



TRI-CITY CARDIOLOGY

Leaders in Cardiovascular Excellence...

Where Patients Come First



Dr. Sunny Jhamnani is Board Certified in Interventional Cardiology, Cardiovascular Disease, Vascular Imaging, Nuclear Medicine, Echocardiography and Cardiovascular Computed Tomography. He completed his fellowships in Cardiovascular Disease, Interventional Cardiology and Advanced Interventional Cardiology at Yale University, New Haven, Connecticut, and his Residency in Internal Medicine at Georgetown University Hospital/Washington Hospital Center in Washington D. C. Prior to that he was a Research Fellow at Harvard University in Boston, Massachusetts. As a way of giving back to the poor, he decided to earn his Doctorate of Medicine from Government Medical College, Surat in Gujarat, India. At his core, Dr. Jhamnani believes in being a strong advocate for his patients and community and in providing them with the best care possible using his education from some of the best schools of the country, his in-depth expertise in a broad swath of disease management as noted in his certifications and specializations, and his experience through positions of local and national healthcare leadership.

Everything You Need to Know About Hypertension Treatment

What is Hypertension?

A very common condition, hypertension, or high blood pressure is when the force of blood against your artery walls is too high. Because blood pressure is a measure of how much blood your heart pumps and how resistant your arteries are to blood flow, narrow arteries generally mean high blood pressure. Over time, high blood pressure can cause a great deal of health problems including heart disease.

Types of Hypertensions

While high blood pressure is often grouped into one general category, there are actually two categories:

Primary Hypertension

Primary hypertension is when there is no direct cause. This type most commonly occurs in adults and develops over the course of a number of years.

Secondary Hypertension

Secondary hypertension occurs when there is an existing condition or direct cause. This type will appear suddenly and will cause a much higher blood pressure than primary hypertension. Conditions such as sleep apnea, thyroid problems, and kidney issues as well as alcohol or drug abuse can lead to secondary hypertension.

Causes of High Blood Pressure

Because high blood pressure is so common, there are a number of different causes. Many of the most common include:

- Obesity
- A high sodium diet
- Alcohol or tobacco abuse
- Old age
- High stress
- Chronic conditions or a family history of high blood pressure
- Pregnancy
- Lack of physical activity



Diagnosis

In order to properly diagnose high blood pressure, a healthcare professional will measure your blood pressure using a gauge that goes around your arm. This gauge will measure both systolic pressure, the pressure in your arteries when your heart beats, and diastolic pressure, or the pressure between beats.

The following gives an idea of what your blood pressure levels indicate:

Normal Blood Pressure

Systolic: 120 / Diastolic: 80

Elevated Blood Pressure

Systolic: 120-129 / Diastolic: Below 80

Stage 1 Hypertension

Systolic: 130-199 / Diastolic: 80-89

Stage 2 Hypertension

Systolic: 140 / Diastolic: 90

In addition to a blood pressure test, your doctor may suggest further monitoring, such as ambulatory blood pressure monitoring, or tests such as a urinalysis, blood test, or cholesterol test.



Treatment

If you are diagnosed with high blood pressure, your doctor may prescribe you a number of various medications. Some of the most common types may include:

- Diuretics
- Beta Blockers
- Renin Inhibitors
- Angiotensin-converting and receptor blockers
- Alpha and alpha-beta blockers

In addition, there are a number of lifestyle changes that you will be asked to make to treat your hypertension. These may include:

- Decreasing sodium in your diet
- Ceasing smoking and limiting alcohol consumption
- Losing weight
- Creating consistent exercise plans
- Practicing relaxation and breathing
- Eating healthy foods

Call (480) 835-6100 to request an appointment at one of our cardiology clinics throughout the Mesa, Gilbert, San Tan Valley, Chandler and Casa Grande area.

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



TRI-CITY
CARDIOLOGY



TRI-CITY
SURGICAL CENTERS



TRI-CITY
VEIN AND VASCULAR
CENTER



TRI-CITY
ARRHYTHMIA CENTER

About Tri-City Cardiology

Each of the 27 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.





