

TRI-CITY CARDIOLOGY NEWSLETTER

Leaders in Cardiovascular Excellence...
Where Patients Come First

1ST QUARTER, 2024



**JOSHUA D. COHEN, MD,
FACC, FSCAI, RPVI**



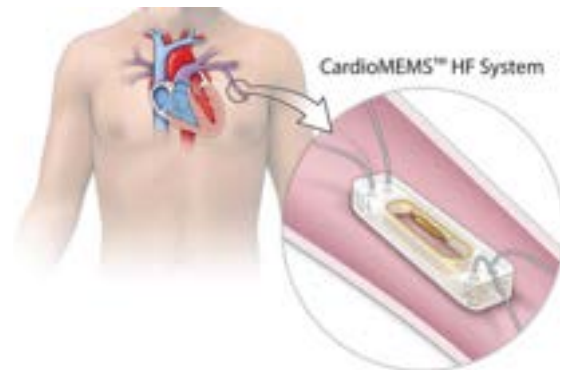
Dr. Joshua D. Cohen is a Fellow of the American College of Cardiology and the Society of Cardiovascular Angiography and Interventions. He has a total of eight board certifications. Dr. Cohen is Board Certified in Cardiovascular Disease, Nuclear Cardiology, Echocardiography, Vascular Medicine, Cardiac CTA, Endovascular Medicine, Interventional Cardiology and Internal Medicine. Dr. Cohen completed his General and Interventional Cardiology Fellowship, Residency and received his Doctor of Medicine degree from the University of California, San Francisco. He received his undergraduate degree with distinction from Stanford University.

Dr. Cohen is the medical director of Tri-City Cardiology's nationally accredited vascular laboratory and is a registered physician in vascular interpretation (RPVI). He is immediate past Chairman of Cardiology at Banner Desert Medical Center and an expert in peripheral vascular and venous disease treatment.

Revolutionizing Heart Failure Management: The CardioMEMS System

Introduction:

Heart failure is a prevalent and debilitating condition affecting millions of people worldwide. Managing heart failure requires continuous monitoring to detect early signs of deterioration and prevent hospitalizations. One innovative solution that has emerged in recent years is the CardioMEMS™ HF System, a groundbreaking technology designed to revolutionize the management of heart failure.



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Understanding CardioMEMS:

The CardioMEMS HF System is an FDA-approved, miniature wireless sensor that is implanted in the pulmonary artery during a minimally invasive procedure. The sensor is designed to provide real-time monitoring of pulmonary artery pressure, a key indicator of worsening heart failure.

How CardioMEMS Works:



Once implanted, the CardioMEMS sensor wirelessly transmits data to a secure website accessible by healthcare providers. Patients are equipped with an electronic unit that collects daily readings from the sensor, including pulmonary artery pressure, heart rate, and other relevant information. This data allows healthcare professionals to remotely monitor the patient's condition and make timely adjustments to their treatment plan.



Benefits of CardioMEMS:

Early Detection of Decompensation: CardioMEMS enables early detection of changes in pulmonary artery pressure, allowing healthcare providers to intervene before symptoms worsen. This proactive approach can reduce hospitalizations and improve overall patient outcomes.

Personalized Treatment Plans: Continuous monitoring with CardioMEMS allows for the customization of treatment plans based on real-time data. Healthcare providers can make informed decisions about medication adjustments, lifestyle modifications, and other interventions tailored to each patient's unique needs.

Improved Quality of Life: By preventing heart failure exacerbations and hospitalizations, CardioMEMS has the potential to significantly enhance the quality of life for individuals living with heart failure. Patients may experience fewer symptoms and enjoy greater independence and mobility.

Reduced Healthcare Costs: The early detection and management of heart failure with CardioMEMS may lead to cost savings by minimizing the need for emergency hospitalizations and intensive interventions.

Clinical Evidence and Success Stories:

Numerous clinical studies have demonstrated the efficacy of CardioMEMS in reducing heart failure-related hospitalizations and improving patient outcomes. Real-world success stories highlight how this innovative technology has transformed the lives of individuals with heart failure, allowing them to better manage their condition and enjoy an improved quality of life.

