We believe that your health is your greatest asset.

Wishing you Good Health in 2018

The physicians and staff of the Lown Cardiovascular Group



Clinical Director Dr. Brian Bilchik

We are delighted to introduce **Dr. Khyati Baxi** to our group. She epitomizes the caring physician with an outstanding clinical acumen and skill set, which you can read more about later in this newsletter.

We are also fortunate to have recruited an experienced nurse practitioner, **Kristian Bakken**. Kristian is a delightful and compassionate individual, who brings extensive experience in cardiopulmonary testing and wellness counseling. He will help to manage our Sports Cardiology Program as well as see patients in our office.



Our team of physicians is dedicated to providing patients with **thoughtful, non-invasive** cardiovascular care.



(L-R)
Dr. Brian Bilchik, MD
Dr. Charles M. Blatt, MD
Dr. Dara Lee Lewis, MD
Dr. Shmuel Ravid, MD, MPH
Dr. Khyati Baxi, MD

Remembering Michal Galazka & Introducing “The Good Life Project” in London

By Dr. Charles M. Blatt

In June, University College Hospital in London sponsored a symposium: “Palliative Care in 20 Years’ Time: Future Predictions and Global Challenges” to honor the memory and contributions of the late **Michal Galazka** (2/17/1943 – 7/7/2016) to the global advancement of hospice education. Galazka, a Harvard and Yale-trained lawyer, devoted his professional career to the development of a highly successful organization, the **Hospice Education Institute of America**. This group which Galazka created and led helped many thousands of people confront the difficult period at the end of life. At this symposium, specialists in Palliative Care, Hospice Care, Internal Medicine practitioners and academics from Europe, Africa and North America gathered to present their research work and to remember the seminal contribution of Michal Galazka to this field of medicine. I was invited to represent the Lown Cardiovascular Group and to discuss our new research initiative, “**The Good Life Project**” (TGLP) and to impart my remembrance, both personal and professional, of Michal, who played an essential role in this effort.

As a patient of the Lown Cardiovascular Group himself, Galazka wrote about the unique nature of the clinical care he received here. He recognized a similarity between our individual approach to care and the personal method he emphasized in Hospice education. Indeed, he inspired our current project, entitled “The Good Life Project” by providing us with both the intellectual and material resources to design and launch this initiative. TGLP is focused on introducing a “serious illness conversation” to the cardiology office setting by encouraging open dialogue between physician and patient, rather than leaving critical care decisions undiscussed until a life-threatening medical crisis.

Although cancer specialists often help patients and families grapple with treatment decisions regarding serious illness, little attention has been focused on the dilemma faced by heart patients and their families when a sudden change in health status emerges. The highly invasive cardiology therapies that have been developed to rescue a patient from a sudden cardiac catastrophe can, in the very carefully chosen patient, be life-saving and eventually restore that person to normal health. However, these dramatic interventions are not appropriate for everyone.

Over the years we have observed many cases wherein patients and their families have been bewildered by how rapidly an illness progresses. Taken by surprise, the patient may be subjected to distressingly uncomfortable invasive procedures that lead to further procedures and the wrenching decisions that accompany these. We learn in some situations that while the patient made it clear to one family member that he or she does not want any mechanical, invasive measures, a different family member who is not familiar with the patient’s wishes is approached for guidance. Or there was no discussion pursued before encountering the urgent event. TGLP aims to prevent these problems by discussing and defining the patient’s end of life wishes long before it is necessary.



DR. BLATT AT THE CONFERENCE AT THE
CICELY SAUNDERS INSTITUTE IN LONDON



The late Michal Galazka

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It is not uncommon for our elderly patients to journey through the hospital and never encounter a familiar face among their medical caregivers. Ironically, the trusted family physician or longtime Cardiologist – who often has the clearest understanding of the patients' wishes regarding care at a most vulnerable time – may not be involved in medical decision-making. Instead, these difficult conversations are often handled by hospital staff who are strangers to the patient and family.

The Lown Cardiovascular Group is perhaps a relic of another era; however, we are committed to maintaining our unique approach to patient care and following our patients throughout their hospital course (not only on the cardiac ward), so patients and their family have the confidence of having a familiar, trusted medical figure involved in their care. Michal Galazka's influence was felt worldwide, and will continue to exert an essential impact on the patients and physicians of the Lown Cardiovascular Group through TGLP.

Introducing our new Cardiologist, Dr. Khyati Baxi

By Dr. Dara Lee Lewis

When our group needed to hire a fifth cardiologist to meet the demands of a growing practice, we knew it would be a challenge to find just the right person. We received many wonderful applications from all over the country, but we waited until we found someone who met our exacting standards of clinical excellence and alignment with our practice style, someone passionate about patient care, who understood what it meant to do more *for* the patient, and less *to* the patient. When we met Dr. Khyati Baxi, we unanimously agreed that we had found a perfect fit. Dr. Baxi's outstanding medical qualifications were matched by her deep compassion and dedication to caring for patients and improving the health of her community.

Dr. Baxi joined our group this summer and she has already earned rave reviews from our patients. She attended Medical School in South Carolina and completed her residency and fellowship in Florida before moving to Boston with her husband, where she initially worked for the Beth Israel Deaconess – Plymouth group. She is Board-certified in Internal Medicine and Cardiovascular Diseases. She and her husband welcomed their first child, a baby boy, in August.

Dr. Baxi is now accepting new patients. In addition to caring for all Cardiology patients including those with coronary artery disease, valvular heart disease, and rhythm problems, Dr. Baxi's special interests include: the care of women with heart disease, prevention and wellness, and the management of patients with **POTs and Lyme** disease. We are delighted to welcome Dr. Baxi into our Lown Family!





Cardiac Expertise in a Patient-Centered Environment

This Harvard-affiliated practice offers new programs for women and sports enthusiasts.

Lown Cardiovascular Group

The Lown Cardiovascular Group is a private practice affiliated with Harvard Medical School and Brigham and Women's Hospital.

Founded by Nobel Prize winner Dr. Bernard Lown nearly 50 years ago, the Lown Group provides patient-centered, noninvasive cardiovascular care that emphasizes prevention, compassion, and trust between doctor and patient.

The Lown Cardiovascular Group focuses on doing more *for* the patient and less *to* the patient. This means taking time to listen to patient concerns and recognizing that when patients understand their health issues, they are better able to participate in their own care. This fall the Lown Group is excited to share their specialty programs: Women's Cardiology, Sports Cardiology, and The Good Life Project. Call and schedule an appointment today!



Dr. Brian Bilchik, Dr. Khyati Baxi, Dr. Dara Lee Lewis, Dr. Charles Blatt and Dr. Shmuel Ravid



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The Lown Group, Inc. is a tax-exempt
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