

1st Quarter, 2023

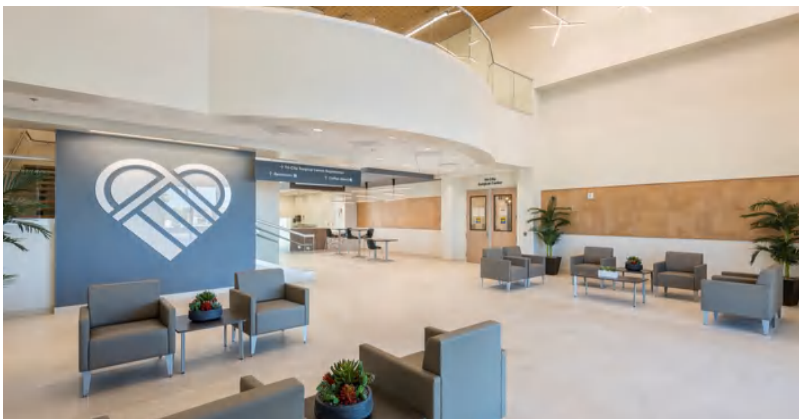


# TRI-CITY CARDIOLOGY

Leaders in Cardiovascular Excellence...

*Where Patients Come First*

## ***Tri-City Cardiology Announces New Surgical Center***



### About Tri-City Surgical Centers

Tri-City Cardiology is pleased to announce the opening of Tri-City Surgical Centers, a new 15,745 square foot state-of-the-art cardiovascular focused ambulatory surgery center (ASC). The facility has four OR Rooms and is located at 143 South 63rd Street in Mesa, AZ 85206. Tri-City Surgical Centers is a modern, free-standing, state-of-the-art ambulatory surgical center designed to help patients receive quality care outside of the traditional hospital setting, allowing Tri-City Cardiologists to complete the continuum of care for our patients while offering a multitude of additional benefits.

### Our Best Services

- Coronary Procedures including Heart Catheterization, Coronary Angioplasty, Coronary Stenting, and other therapeutic treatments.
- Peripheral Vascular Procedures including Lower Extremity Angiography, Stenting, and other therapeutic treatments.
- Electrophysiology Procedures including Loop Recorder Insertions, Pacemaker and Defibrillator Insertions and Replacements

# Celebrating over 44 years of Excellence in Heart & Vascular Care

At Tri-City Cardiology, patient satisfaction is a top priority. Our team of physicians and staff are dedicated to providing you with high quality care and outstanding patient service so that every encounter is a positive experience!

Our physicians work closely with East Valley hospitals to bring state-of-the-art diagnostic, treatment, and preventative services to the community.

## *Services offered:*

- Cardiovascular Services
- Diagnostic Imaging
- Disease Management
- Electrophysiology
- Interventional Cardiology
- Medical Cardiology
- Tri-City Surgical Centers
- Vein & Vascular Center



## About Tri-City Cardiology

Each of the 28 board-certified physicians on the staff of Tri-City Cardiology are dedicated to bringing only the best cardiology and vascular care to their patients in the Phoenix Metro area. Each one is a leader in his or her field of specialty, many earning the distinction of “Top Doctor” recognition by Phoenix Magazine since the practice was established in 1979. As graduates from some of the nation’s leading medical schools and fellowship programs, the Tri-City Cardiology team of physicians enjoys a national reputation for excellence and achievement.





# NEW LOCATIONS

**Chandler / Sun Lakes / Casa Grande**

**LEADERS IN CARDIOVASCULAR EXCELLENCE...  
WHERE PATIENTS COME FIRST!**

*We are happy to announce that the Physicians of Central Arizona Heart Specialists (CAZHS) joined Tri-City Cardiology (TCC) on October 1st, 2022.*



CAZHS physicians have been colleagues with TCC physicians for more than 40 years and have complimented each other in their efforts to provide high quality and accessible patient care in the communities that they serve. Together they will be able to offer expanded services at their offices in Mesa, Chandler, Gilbert, San Tan Valley, Sun Lakes, and Casa Grande.