Conclusion:

The CardioMEMS HF System represents a paradigm shift in the management of heart failure, offering a proactive and personalized approach to care. As technology continues to advance, innovations like CardioMEMS play a crucial role in improving patient outcomes, reducing healthcare costs, and enhancing the overall quality of life for individuals living with heart failure. The integration of such groundbreaking technologies into mainstream healthcare practices holds the promise of a brighter and healthier future for those affected by heart failure.

Four Decades of Excellence

Tri-City Cardiology's Legacy in Heart and Vascular Wellness Since 1979



TRI-CITY
CARDIOVASCULAR
INSTITUTE

Tri-City Cardiology has been at the forefront of cardiovascular care for over four decades, dedicated to providing comprehensive and compassionate services to our community. Established in 1979, our commitment to excellence has driven us to evolve with advancements in cardiac medicine, ensuring that our patients receive the best possible care.

TRI-CITY
CARDIOLOGY

TRI-CITY
VEIN AND VASCULAR
CENTER

TRI-CITY
ARRHYTHMIA CENTER

TRI-CITY
SURGICAL CENTERS



Comprehensive Cardiovascular Services

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



About Tri-City Cardiology

The staff at Tri-City Cardiology comprises 27 board-certified physicians, each committed to delivering exceptional cardiology and vascular care to patients in the Phoenix Metro area. Every member is a distinguished leader in their respective specialties, with many receiving the coveted "Top Doctor" recognition from Phoenix Magazine since the practice's inception in 1979. Hailing from prestigious medical schools and fellowship programs across the nation, the physicians at Tri-City Cardiology have established a renowned national reputation for their excellence and accomplishments.



To learn more about our services, visit our website.

www.TriCityCardiology.com



Upcoming TCC Community Events

- January 24th, 2024 - Lovin Life 50' Expo at the Mesa Convention Center
- February Heart Month
- February 27th, 2024 - Chandler Senior Expo at the Sun Lakes Country Club
- March 23rd, 2024 - Phoenix Heart Walk at the Wesley Bolin Memorial Plaza



Dear Valued Patients,

As we step into the promising year of 2024, we are thrilled to share that this marks a significant milestone for us! It's a year filled with anticipation, growth, and exciting developments at our cardiac care centers. We want to express our gratitude for the trust and confidence you've placed in us over the years. Rest assured, our commitment to providing you with the highest quality cardiac services remains unwavering. In 2024, we are dedicated to enhancing your healthcare experience, introducing innovative services, and ensuring your well-being is our top priority. The entire team is enthusiastic about the opportunities this year brings and is ready to serve you with unparalleled dedication and expertise. Here's to a year of good health, new accomplishments, and continued partnership in your cardiac care journey. Thank you for choosing us, and we look forward to making 2024 an exceptional year for your cardiovascular health.

thank you



TRI-CITY VEIN AND VASCULAR CENTER

Introducing Camille Phuc Le, MD, FACC, to Tri-City Vein and Vascular Center!



Dr. Camille Phuc Le is Board Certified in Cardiovascular Disease, Echocardiography, and Nuclear Cardiology. She completed her Fellowship in Cardiovascular Disease at Rush University Medical Center, Chicago, Illinois and her Internal Medicine residency at the University of California, Sacramento. Dr. Le earned her Doctorate of Medicine and her undergraduate degree from Brown University School of Medicine, Providence, Rhode Island, where she graduated with honors.

Dr. Le specializes in the diagnosis and management of cardiovascular diseases. Her focus is clinical cardiology with a passion and interest in women's health. She believes in open and honest communication with patients, family members and caregivers and involving them in their care plan.

NOW

OPEN

GOLD CANYON & IRONWOOD

NEW LOCATIONS

NEW

6724 S Kings Ranch Rd. Ste 104 Gold Canyon, AZ 85118

37200 N Gantzel Rd. Ste 240 Queen Creek, AZ 85140

Patient Testimonials

“This was my first visit. As far as making an appointment as a new patient (which only took three days to get in), checking in and checking out goes, I was very impressed because they were very busy! They are incredibly efficient and very organized! Also, the entire staff was very friendly! Thank you for your great service!”

