

Suddenly, a need for complex medical care

Dr. Pani earns his patient's confidence, 2017

When Bill (not his real name) needed a primary care physician, friends suggested Sid Pani, MD. “My first impression of Dr. Pani was that he listens to you,” says Bill, 64, who works at a sedentary desk job. “I described my health history, and a few times he asked me ‘do I understand that right?’ before he got to the probing, more specific health and lifestyle questions he needed to ask.”

Despite being significantly overweight and being treated for type 2 diabetes, Bill considered himself to be reasonably healthy. “I did suggest that Bill see an orthopedic surgeon for his hip and back pain,” Dr. Pani notes. “He was a candidate for hip replacement surgery.”

Bill had the surgery and, while-still recovering in the hospital, experienced pain in his shoulder. “A cardiac catheterization showed that three of my coronary arteries were nearly completely blocked,” says Bill. Under the care of his cardiologist, he rehabbed his hip at home for the next five weeks before returning for quadruple coronary bypass surgery.

Dr. Pani stayed in close touch with the hospital and Bill’s physicians—orthopedic surgeon, cardiac surgeon and cardiologist—throughout his unexpected health crisis. “My wife told me Dr. Pani called the ICU a few times when I was there,” says Bill. “We really appreciated Dr. Pani’s genuine concern, encouragement and support!”

Once at home, Bill needed continued physical therapy for his new hip, as well as cardiac rehab to regain his strength and stamina. “Emerson Home Care sent out a nurse and a physical therapist, and both were superb,” he recalls. “The Emerson cardiac rehab staff adapted my exercise regimen because I couldn’t use a treadmill. I was able to do my exercises sitting down.”

When he developed a flare-up of gout, he turned to Dr. Pani. “I started Bill on medication right away,” Dr. Pani says. “More importantly, he began to focus on losing weight. This is the key to getting his health problems under control.”

Dr. Pani’s recommendations were essential. “I’ve lost 100 pounds by totally changing my diet,” says Bill, who isn’t stopping there. “My waistline has gone from 56 inches to 44 inches, and I feel great.”

As he awaits his second hip replacement, Bill’s health is stable and continues to improve. “I have total confidence in Dr. Pani. When I look back at everything that has happened to me, I really threw the kitchen sink at him. But he’s proven that he knows how to coordinate complex care.”