

# TRI-CITY CARDIOLOGY NEWSLETTER

LEADERS IN CARDIOVASCULAR EXCELLENCE  
WHERE PATIENTS COME FIRST

1ST QUARTER, 2025



Dr. Craig D. Robison is an interventional cardiologist dedicated to providing exceptional cardiovascular care, with a deep-rooted passion for improving patient's lives. Dr. Robison holds board certifications in Interventional Cardiology, Cardiovascular Disease, Echocardiography, Nuclear Cardiology, and Internal Medicine.

He obtained his Doctorate of Medicine from the Keck School of Medicine at the University of Southern California, followed by his internship and residency in internal medicine, as well as fellowships in Cardiovascular Disease and Interventional Cardiology at the University of Utah, Salt Lake City. Dr. Robison obtained his undergraduate studies at Brigham Young University. Dr. Robison's expertise encompasses a wide range of cardiovascular conditions, with a particular focus on the treatment of chest pain, shortness of breath, coronary atherosclerotic disease, heart failure, valvular heart disease, and pulmonary hypertension.

**Craig D. Robison, MD, FACC**



## Understanding Coronary Artery Disease and Chest Pain

Coronary Artery Disease (CAD) is one of the most common heart problems, affecting millions of people worldwide. It happens when the arteries that carry blood to the heart become narrow or blocked by a sticky substance called plaque. Plaque is made of cholesterol, fats, and other materials. When blood can't flow freely to the heart, it can lead to serious issues like a heart attack. One major warning sign of CAD is chest pain, also called angina. Knowing what this pain feels like can help you get the care you need quickly.

### What Does Chest Pain Feel Like?

Chest pain from CAD might feel like:

- Pressure, squeezing, or tightness in your chest.
- Pain that spreads to your shoulders, arms, neck, jaw, or back.
- Discomfort that happens during exercise, stress, or after eating a big meal—and gets better with rest.

Some people feel chest pain differently. Other symptoms can include:

- Feeling short of breath.
- Being very tired.
- Feeling like you have indigestion or feeling sick to your stomach.



## Why Does Chest Pain Happen?

Chest pain happens because your heart isn't getting enough blood and oxygen. This is called ischemia. When your heart struggles, it sends out warning signs like discomfort or pain.

## How is Chest Pain Evaluated?

If you have chest pain, your doctor will use several tests to find out what's causing it and how serious the problem is. These may include:

- **Electrocardiogram (ECG):** This test measures the electrical activity of your heart. It can show if your heart is not beating normally or if there's a lack of blood flow.
- **Echocardiogram:** This test uses sound waves to create pictures of your heart. It helps doctors see how well your heart is pumping and if there are any problems with your heart valves.
- **Stress Test:** During this test, your heart is monitored while you exercise or take medicine that makes your heart work harder. It helps show if your heart is getting enough blood during activity.
- **Cardiac Catheterization:** If needed, this procedure is used to look inside your arteries. A thin tube (catheter) is inserted into a blood vessel and guided to your heart. Doctors may also take X-rays to check for blockages or narrowing in the arteries.

These tests are important for understanding your chest pain and deciding the best treatment plan.

## When to Get Help Right Away

Never ignore chest pain. Call for help immediately if:

- The pain lasts more than a few minutes or gets worse.
- You feel short of breath, dizzy, or break out in a cold sweat.
- You have heart problems, and the pain feels different from your usual symptoms.

These could be signs of a heart attack, and fast treatment is critical.

## How is CAD Treated?

If you have CAD, there are many ways to manage it and stay healthy:

1. **Healthy Habits:** Eat healthy foods, stay active, quit smoking, and find ways to lower stress.
2. **Medications:** Medicines can lower cholesterol, control blood pressure, and improve blood flow to your heart.
3. **Procedures or Surgery:** In some cases, doctors may recommend treatments like placing a stent or bypass surgery to improve blood flow and reduce symptoms.

## Prevention Matters

The best way to fight CAD is to prevent it. Take care of your health by managing things like high blood pressure, high cholesterol, diabetes, obesity, and smoking. Regular check-ups with your doctor are also important to keep your heart in good shape.

## The Bottom Line

Chest pain is a serious warning sign. If you or someone you love has symptoms of CAD, don't wait—get medical care right away. At Tri-City Cardiology, we're here to help you protect your heart and live a healthier life.

For more information about CAD or our services, contact us today.



