

**Blaine:** What is your name?

**Dr. Korgaonkar:** Dr. Nikhilesh Korgaonkar. I was born in Massachusetts and both of my parents came over from India so I am in India and we believe in the faith of hindu but are not into the die heart faith like I believe there is a higher being.

**Blaine:** Where did you go to college?

**Dr. Korgaonkar:** Medical School: Columbia University- College of Physician and Surgeons

Graduate School: Harvard University

Residency Program: Mount Sinai Medical Center

Fellowship Program: University of Michigan Hospital

Undergraduate Education: Harvard University

Board and Certifications

American Board Thoracic Surgery and American Board Surgery

**Blaine:** How long were you in college?

**Dr. Korgaonkar:** I was in college for four years, and then four years of medical school, and then you have to do a residency for five year for training for general surgery, and then one or two years of training for research in this time people often take a year break in this time to have to kids or other things that occur in life, then you go for the training in the specific field you want

for two to three years cardio research. In total it takes 15 to 18 years after high school to become a Cardiothoracic Surgeon.

**Blaine:** What type of degree do you have?

**Dr. Korgaonkar:** He has a bachelor degree in Economy and political theory specifically in Africa because you don't have to do a science major to go into medical school. He said it is sometimes better to have a different degree for your first four years then a science type of degree. He also got a business degree and he talked about if you have a different degree than a science degree for your bachelor's degree it is better because if medical school doesn't work out then you have this back up plan to kinda fall back on.

**Blaine:** How long have you been a doctor?

**Dr. Korgaonkar:** He finished all training 8 years, but ended his MD 15 years ago but this does not mean you can be a practicing physician yet, and 7 years of training and in these years you are getting certifications and also getting board certificated, When he did training they would work some weeks 100 hours or more a week and at the time he was doing this it was when his nine year old daughter was born and his first child so his wife had to do a lot of things by herself at that point. He said that training and residencies can't work more than 80 hours a week now but when he was a resident he worked 100 hours a week during training. So most of his days were

spent at the job not at home with his family which can put major strains on your relationships that you have with others and especially loved ones.

**Blaine:** What are some reasons or things made you want to go to be a doctor?

**Dr. Korgaonkar:** You can help people right away and say you helped a specific person by being able to turn and point at the person and say I helped them with my two hands. At the end of the day you come out of the day you come out with something much more meaningful than if you're in a lab doing research because you know there will probably eventually be able help someone but you don't get to see that help each and everyday and you don't get to use your own hands right there on person and you don't really know the people you help whereas when you do surgery on the person you know them.

**Blaine:** What are modern surgical tools that are used in the operating room? What are new equipment that they are making to improve surgery? How has the tools you have used and the ways have done the surgery changed the time you have done surgery?

**Dr. Korgaonkar:** The newest modern technology is the Robot. I have worked with it myself but for me it is not an improvement to the surgeries that I perform because with the robot I have to make five incisions that are about a one inch and it takes three hours but with my own hands I only have to do three incisions which are about an inch and one-fourth and it takes one and half hours to do the surgery. But the robot is more of a help for the people that have to surgeries in

deep in the pelvic area because they can move it that one more turn or more inch which would help them with the operation. They are also working on doing things less invasive and have the new heart lung machine which takes over the heart and lung during the surgery. They do this by going through blood vessels in the leg to put stents in the heart for clots in the heart.

**Blaine:** What are different ways to improve their heart issues other than surgery?

**Dr. Korgaonkar:** They can be put on medications and things to help them lower the risks of heart attack. Also changing of lifestyle and eating and keeping a healthy diet.

**Blaine:** What is the most common heart surgery that is performed?

**Dr. Korgaonkar:** I actually do everything else in the chest but the work heart on the heart. Most of the time I end up I end up doing surgery for patients with lung cancer and I remove a part of there lung which is bad. I have done CABG before which is also the number one surgery done on the heart which Coronary Artery Bypass Graft surgery.

14. What are the different types of heart surgeries performed now?

**Blaine:** What should a patient expect after have a heart surgery or operation? What should a patient expect during the surgery?

**Dr. Korgaonkar:** Recovery from the surgery takes a lot of time because to do heart surgery you have to artificial stop the heart and have it go through a pump outside the body which is called a heart and lung pump. After surgery you are more likely to get infection in wounds or in the blood and more likely to have blood clots occur in the body which can lead to strokes or other health risks in the body. This surgery leads to a long recovery and for patients which had a piece of there lung removed due to smoke most of the time it will take eight weeks to feel like yourself again and it takes about two to three months to complete recovery. For the heart is eight to twelve weeks before you start feeling like yourself again and it takes about three to four months to complete recovery.

**Blaine:** Who often is in need of heart surgery? How do we prevent heart disease from increasing in America? 21. What are different things that can lead to heart disease or heart issues?

