

TRI-CITY CARDIOLOGY NEWSLETTER



Leaders in Cardiovascular Excellence...

Where Patients Come First

4TH QUARTER, 2024



PRANEET K. SHARMA, MD

Dr. Praneet K. Sharma is Board Certified in Cardiovascular Disease, Interventional Cardiology, Echocardiography and Internal Medicine. He has received his Cardiology training at Cleveland Clinic.

Dr. Sharma specializes in performing coronary interventions (heart artery blockages), peripheral vascular interventions (blockages in artery to limbs), peripheral arterial interventions (opening blockages in arteries of the limb), and structural interventions (such as heart valve damage) with a catheter-based technique. He has a special interest in catheter-based treatment of heart artery blockages from the wrist (Radial catheterization). He also provides venous care, performing interventions for patients with venous insufficiency (such as varicose veins and leg ulcers).

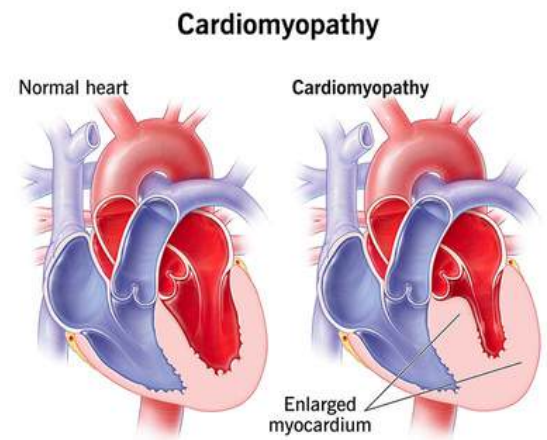
Dr. Sharma believes in promotion of health among people at risk for heart disease (primary prevention-before heart and vascular disease has happened), as well as among those who have developed heart disease (secondary prevention).

Understanding Cardiomyopathy: A Comprehensive Overview

What is Cardiomyopathy?

Cardiomyopathy refers to a group of diseases that affect the heart muscle. This condition affects the health and function of the heart muscle, rendering it weaker and making it harder for the heart to pump blood to the rest of the body, which can lead to heart failure or irregular heartbeats (arrhythmias). The condition can be inherited or acquired, and there are several different types.

Types of Cardiomyopathy: There have been several ways of classifying cardiomyopathies, one such practical way that doctors use focuses on the primary etiology or aggravating cause.



Broadly, cardiomyopathy can be classified as ischemic or non-ischemic.

A. Ischemic Cardiomyopathy (ICM): In this condition there are blockages in the heart arteries supplying blood to the heart muscle or coronary artery disease. These blockages may lead to insufficient blood and oxygen supply to heart muscle leading to weakness.

Treatment is geared towards opening blockages and starting medications which increase the blood supply.

B. Non-Ischemic Cardiomyopathy (NICM): In this type of heart muscle weakness, there are no significant coronary artery blockages. But due to inherent (genetic) properties of the individuals heart muscle (genetic) and/or environmental factors combine to produce the heart muscle weakness or cardiomyopathy.

This vast group may be further classified into subtypes.

1. **Dilated Cardiomyopathy (DCM):** The most common form, where the heart's main pumping chamber (left ventricle) becomes enlarged and weakened, reducing its ability to effectively pump blood. This is often caused due to familial inheritance and genetic mutations.
2. **Hypertrophic Cardiomyopathy (HCM):** This type involves abnormal thickening of the heart muscle, particularly in the ventricles, which can restrict blood flow and make it harder for the heart to function properly.
3. **Restrictive Cardiomyopathy:** A less common type where the heart muscle becomes stiff, limiting its ability to expand and fill with blood between beats, which impairs proper circulation.
4. **Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC):** A rare form where the muscle in the right ventricle is replaced by fatty or fibrous tissue, leading to arrhythmias and heart failure.
5. **Acquired Cardiomyopathies** such as **Myocarditis** (inflammation of heart muscle), **Stress induced** (known as broken heart syndrome) due to sudden stress which may be physical or emotional. **Tachycardia induced** -when the heart rate has been very high (usually due to arrhythmias such as atrial fibrillation) for a long time.
6. **Infiltrative cardiomyopathy** such as amyloidosis where the heart muscle is deposited with unhealthy (amyloid) protein.
7. **Rare causes** such as wet Beri-Beri, Chagas disease etc. which are rare in the United States.

Symptoms of Cardiomyopathy

Cardiomyopathy often but not always leads to symptoms of congestive heart failure characterized by fluid buildup in the body, shortness of breath as well as-

- Fatigue or weakness
- Shortness of breath, especially during exertion or lying flat
- Swelling in the legs, ankles, or abdomen
- Dizziness or fainting
- Irregular heartbeats or palpitations

Causes and Risk Factors

Cardiomyopathy can be caused by a variety of factors, including:

- Coronary artery disease
- Genetic mutations
- Long-term high blood pressure
- Heart valve disease
- Chronic rapid heart rate (arrhythmia)
- Infections that inflame the heart muscle
- Chronic alcohol use or drug abuse
- Certain chemotherapy drugs

Diagnosis and Treatment Diagnosing cardiomyopathy often involves imaging tests like echocardiograms, MRIs, or electrocardiograms (ECGs) to assess the heart's structure and function. A thorough medical history and physical exam are also crucial.

