



TRI-CITY CARDIOVASCULAR INSTITUTE

Leaders in Cardiovascular Excellence...

Where Patients Come First



DR. MARK STERN

Dr. Mark S. Stern is Board Certified in Cardiovascular Disease, Interventional Cardiology and Internal Medicine. He completed his Fellowship in General Cardiology and Internal Medicine Residency at the UCLA Center for Health Sciences. Dr. Stern completed his Rotating Medical Internship at the Harbor General Hospital after receiving his M.D. Degree from the New York Medical College. Dr. Stern is a Fellow of the American College of Cardiology, the American Heart Association and the Society for Cardiac Angiography and Interventions. He is also a member of the American College of Physicians and American College of Echocardiography. He consults at the Dobson and Baywood Offices.

CHEERS TO NEW ADVENTURES

What an honor it is to sit and talk with Dr. Mark Stern with his upcoming retirement from Tri-City Cardiology in mind. He moved to Arizona nearly 50 years ago – when sheep still grazed in East Mesa, to begin what we know as Tri-City Cardiology and beginning the heart program at Banner Desert. Dr. Stern was the only provider in those days and worked seven days a week, 12-13 hours a day to serve his patients. His goal was clear, to build relationships with internists and family doctors and help make a difference in patient's lives.

Dr. Stern knew from a young age that he wanted to be a doctor and decided at UCLA to become a cardiologist because of the technology that was quickly developing and impact this technology would make on society. He also wanted four sons from a young age but that transpired to four successful daughters (two CEOs, a urologist, and a clinical psychiatrist), seven grandchildren and two adorable golden doodles!

- Continued on Page 2

From his time with Tri-City, Dr. Stern feels there have been tons of rewarding situations from reversing heart attacks to spending a lot of time in the cath labs (which was “a lot of fun” in his words). He is proud of starting this practice from nothing and the relationships he created with patients and referring providers. He never dreamed Tri-City would become what it is today.



To the new providers out there – Dr. Stern’s advice is to put in the hard work and dedication, build relationships with referring providers, and talk to your patients – find out personal info, note the chart, and mention the information shared at the previous appointment to show your patients that you care enough about them to follow-up and ask. His heart is in the care of his patients and really working to develop a partnership with them to successfully manage their care



Dr. Stern is excited for this next chapter of life for him. One where he may teach and inspire new doctors, he is able to spend more time with his grandchildren and walk his dogs every day. He is excited to travel more (perhaps to his favorite destination – Africa), bike, and golf more as well.

Dr. Stern, we are incredibly grateful for the blood, sweat and tears you poured into Tri-City Cardiology and hope that your next chapter is one that produces years of happiness. Thank you for all you have done to help with developing programs and procedures to help patients achieve their health goals. Cheers to your next adventures!

SENTIMENTS FROM DR. STERN'S COLLEAGUE'S

Happy retirement Dr Stern!! Thanks for all the professional advice and golf tips during those times we had lunch at the Desert cafeteria. I wish you all the best luck!!! You will be missed. ~ Dr. Ephraim Weiss

Dr. Stern is one of our best doctors in our practice. He is as up to date with the medical literature as our most junior associates. His clinical acumen is second to none. ~ Dr. Jacob Green

One interesting fact; Dr Stern scored less than his age in a round of golf recently!! ~ Dr. Praneet Sharma

Dr. Mark Stern and my father Dr. Edward Perlstein joined as partners and established TriCity Cardiology in 1981. I met Dr. Stern when I was 10-years old and, to be honest, I thought he was a big, scary guy. I am now 50 years old and, while he remains a bit of a scary guy, I now appreciate the magnitude his accomplishments as a cardiologist. Dr. Stern practiced cardiology to the highest standards, continuously updating his knowledge and skills set to stay current in a rapidly evolving field. As one example, when Dr. Stern trained the treatment of heart attack was to place the patient in a quiet room—not kidding! A back -of-the-napkin calculation estimates that during his career he has cared for hundreds of thousands of patients. As an interventional cardiologist he has saved the lives of thousands in the throes of a heart attack, and as a preventive cardiologist he has protected tens of thousands from having to experience a heart attack. I would like to congratulate Dr. Stern for his brilliant career, and for the practice he created that will endure for many years to come—TriCity Cardiology. I would also like to ask him, does anyone know what three cities are designated by “TriCity”? ~ Dr. Todd Perlstein

Introducing the Tri-City Surgical Center

Tri-City Surgical Centers is a modern, free-standing, state-of-the-art ambulatory surgery center designed to help patients receive quality care outside of the traditional hospital setting, allowing Tri-City physicians to complete the continuum of care for our patients while offering a multitude of additional benefits.