**Dr. Korgaonkar:** Older people but it can really affect anyone like I have seen 30 year olds come in need heart surgery or you have heard on the news about professional athletes just dropping on the field that is because of a heart condition. Also it is more like for men than women because men have more heart attacks than women normally and risk factors hypertension, being a smoker and diabetes. People need to have healthy diet which right now in these time we consider a healthy diet is more like a mediterranean diet and Americans need to have major lifestyle changes and remaining active and eating well. Things are smoking, high blood pressure and diabetes are the top ones.

**Blaine:** What is or what would you considered a healthy diet?

**Dr. Korgaonkar:** One that is easy for you to keep and eat in moderation. Along with trying a mediterranean diet. So when you eat sweets or something like that have a small amount. I eat more of a vegetarian diet since my wife is the cook so I eat what she eats and she is vegetarian but the only meat she eats is seafood. But sometimes with our busy schedules which just make those meals that you toss in and are done in like 10 minutes. Though whenever I go out to eat with the other doctors here and we go somewhere they have steak I get it because I like but I can't have it at home.

**Blaine:** Have you yourself ever had any heart issues and family history?

**Dr. Korgaonkar:** No as of right now I do not have an heart issues and no one in my direct family has issues but his aunt had Hypertrophic Cardiomyopathy (HOCM) which is a muscle by the heart gets too thick it can kill you and this has a strong genetic connection to it.

**Blaine:** What is the main heart disease you find in Americans?

**Dr. Korgaonkar:** Atherosclerotic heart disease blockage in blood vessels and narrowing of blood vessels and it can cause angane which can cause when your heart is not getting enough blood.

**Blaine:** About what age do find most people start getting heart disease?

**Dr. Korgaonkar:** Underage of 50 there is a genetic and earlier and more likely to show up in there 60's.

**Blaine:** Do more men or women get heart disease more?

**Dr. Korgaonkar:** I thinks it is not as diagnosis in women and more women just get different medical symptoms which are underlying whereas men are more like to get the major symptoms like having major chest pains which leads to a heart attack.

**Blaine:** Does heart disease affect a certain race more than another?

**Dr. Korgaonkar:** In general it is lifestyle rather than genetics. All though they are trying to figure out why hypertension and also diabetes are more likely in African Americans than in any other race which are major factors that lead to heart disease.

**Blaine:**Do you think heart disease is a major issue in America?

**Dr. Korgaonkar:** Yes, I think it is a major issue in America and that is really because we are wealthy country.

**Blaine:** What do you think are the major reasons why Americans get heart disease?

**Dr. Korgaonkar:** A lot of heart disease is a lifestyle problem and thinks like fat and cholesterol. We have too much processed food and we are a wealthy country which comes with advantages. We have things we can just relax and getting away from more. Also like lack of exercise and a bad diet. Stress is a smaller contribute to heart disease. Other people which come from other countries to the America and it makes their risk higher because lifestyle and diet. It is a disease of wealthy countries. India heart disease rate is also really higher and is continuing to grow.

**Blaine:** What do you look forward to each day when you come to work?

**Dr. Korgaonkar:** I look forward to having someone come with a problem and being able to fix it and help them with my own two hands. I really like using my hands to create something. Seeing a problem and being able to something right away and make sure you can fix it as soon as you can is one of the best feelings ever. You also kinda have a scorecard each day. And this goes off things that I enjoy doing around my house and also build things and I keep telling my wife I am going make a wood shop in the basement. I like being a Cardiothoracic Surgeon because it is personally just making a meaningful impact in someone's life and it means more than other surgery to me. It means a life that I have an opportunity to save. I have also trained dozens of residency and that is through the process of surgery which it is really fun and a great opportunity to be able to work with them and train them..



**Blaine:** What type of person do you think makes a great doctor?

**Dr. Korgaonkar:** Someone who is willing to put the work in and effort and also being smart in the fields of math and science and also has to be really good at paying attention to detail and to be great you have to have empathy and have to care about people and make sure that you can connect with the patients.

**Blaine:** Does doing this job make you worry more about your own health and what you can do to help yourself?

**Dr. Korgaonkar:** Yes it does because you see the things that can occur pentitual in a person and the choices you make can catch up with and you and sometimes there are people that it just occurs in for no reason like they have never smoked and they get lung cancer. You think you're in control but you're not fully in control but you need to make the best choices after that so that you can be in as control as you can be with your life.

**Blaine:** Is a stroke a type of heart disease? What causes a stroke and what are the most common treatments?

**Dr. Korgaonkar:** Not a heart disease but a vascular disease and most are formed by a clot somewhere in the body that eventually makes it's way to the brain and eventually stops blood flow to the brain.

**Blaine:** Is high blood pressure considered a type of heart disease?

**Dr. Korgaonkar:** No it is not but it is part of the set of disease because it is a major factor in heart disease.

**Blaine:** Is it okay if I take a picture of you for the art part of my project since it is photographic portraits. I also would really like to thank you so much for the opportunity to meet with you and have this interview with you so thank you very much for everything and all of the information you gave will be very helpfully with my project and also learning new things I didn't know about what I think my possible future will be about.