# Meet our New Physicians



**Shashank Jain, MD**

**Interventional Cardiologist**  
Home Office: Baywood  
Also Visits: San Tan Valley

**Rizaldy Villegas, MD**

**Interventional Cardiologist & Peripheral Vascular**  
Home Office: Chandler  
Also Visits: Casa Grande

**Suntharo "Sunny" Ly, MD**

**Interventional Cardiologist & Peripheral Vascular**  
Home Office: Chandler  
Also Visits: Casa Grande

**Sunny Jhamnani, MD**

**Interventional Cardiologist & Peripheral Vascular**  
Home Office: Chandler  
Also visits: Casa Grande and Sun Lakes

**Roger Bies, MD**

**Cardiology**  
Home Office: Chandler  
Also visits: Sun Lakes

## Patient Testimonials

Dr. Yelamanchili saved my life! I had a heart attack, and I was immediately transferred to Banner Heart Hospital to the Cath Lab. Dr. Yelamanchili and his team were waiting for me. Dr. Yelamanchili inserted a stent in one of my coronary arteries. This event occurred 6 yrs ago. I have seen him regularly in his office twice a year for follow-up. I am very pleased with the service I receive by the office staff. My family and I are very grateful for Dr. Yelamanchili. He is the best Doctor that has ever treated me in my 70+ years.

The staff was awesome, they explain everything about what they were going to do, in terms that I could understand. The staff was very kind and very caring, I will definitely return.

Had my initial contact with Dr. Sung today and found him to be a truly engaging and pleasant person. His patient rapport is excellent, and he explains everything in terms I could understand, and he listens to me which is always unique. I am supremely confident in him as a cardiac specialist.

I have been an existing patient of Tri-City Cardiology for the last nine years and have always had a positive experience with each visit. About three years ago I started to get discomfort in my legs and had issues with edema that made it difficult to wear my shoes. My Tri-City Cardiologist Dr. Kassel referred me to his partner Dr. Cohen at the Tri-City Vein Center. Dr. Cohen and his staff were helpful and caring, and made my experience very good and pleasant. I am now enjoying a more active lifestyle and no longer feel the discomfort in my legs. Thank you to the Tri-City Vein Center team for getting me back on my feet.

# Everything You Need to Know About a Leaky Heart Valve



*Dr. Jacob Green is Board Certified in Cardiovascular Diseases and Interventional Cardiology. He received his Doctor of Medicine degree from the University of Arizona, and thereafter completed his Internal-Medicine, Cardiology, and Interventional Cardiology training at Emory University in Atlanta, Georgia. Dr. Green specializes in coronary disease diagnosis and treatment including minimally invasive techniques such as angioplasty and stenting.*

*He has particular interest and specialized training in catheter-based treatment of valvular and structural heart disease including aortic stenosis (AS), patent foramen ovale (PFO) and atrial septal defects (ASD). He consults at the Baywood, Val Vista, Fiesta, and San Tan Valley offices.*

A leaky heart valve may sound scary. But with close monitoring and treatment, you can live a normal life.

Your heart has four chambers that help circulate blood throughout your body. Keeping the blood flowing in the right direction are valves (also called leaflets or cusps), which shut tightly and prevent blood from backflowing. However, these valves don't close entirely for some people, causing blood to leak backward potentially straining the heart muscles.

According to the Alliance for Aging Research, around 11.6 million people in the U.S. have been diagnosed with heart valve disease, also known as a leaky heart valve or regurgitation. A leaky heart often simply on observation but, if severe, can require surgical intervention.

## What causes a leaky heart?

Remember the four chambers we mentioned earlier? The upper two chambers are the atria, while the lower two are the ventricles. Between each chamber are valves that keep blood pumping in one direction.

- The aortic valve allows blood from left ventricle (bottom chamber) to the body.
- The mitral valve connects the left atrium (top chamber) to the left ventricle.
- The tricuspid valve separates right atrium to the right ventricle.
- The pulmonic valve is between the lower right chamber (right ventricle) and the lung arteries.

Several factors contribute to the development of a leaky heart. Occasionally there is a congenital heart defect. Other causes include infection of a valve, dilation of the structures of the heart, high resistance, rheumatic fever, or degeneration of the leaflets.