Upcoming TCC Community Events:

- October 14th, 2023 - Tri-City Cardiovascular Symposium at the DoubleTree by Hilton, Mesa
- November 2nd, 2023 - Dr. Jain presenting "Recognizing Signs and Symptoms of Common Heart Disease" at Friendship Village Tempe.
- November 15th, 2023 - Independent Newsmedia Senior Expos (East Mesa Christian Church)
- November 16th, 2023 - Lovin Life 50' Expo at the DoubleTree by Hilton (Gilbert)
- November 17th, 2023 - Aviation Fascination Event (Heliponents, Inc)

As we embark on the final quarter of 2023, we reflect on the incredible journey we've shared with our remarkable patients, dedicated providers, and the outstanding employees of Tri-City Cardiology. It's been a year filled with growth, achievements, and, most importantly, the unwavering commitment to your heart health.

THANK
YOU!
❤️

Thank you for making 2023 a remarkable year at Tri-City Cardiology. We look forward to ending the year on a high note and starting the new year with even greater energy and commitment to your cardiac health.

Stay tuned for more exciting updates in the upcoming quarterly newsletters.

Welcome Team Members of Tri-City Cardiology!



Welcoming our New APP Cheryl Meyer, MSN, FNP-BC

Cheryl Meyer has extensive experience in the medical field, having worked for several years as a Registered Nurse before obtaining her certification as a Nurse Practitioner. Cheryl received 12 nominations for the esteemed Daisy Award, recognizing the quality patient care she provided and serving as a testament to her unwavering commitment and valuable contributions to the field. Cheryl understands the importance of providing quality care and strives to create positive relationships with patients while ensuring they receive the best possible treatment. When asked why she chose to work in cardiology, she replied, "heart disease is one of the leading causes of death in the U.S. My passion lies in contributing to the betterment of society and serving others, so I thought cardiology made sense. My goal at Tri-City Cardiology Consultants is to provide excellent care and ensure that patients feel heard and respected throughout their journey toward improved health and a better quality of life."

Welcoming our New APP Amira M. Nageeb, MSN, AGACNP-BC, CCRN

Amira is a board-certified, highly skilled, and experienced nurse practitioner with over 15 years practicing in Critical Care Nursing and Catheterization Laboratory procedures. Having worked in various renowned medical centers, she has honed her skills and knowledge to provide exceptional care to patients with cardiovascular issues. Amira received her Bachelor of Science in Nursing and Master of Science/Acute Care Nurse Practitioner from Grand Canyon University. Bachelor of Science in nursing from Alexandria University, a Master of Science in Nursing with distinction from Queen Margaret University, and various other certifications in Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS). Amira's career journey includes roles as a Clinical Nurse Educator, Clinical Nursing Coordinator, and Clinical Research Facilitator, highlighting her passion for not only patient care but also for mentoring and shaping the next generation of healthcare professionals.



Patient Testimonials

Try-City Cardiology, doctors Sunny Jhamnani and staff are so great, I highly recommend it, the Communication with the staff is so unique in taking good caring of all the patients, especially the nurse assistance Mr. George B. He is such a caring person in helping us in anything that we need, he is a person that we could count on. Thank you, for your service and support. At Try-City Cardiology.

Wow the compassion and empathy with this surgical team was phenomenal! Not to mention the facility was so modern and new! I knew I was in good hands from the moment I walked in! Thank you, Dr. Heinrich and your valuable staff, Lupe who did my intake and Gail and Jeanie who were my nurses during the procedure! Oh, and I can't forget AJ who instructed me on the install of the app and how to use it! And they called me this morning to make sure I was okay 🥰🥰🥰

Dr. Sung and the staff have been wonderful. They make you feel comfortable and take the time to explain what is going on. I have been a patient for several years now and would say that every visit I get the same level of service which is always a good feeling. My last visit was a surgery and thank you Dr. Sung for what I had done it was a very smooth process. Thank you to all the staff and employees for what you do! I am sure that a lot of patients don't realize all that goes into the level of service that Tri-City offers. Thank you Dr. Sung and thanks to the whole staff. See you soon on my follow up visit. Thanks

SALMON WITH AVOCADO SALSA



Ingredients

- 2 4-6 oz Salmon Fillets
- 2 tablespoons Olive Oil
- 1 clove Garlic Minced or Crushed
- 1/2 teaspoon Chili Powder
- 1/2 teaspoon Cumin
- 1/2 teaspoon Onion Powder
- 1/4 teaspoon Black Pepper
- 1/4 teaspoon Salt