Treatment options depend on the type and severity of cardiomyopathy and is geared towards addressing the primary cause and treating unwanted and serious consequences (such as dangerous heart arrhythmia). These may include:

- Intervention: such as coronary artery stent or bypass surgery to open blockages
- Medications: to manage symptoms, reduce blood pressure, and prevent fluid buildup
- Implantable devices: such as defibrillators to control abnormal heart rhythms which can cause sudden cardiac death.
- Surgery: in severe cases, procedures like septal myectomy or even heart transplantation might be necessary

Managing Cardiomyopathy

Patients with cardiomyopathy can improve their quality of life through:

- Medications prescribed by their healthcare provider
- A heart-healthy diet, low in sodium and saturated fats
- Regular, moderate exercise (as recommended by a physician)
- Avoiding alcohol, smoking, and illicit drug use
- Regular monitoring and follow-ups with a cardiologist

Things to know if you have this condition.

These are some pertinent things that you must discuss with your cardiologist if you have cardiomyopathy.

1. **Ejection fraction:** This is a number expressing percentage of blood pumped in each heartbeat by the main chamber of the heart (Left ventricle). Normal readings are between 55-60%.
2. **Certain devices** such as a defibrillator pacemaker may be recommended in certain types of cardiomyopathy with heart failure
3. **These medications** have been shown to improve survival and outcomes in people with certain types of cardiomyopathy who have developed heart failure
 - Beta-blockers such as Metoprolol, and carvedilol
 - ACE inhibitors such as Lisinopril
 - ARB agents such as Valsartan, Losartan
 - ARNI class of drugs such as Entresto
 - Spironolactone

Conclusion

Though cardiomyopathy is a serious condition, advances in diagnosis and treatment have greatly improved outcomes for many patients. With proper management and lifestyle adjustments, individuals can live a fulfilling life while effectively controlling the disease.



TRI-CITY CARDIOLOGY VAL VISTA

THE VAL VISTA LOCATION HAS
MOVED TO
**1760 E PECOS RD, SUITE 420
GILBERT, AZ 85295**



TRI-CITY VEIN AND VASCULAR CENTER

The Tri-City Vein Center is Expanding! We
now have two locations:

- **6402 E. Superstition Springs Blvd., Suite 114, Mesa, AZ 85206**
- **(NEW) 1580 N. Fiesta Blvd., Suite 101, Gilbert, AZ 85233**





**TRI-CITY
CARDIOLOGY**

RECORA

INTRODUCING VIRTUAL INTENSIVE CARDIAC REHAB (ICR).



TRI-CITY CARDIOLOGY PHYSICIANS HAVE PARTNERED WITH **RECORA VIRTUAL CARDIAC REHAB TO PROVIDE A CONVENIENT IN-HOME PROGRAM THAT WILL HELP PATIENTS MODIFY THEIR RISK FACTORS AND ACHIEVE THEIR HEART HEALTH GOALS.**

Your Tri-City Physician will make a referral to this program for patients who qualify based on their cardiovascular diagnosis.

Upcoming TCC Community Events

- November 22, 2024 - Aviation Fascination Event at Heliponents
 - January 22, 2025 - Lovin Life Expo at the Mesa Convention Center
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Photos from the 2nd Annual Cardiovascular Symposium



Patient Testimonials

“I am so happy to have found Dr. Chava when I did! She is very kind and explained everything to me which gave me confidence to not be nervous as she put a stent in my artery. I will be forever grateful to have found her for my cardiologist! She is also very friendly every time I go for a checkup. Thanks Dr. Chava for your caring attitude and calming manners. You are the greatest!”

“I see Dr. Le at the Fiesta location. She is absolutely amazing! She is very patient and kind. She answers all my questions and never makes me feel rushed. I recently had a visit and must say, it was one of the nicest visits I've ever had. The medical assistant, Alondra, was awesome. She was very thorough in getting me prepared for the doctor. I felt she went above and beyond what any other has done before. Kudos to her for a job well done. Thank you.”

“I've been going to Dr Berkowitz for several years now. He's extremely knowledgeable and very helpful, and I couldn't be happier with Tri City Cardiology. Very professional at the front desks as well!! Starr was extremely helpful and very nice!”