A leaky heart may not always exhibit any symptoms, but it can cause shortness of breath, heart palpitations, fatigue, and swelling of the ankles, feet, or abdomen. Aortic valve regurgitation could lead to heart failure, and a leaking mitral valve could also cause heart failure and atrial fibrillation.

## Diagnosing and treating a leaky heart

Your doctor will listen for a heart murmur and review your symptoms. Your doctor will order imaging tests to determine whether a valve is damaged. These tests may include:

- An echocardiogram
- A cardiac catheterization
- An electrocardiogram (EKG)

If your symptoms are mild or if your leaky valve is not severe, treatment may not be necessary beyond regular monitoring. However, if symptoms are so severe, they interfere with your everyday activities, you may be a candidate for valve repair or replacement.

Your doctor may place a ring or clip to reinforce the leaky valve to repair the valve. During a replacement valve procedure, your doctor will replace the valve with a metallic valve or bioprosthetic valve made from animal tissue. Unfortunately, one can't prevent a leaky heart valve. But you can take care of your heart and reduce your risk of heart disease by following these tips:

- Exercise regularly.
- Manage your weight.
- Eat a well-balanced diet low in fat and sodium.
- Quit smoking and excessive alcohol consumption.
- Reduce your stress and get enough rest.

While you're being monitored for a leaky heart, remember to take your prescribed medications. With close monitoring, you can continue your daily routine even while living with a leaky heart valve.



## Let us check your heart!

The cardiologists at Tri-City Cardiology are experts in treating various heart conditions, including leaky valves. We will use the latest diagnostic and treatment techniques to help you live a healthy life. Contact us today for a consultation.

(480) 835-6100

[www.TriCityCardiology.com](http://www.TriCityCardiology.com)

# Tabbouleh Recipe

- 1 cup fine bulgur
- 2 bunches curly parsley
- 12 large mint leaves
- 1/2 English cucumber
- 5 scallions
- 3 medium tomatoes
- 2 lemons, juiced (about 6 tablespoons)
- 1/2 cup extra-virgin olive oil
- 1 pinch salt and pepper, plus more to taste



## Directions:

1. Put the bulgur in a bowl, cover it with an inch of just-boiled water, and let it sit at least 20 minutes. (It will double in size.)
2. Wash and dry the parsley and mint. Remove the stems, finely chop the herbs together, and put them in a large mixing bowl.
3. Peel and deseed the cucumber half. Slice it lengthwise into thirds, then chop. Chop the scallions and tomatoes and add them to the cucumber, parsley, and mint.
4. Drain any remaining water out of the bulgur and add it to the vegetables.
5. Add the lemon juice, olive oil, salt, and pepper to the salad. Mix well, taste, and adjust the seasoning and olive oil as needed.

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 28 board certified physicians with various cardiovascular specialties coming from some of the top medical universities and fellowship programs in the country.