Tri-City Surgical Centers allows patients to be seen in a safe, convenient, and high quality facility with optimum patient outcomes, and in some cases lower cost.

Services offered:

- Pacemaker insertion, replacement, and pocket revision
- Defibrillator insertion, replacement, and pocket revision
- Loop recorder insertion and removal
- Heart catheterizations
- Coronary angioplasty
- Coronary stenting
- Peripheral Angiograms
- Lower Extremity Angiograms

Providers at the Tri-City Surgical Center

- David M. Kassel, MD
- Duane W. Heinrichs, MD
- Jaskamal Kahlon, MD
- Joshua D. Cohen, MD
- M. Joshua Berkowitz, MD
- Satya R. Atmakuri, MD
- Jacob Green, MD
- Praneet K. Sharma, MD
- Sreedivya Chava, MD
- Kelly E. Guld, MD
- Craig D. Robison, MD
- Ephraim Weiss, MD
- Arun Kolli, MD
- Kai Sung, MD
- Daniel Nguyen, MD
- Benjamin Jenny, MD
- Chin (Alan) Lee, MD
- Sulay P. Patel, MD
- Pridhvi Yelamanchili, MD



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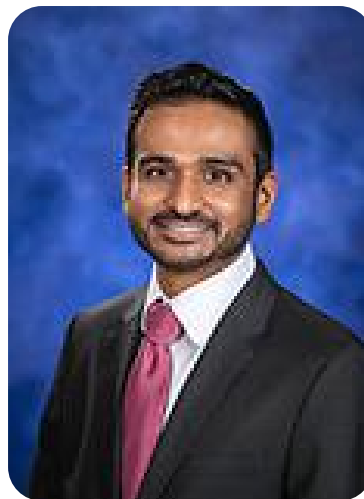
Meet our New Physicians



Benjamin Jenny, MD
Electrophysiology
Home Office: Fiesta
Also Visits: Val Vista,
San Tan



"Alan" Chin Lee, MD
Electrophysiology
Home Office: Fiesta
Also Visits: Val Vista,
San Tan



Sulay Patel, MD
Interventional Cardiologist
Home Office: Fiesta



Pridhvi Yelamanchili, MD
Interventional Cardiologist
Home Office: Fiesta
Also Visits: Baywood, Val
Vista, San Tan, Vein &
Vascular Center

Patient Testimonials

I wish to tell you about my experience at the Tri-City Vein Center, located in Mesa. My provider was Dr. Joshua Cohen, who performed the Ablation (RFA) procedure on my legs. Dr. Cohen was an awesome physician. Not only is he personable, very professional, courteous, answered all my questions, and made me feel very much at ease. Dr. Cohen totally explained the procedure as it was being performed. Dr. Cohen, along with the awesome team of office staff, ultrasound specialists and medical assistants made the experience quite extraordinary.

I whole heartily recommend the cardiologists at Tri-City Cardiology and Tri-City Vein Center.

Great office! Everyone was polite and kind. I was a little nervous about the test I was having, but Heather and Melody did a great job of making me feel at ease.

I've been a patient of Dr Green's for 12 years. Always fantastic, patient, thorough, current, and sensitive to my issues. The office staff is terrific, last visit was easy. Love it here! Highly recommend!

Everyone needs a Dr. Sung, and his staff, in their life! The only slight bummer about my visit was I wasn't called back to a room until over an hour after my appointment time. BUT, to me, it's because Dr. Sung actually takes time to give his patients the attention and understanding they need. Dr. Sung and his M.A., Steve, were both super friendly, invested in my appointment, and very efficient. I looooooved my appointment! Also, the facility is VERY nice and the check-in and check-out processes are streamlined.

The Facts About Atrial Fibrillation

Atrial fibrillation – sometimes referred to as AFib or AF – is the most common type of cardiac arrhythmia (abnormal heart rhythm). During AFib, the upper chambers of the heart, known as the atria, beat rapidly or in an uncontrolled manner. When the heart beats erratically, it does not pump blood as efficiently as it should. A person may feel ill or experience other AFib symptoms because oxygen isn't being properly delivered to all parts of the body. Symptoms include heart palpitations, fatigue, shortness of breath, difficulty exercising, anxiety, chest pain and dizziness. However, 15-30% of patients do not feel any symptoms.