“Dr. Todd Perlstein is an Amazing Cardiologist, extremely caring and knowledgeable! I had his father as my Cardiologist for about 20 years and adored him. I was so afraid of changing Dr's, but his son has made me feel so comfortable and cared for. Anyone who needs an excellent physician who will treat you with respect and listens to what you have to say and need. He explains all my questions.”

“Friendly, efficient office staff. I appreciate the texted and phone appointment reminders. Dr Ritchie provides comprehensive evaluation of my symptoms and helpful management as well.”



LEMON CHICKEN

Ingredients:

- 1 tsp cornflour
- 1 tsp dark soy sauce
- Finely grated zest & juice 1/2 small lemon
- 2 tsp coconut or canola oil
- 1 skinless chicken breast fillet (around 150g), cut into 1.5cm slices
- 1 capsicum pepper, any colour, deseeded and sliced
- 1 medium carrot (around 80g), trimmed and thinly sliced
- 100g broccoli, cut into small florets
- 150ml chicken stock (made with 1/2 Massel Plant Based Chicken Stock cube)
- 4 spring onions, trimmed and thickly sliced



Directions:

1. Mix the corn flour with the soy sauce and lemon juice in a small bowl.
2. Heat the oil in a large frying pan or wok over a high heat, add the chicken, capsicum, carrot and broccoli and stir-fry for 2-3 minutes, or until the chicken is lightly browned and the vegetables are beginning to soften.
3. Pour the lemon and soy mixture into the pan, add the chicken stock and spring onions and bring to a simmer. Reduce the heat and cook for 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through, stirring regularly.
4. Sprinkle with grated lemon zest and serve with rice.

Our Board-Certified Cardiovascular Specialists



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 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

Ironwood (New Location)

37200 N Gantzel Rd. Ste 240
Queen Creek, AZ 85140

Mondays Only

Gold Canyon (New Location)

6724 S Kings Ranch Rd. Ste 104
Gold Canyon, AZ 85118

Chandler

333 N Dobson Rd. Ste 11
Chandler, AZ 85224

Sun Lakes

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

Casa Grande

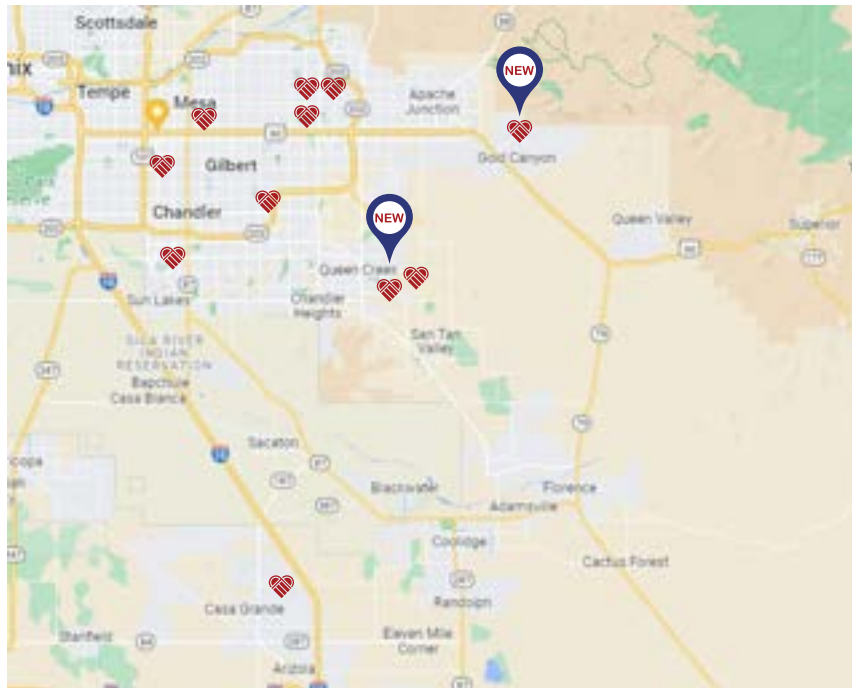
177 W Cottonwood Ln. Ste 7
Casa Grande, AZ 85122

Superstition/Tri-City Vein & Vascular Center

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

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