**David Kassel, MD**



**Thomas Ritchie, MD**



**Duane Heinrichs, MD**



**Arman Talle, MD**



**Jaskamal Kahlon, MD**



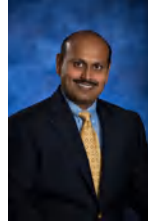
**Joshua Cohen, MD**



**M. Josh Berkowitz, MD**



**Kai Sung, MD**



**Arun Kolli, MD**



**Satya Atmakuri, MD**



**Jacob T. Green, MD**



**Loan Nguyen, MD**



**Todd Perlstein, MD**



**Praneet Sharma, MD**



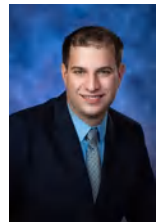
**Sreedivya Chava, MD**



**Kelly E. Guld, MD**



**Craig Robison, MD**



**Ephraim Weiss, MD**



**Camille Phuc Le, MD**



**Benjamin Jenny, MD**



**"Alan" Chin Lee, MD**



**Sulay Patel, MD**



**Pridhvi Yelamanchili, MD**



**Shashank Jain, MD**



**Rizaldy Villegas, MD**



**Suntharo "Sunny" Ly, MD**



**Sunny Jhamnani, MD**



**Roger Bies, MD**



# TRI-CITY CARDIOLOGY LOCATIONS

## Baywood

6750 E Baywood Ave. Ste 301 & 506  
Mesa, AZ 85206

## Fiesta

1580 N Fiesta Blvd. Ste 100  
Gilbert, AZ 85233

## Val Vista

3530 S Val Vista Dr. Ste 103  
Gilbert, AZ 85297

## San Tan Valley

36543 N Gantzel Rd. Bldg 15, Ste 101  
San Tan Valley, AZ 85140

## Tri-City Vein & Vascular Center

6402 E Superstition Springs Blvd. Ste 114  
Mesa, AZ 85206

## Chandler

333 N Dobson Rd. Ste 11  
Chandler, AZ 85224

**New Location**

## Sun Lakes

10440 E Riggs Rd. Ste 250  
Sun Lakes, AZ 85248

## Casa Grande

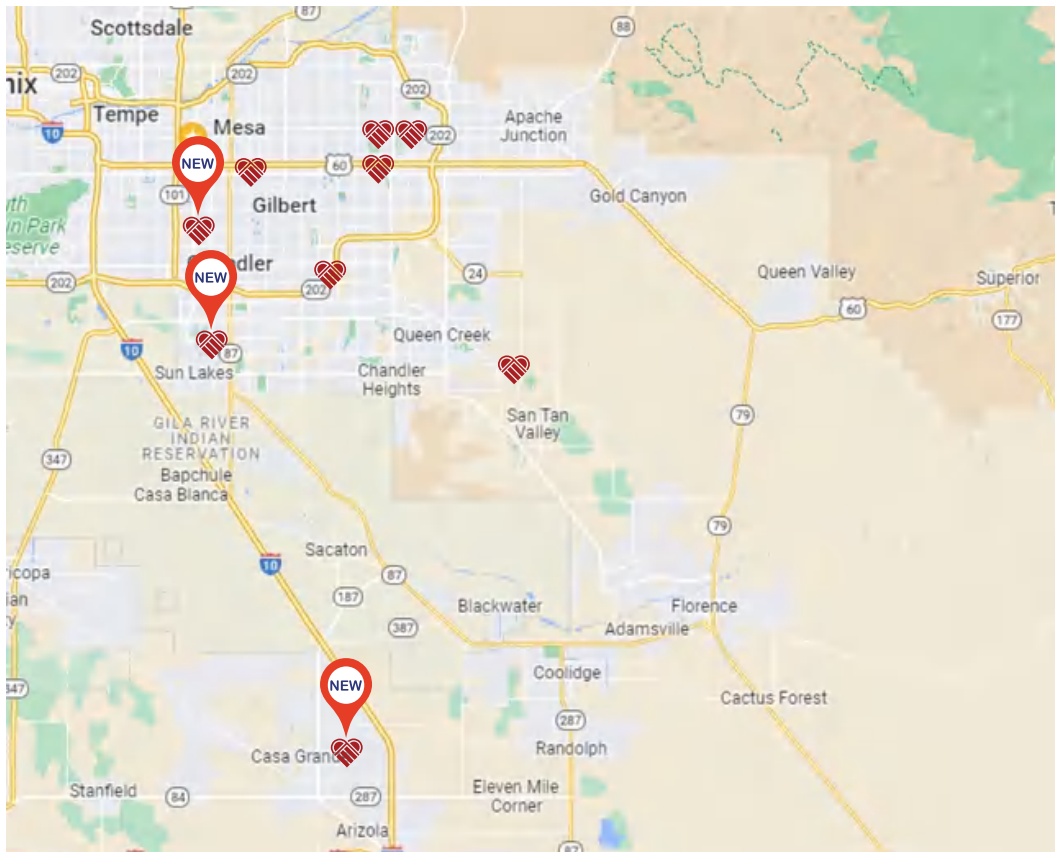
177 W Cottonwood Ln. Ste 7  
Casa Grande, AZ 85122

## Tri-City Surgical Centers

143 S 63rd Street  
Mesa, AZ 85206

**New Location**

**New Location**



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

(480) 835-6100

[www.TriCityCardiology.com](http://www.TriCityCardiology.com)

[www.TriCityVeinCenter.com](http://www.TriCityVeinCenter.com)