AFib is caused by a wide range of factors, which include modifiable contributors (such as stress, caffeine consumption, smoking, alcohol consumption, obesity and sleep apnea) and non-modifiable contributors (heart disease, family history and age).

AFib may be diagnosed by a primary care physician, cardiologist, or electrophysiologist using diagnostic testing. These tests include an ECG and Holter or event monitor tests. An ECG, or electrocardiogram, uses painless electrodes on your chest to detect the electric currents that your heart uses to generate the rhythmic muscular contractions which pumps blood through its chambers and out to your body. If Afib is not detected during an ECG, you may need to wear a portable ECG monitor to get an accurate evaluation of your heart function over several days, weeks or months. There are two types of portable ECG devices: Holter monitors, which are used in instances where symptoms generally occur on a daily basis, and event monitors, which are used when symptoms are less frequent or predictable.

Early treatment is essential for overcoming AFib. Talk with an electrophysiologist to learn more about the best treatment option for you. There are several factors to be considered in your treatment plan which include:

- The nature or cause of the arrhythmia (where it starts in your heart)
- The severity of the arrhythmia
- The severity of your symptoms

- Medications you currently take
- Your age, overall health, and personal and family medical history
- Other medical problems you may have

Most Afib patients are initially prescribed medications to restore their heart rhythm, manage the symptoms of Afib, or minimize their risk of stroke. The medications may include an Afib rate control medication (such as calcium channel blockers or beta blockers), Afib rhythm control medications (such as sodium channel blockers or antiarrhythmic medication), and/or blood thinners. Another treatment option is called a cardioversion, which is a controlled low-dose shock to the heart to convert abnormal rhythm to sinus rhythm. It is usually performed under sedation in a hospital setting or ambulatory surgery center. The third treatment option is a catheter ablation, which restores the heart's incorrect electrical signals which cause an abnormal heart rhythm.

It is paramount to treat AFib as soon as possible. AFib can increase a person's risk of stroke or heart failure by up to 5 times, it severely impacts your quality of life, and it is a progressive disease. To find out more about Afib and your treatment options schedule an appointment with a Tri-City Arrhythmia Center physician.



TRI-CITY
ARRHYTHMIA CENTER

Electrophysiologists:

Kai Sung, MD

Arun Kolli, MD

Benjamin Jenny, MD

Daniel Nguyen, MD

"Alan" Chin Lee, MD

Phone: 480-835-6100

RECIPE

Air Fryer Crispy (Un) Fried Chicken

Calories	Protein	Fiber
219 per serving	29g per serving	2g per serving

Servings 4 Serving Size 3 ounces of chicken

- 1/2 cup all-purpose flour
- 2 tablespoons minced fresh parsley

OR

- 2 teaspoons dried parsley, crumbled
- 1/2 teaspoon ground oregano
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne (optional)

OR

- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/2 to 1 cup low-fat buttermilk
- 1/2 tablespoon red hot-pepper sauce, or to taste (optional)
- 1/3 cup finely crushed whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole-wheat panko (Japanese-style bread crumbs)

- 1/3 cup shredded or grated Parmesan cheese
- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels
- Cooking spray



Directions:

- Preheat the air fryer to 390°F.
- In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper and cayenne.
- In a separate shallow dish or pie pan, whisk together the buttermilk and hot sauce. In a third shallow dish or pie pan, stir together the crispbread crumbs and Parmesan. Set the dishes and a large plate in a row, assembly-line fashion. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips gently press the crumb mixture so it adheres to the chicken. Place the chicken on the plate. Cover and refrigerate for 30 minutes to 4 hours.
- Lightly spray the chicken with cooking spray. Arrange the chicken in a single layer in the air fryer basket. (Don't overcrowd; work in batches as needed.) Cook for 10 to 15 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown, turning once halfway through and lightly spraying with the cooking spray.



TRI-CITY CARDIOLOGY

Leaders in Cardiovascular Excellence... Where Patients Come First!

Established in 1979, Tri-City Cardiology has become widely known for its progressive and innovative approach in the specialty area of cardiovascular disease. Our Vision at Tri-City Cardiology is to be among the best providers of cardiovascular care in the entire country.