LEAN BEEF STROGANOFF

Ingredients:

- 1.5 lbs lean sirloin steak, about 4 steaks
- 1/2 tsp kosher salt
- 1/4 tsp garlic powder
- fresh cracked pepper
- olive oil spray
- 2 cups shallots, sliced, about 4 small ones or 2 large ones
- 16 oz white mushrooms, sliced
- 2 tbsp Worcestershire
- 1 tbsp dijon
- 1 tbsp light butter, I use Land 'o Lakes
- 2 tbsp all purpose flour
- 2 cups beef broth
- 2 tbsp sour cream
- 1/4 cup plain nonfat Greek yogurt
- kosher salt and pepper to taste
- parsley for garnish
- optional: egg noodles or pasta for serving, also works with potatoes or veggie spirals

Nutrition Facts:

- Calories: Approximately 250-300
- Protein: 20-25 grams
- Carbohydrates: 15-20 grams
- Fat: 10-15 grams
- Fiber: 1-3 grams
- Sodium: 400-600 mg

Directions:

- Start off by slicing the beef into strips or chunks, and season the beef with the kosher salt, fresh cracked pepper, and garlic powder, and toss to coat evenly.
- Preheat a frying pan over medium high heat, and then spray with olive oil spray. Sear the beef on both sides, for a total of 2-3 minutes. It will not cook through here; we are just looking for some color on the outside and to lock in flavor. Remove the beef from the pan and set aside on a plate to rest.
- Slice the mushrooms and shallots. Add more olive oil spray to the same pan and add the mushrooms and shallots. Cook for 10 minutes, tossing frequently to prevent burning and sticking. Add more olive oil spray as needed.
- After 10 minutes, add the Worcestershire and Dijon to the cooked mushrooms and shallots, and whisk to combine. Add the butter and flour, and stir to coat, ensuring to break down the flour and incorporate it throughout the pan. Add the beef broth.
- Reduce the heat to medium and simmer the sauce for about five minutes, or until the sauce thickens from the flour. Stir in the sour cream and Greek yogurt.
- Return the cooked beef to the pan, along with any residual juices that collected in the dish as the beef rested. Cook for another 5 minutes for the flavors to combine and the beef to cook through a bit more.
- Garnish with fresh chopped parsley for a pop of color.



**TRI-CITY
CARDIOLOGY**

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



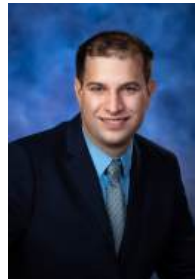
Sreedivya Chava, MD



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

*Select Saturday Hours Available

*Baywood

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

*Fiesta

1580 N Fiesta Blvd. Ste 100
Gilbert, AZ 85233

Pecos (Relocated from Val Vista)

1760 E. Pecos Rd. Ste 420
Gilbert, AZ 85295

San Tan Valley

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

Gold Canyon

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

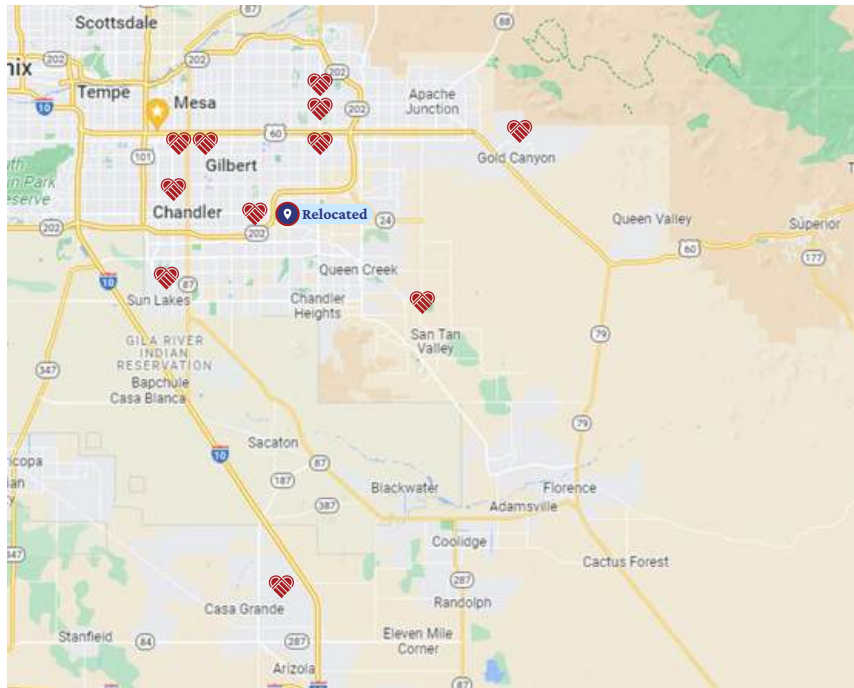
177 W Cottonwood Ln. Ste 7
Casa Grande, AZ 85122

Tri-City Surgical Centers

143 S 63rd Street
Mesa, AZ 85206

Tri-City Vein & Vascular Center (Vein Services Expanded to Fiesta)

6402 E Superstition Springs Blvd. Ste 114
Mesa, AZ 85206
1580 N. Fiesta Blvd. Ste 101
Gilbert, AZ 85233



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