For the Avocado Salsa

- 1 ripe Avocado Pitted and Diced
- 1/2 cup Tomato Diced (any type of tomato)
- 2 tablespoons Onion Diced
- 2 tablespoons Cilantro Minced
- 1 tablespoon Olive Oil
- 1 tablespoon Lime Juice
- Salt and Pepper to taste



Directions:

1. Stir the olive oil, garlic, and spices in a small bowl. Brush or rub salmon with the spice mixture.
2. Heat a large heavy-duty (preferably non-stick) pan or grill medium-high heat. Add salmon to the pan and cook for 5-6 minutes per side. Remove from pan, top with avocado salsa and serve immediately.
3. To make the avocado salsa: Add the avocado, tomato, onion, and cilantro to a large mixing bowl. Drizzle with olive oil, fresh lime juice and a pinch of salt and pepper. Gently mix with a spoon until fully combined. Cover with plastic wrap until ready to serve.



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 27 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



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

Superstition/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

Sun Lakes

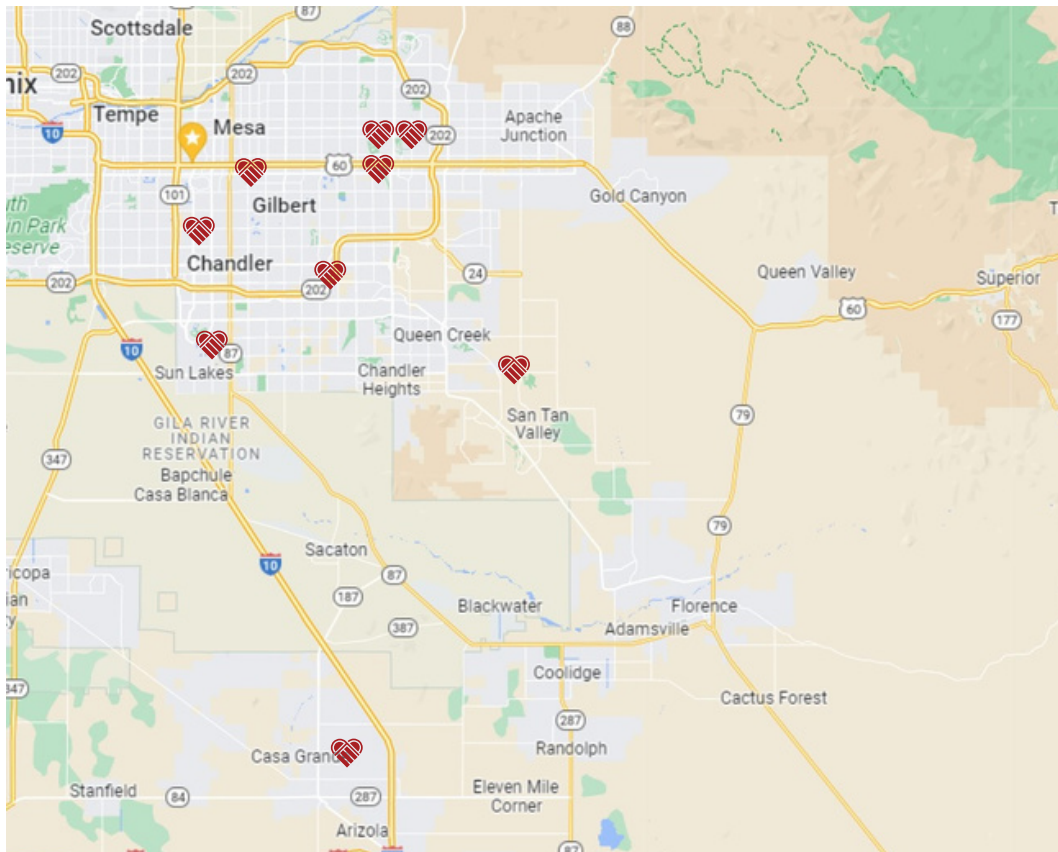
10440 E Riggs Rd. Ste 250
Sun Lakes, AZ 85248

Casa Grande

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

Tri-City Surgical Centers

143 S 63rd Street
Mesa, AZ 85206



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

www.TriCityVeinCenter.com