Our practice consists of 25 board certified physicians coming from some of the top medical universities and fellowship programs in the country. Our sub-specialty programs include Echocardiography, Nuclear Cardiology, Peripheral Vascular, and Interventional Cardiology; and each is led by a board certified cardiologist. Our Electrophysiologists are board certified in Clinical Cardiac Electrophysiology. The physicians at Tri-City have been frequently recognized as "Top Doctors" in the Phoenix Magazine, an honor ranking them among the best physicians in the Phoenix Metro area.

Customer Service Focus:

- Patient Satisfaction is a top priority with every patient
- We utilize Press Ganey to compile
- We rank in the top percentiles for patient satisfaction

Quality Care Focus:

- Heart Stroke Recognition Program through NCQA
- Participant in Medicare's Quality Payment Program (QPP)
- American College of Cardiology PINNACLE Registry
- Accredited Nuclear, Echo, and Vascular Labs with ICANL, ICAEL, and ICAVL



Mark Stern, MD



David Kassel, MD



Thomas Ritchie, MD



Duane Heinrichs, MD



Arnan Talle, MD



Jaskamal Kahlon, MD



Joshua Cohen, MD



M. Josh Berkowitz, MD



Kai Sung, MD



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Loan Nguyen, MD



Todd Perlstein, MD



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Sreedivya Chava, MD



Kelly E. Guld, MD



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Ephraim Weiss, MD



Camille Phuc Le, MD



Benjamin Jenny, MD



Daniel Nguyen, MD



Chin C. Lee, MD



Sulay P. Patel, MD



Pridhvi Yelamanchili, MD



TRI-CITY CARDIOLOGY

Convenient East Valley Locations:

6750 E. Baywood Ave, Suite 301
Mesa, AZ 85206
(Arrhythmia Center: Suite 506)

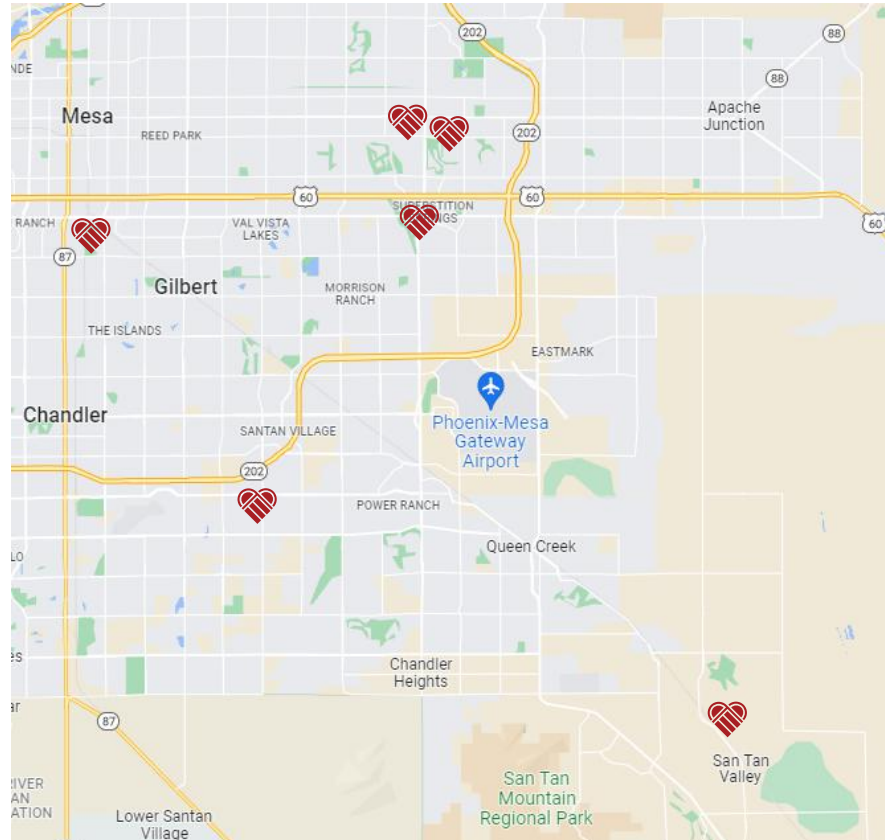
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3530 S. Val Vista, Suite 103
Gilbert, AZ 85297

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San Tan Valley, AZ 85140

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143 South 63rd Street
Mesa, AZ 85206



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Central Fax: 480-461-4243

www.TriCityCardiology.com

www.TriCityVeinCenter.com

The physicians and staff at Tri-City Cardiology look forward to providing patients and their families with very good care and service.