

# VASCULAR, ENDOVASCULAR, & GENERAL SURGERY

## H. Charles-Harris, MD & Associates

### A Center of Excellence

*A Surgical Newsletter Joining Physicians in Medicine and Surgery*



**Hakan Charles-Harris, MD, FACS**  
*Diplomate, American Board of Surgery  
Chief of Surgery, North Shore Med. Ctr.  
Clinical Preceptor: NSU & MDC*

## INSIDE THIS ISSUE

### NEWS

- Meeting Barack Obama
- NBC 6 Health Breaks

### SPECIAL IN THIS ISSUE

- Practice Highlight: International Patients
- Comprehensive Care
- Low Dose Aspirin Therapy
- Natural Health Corner: Green Tea
- Surgical Procedures Offered

*Questions?  
Referrals?*

*Contact Us!*

Tel: 305.691.2941  
Fax: 305.696.4435

1190 NW 95 Street  
Suite 101  
North Miami, FL 33150

## NEWS

### MEETING BARACK OBAMA



Dr. Charles-Harris attended a gathering recently in Miami where he met Presidential Nominee Senator Barack Obama. They agreed on the need for improvements in the healthcare system.

### NBC 6 HEALTH BREAKS



Dr. Charles-Harris will be featured on NBC 6 Health Breaks in August. Look out for nightly news features where he will discuss Endovascular treatment for Abdominal Aortic Aneurysm and other Peripheral Artery procedures!

## PRACTICE HIGHLIGHT

### International Patients

Often patients living outside the US are seeking state-of-the-art treatment without the high costs of insurance or hospitalizations.

We offer a convenient solution: discounted packaged rates including all surgery, anesthesia, pathology, and hospital charges. And of course, most post-operative care is included at no extra charge.

Give us a call today to let us know how we can care for your international patients!



## LOOK TO OUR PRACTICE FOR STATE-OF-THE ART COMPREHENSIVE CARE

### **SPECIALIST IN BREAST DISORDERS AND BREAST CANCER**

***Have a patient who needs ultrasound-guided or stereotactic breast biopsy?***

Avoid sending to a diagnostic center. Because all procedures are performed by the breast surgeon, women report feeling more comfortable, experiencing less pain, and receive a more thorough treatment plan with faster care through the entire diagnostic and surgical process with the same provider.

### **SPECIALIST IN PAD & AAs**

***Have a patient who needs a diagnostic angiogram, angioplasty, or stenting?***

Avoid sending to the radiologist; have your surgeon take care of everything. Patients establish a relationship with the surgeon and receive follow up care through the diagnostic and treatment plan for peripheral arterial disease or abdominal aortic aneurysms, experiencing greater satisfaction, experiencing less pain, and generally better outcomes.

## LOW DOSE ASPIRIN THERAPY

### Clogged Artery Prevention

Studies have shown that aspirin reduces the risk of heart attack in people with known coronary artery disease (CAD). It has also been shown to lower the risk of symptoms for people who are at risk for the disease. It is recommended that low-dose aspirin (81 mg) be taken every day to help lower the risk of a heart attack or stroke.

Aspirin slows the blood's clotting action by reducing the clumping of platelets, thus helping to prevent or reduce blood clots.

Low-dose aspirin may be used:

- After a heart attack, to prevent another one.
- By people who have coronary artery disease.
- By people with stable angina and unstable angina.
- After bypass surgery or angioplasty.
- By people who have had a stroke or TIA.
- By healthy men over age 40 who have one or more risk factors for heart disease, as long as their blood pressure is controlled and the benefits of aspirin are greater than the risks.
- By healthy women over age 65, or women under 65 who have one or more risk factors for heart disease as long as their blood pressure is controlled and the benefits of aspirin are greater than the risks.



Anyone considering beginning a low-dose aspirin therapy should talk with their physician first to ensure that it is right for them.

## NATURAL HEALTH CORNER

### Green Tea Lowers the Risk of Heart Disease...within Minutes

According to the latest issue of the *European Journal of Cardiovascular Prevention and Rehabilitation*, researchers found that people have better blood vessel function just 30 minutes after drinking green tea. During the study, the participants experienced significantly increased artery dilation, the highest increase noted at 30 minutes.



It has been found that green tea improves the function of endothelial cells which reduces the development of atherosclerosis (clogged arteries.) Powerful antioxidants in green tea called flavonoids may protect the heart. Other flavonoid-rich foods include red grapes, red wine, and dark chocolate. Flavonoids are being studied for their reported anti-viral, anti-allergic, anti-platelet, anti-inflammatory, anti-tumor and antioxidant benefits.



"I thought you'd be interested in this, Dave... it looks just like your cup of tea!"

*Courtesy of Cartoonstock.com*

## SURGERIES PERFORMED

- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Breast Cancer Disorders
- Aortogram with Peripheral Angiograms
- Peripheral & Visceral Arterial Stenting
- Aneurysm Repair & Excision
- Abdominal Aortic Aneurysm
- Carotid Stenosis
- Vena Cava Filter
- Permanent Dialysis Access: AV-Fistula & AV-Graft
- Stomach Cancer & Disorders
- Colorectal Cancer & Disorders: Laparoscopic Colon Resection
- Gallstones & Cholecystitis: Laparoscopic Gallbladder Surgery
- Biliary Cancer & Disorders
- Pancreatic Cancer & Disorders
- Goiters & Thyroid Disorders
- Hernia Repairs: Laparoscopic & Open
- Appendix Surgery
- Circumcision
- Hemorrhoids
- Anal Fissures & Fistulas
- Various Vascular Access: Catheters & Infusion Ports

Visit us on our web-site at:  
[www.all-surgery.com](http://www.all-surgery.com)

- ▶ News
  - ▶ Practice Profile
  - ▶ Meet the Surgical Team
  - ▶ List of Accepted Insurances
  - ▶ List of Surgical Procedures
  - ▶ FAQs
  - ▶ Downloadable Forms
- ....and much more!

# click.