# JOIN US FOR THE 2025 PHOENIX HEART WALK!



How to **REGISTER**:  
Scan the QR code



How to **DONATE**:  
Scan the QR code



**Date: Saturday, March 29, 2025**  
**Time: 8:00 AM**  
**Location: Wesley Bolin Memorial Plaza**

Help us reach our \$10,000 fundraising goal to support heart disease research and healthier futures. Every donation, big or small, brings us closer to making a difference.



## CareCredit health credit card

Whether it's a routine checkup or emergency surgery, you shouldn't have to worry about how to get the best medical care. That's why we're pleased to accept the CareCredit healthcare credit card. CareCredit lets you say "yes" to recommend treatment and pay for it in convenient monthly payments that fit your budget. CareCredit is the healthcare credit card designed exclusively for healthcare services with special financing options.\* With CareCredit, you can use your card for all of your follow-up care as well as annual checkups.

## Flexible financing options for your care

With a CareCredit credit card, you can pay for health and wellness costs over time with promotional financing options that help fit your needs.

- No annual fee
- Promotional financing options
- Accepted at over 270,000 CareCredit network locations
- Earn points on all purchases if approved for the CareCredit Rewards Mastercard



Learn more by visiting [www.carecredit.com](http://www.carecredit.com) or contacting our office.

Ready to apply? Please scan the QR code.

Apply Online for your CareCredit card today.



## MINIMALLY INVASIVE PROCEDURE FOR VENOUS DISEASE

### What is Venous Ablation?

For patients suffering from venous insufficiency, vein ablation is a minimally invasive procedure that treats the veins from the inside. This outpatient procedure uses heat energy to seal the afflicted vein.

### Is Venous Ablation right for me?

Your cardiovascular specialist can best determine if you are a candidate for the procedure. Enlarged and swollen blood vessels commonly associated with varicose veins can also cause pain and impaired walking that can generally worsen as the day goes on. In more severe cases darkening of the skin can occur. Compared to traditional vein stripping techniques, venous ablation is effective, has fewer negative outcomes (up to 95% success rates), leaves virtually no scars and has much less pain during recovery.

### Is Venous Ablation safe?

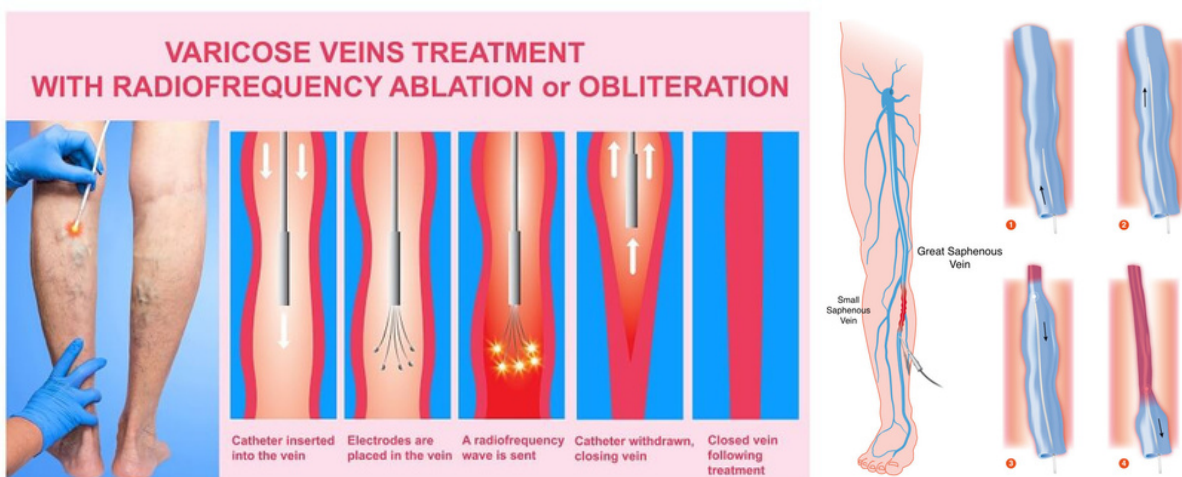
Venous ablation is extremely safe; however, as with all surgical procedures, there are risks that should be fully discussed with a physician.

### How should I prepare for this procedure?

Inform your physician if you are allergic to anesthetics, have a pacemaker, internal defibrillator, or other implanted medical devices. Please avoid caffeine the day of your procedure, arrive well hydrated and bring your medium grade compression stocking. To minimize the risk of bruising and bleeding, patients who take blood thinners may be asked to stop their medication prior to the procedure. The leg being treated will be sterilized and covered with a surgical drape, and a local anesthetic will be administered to the site where the incision will be made.

### What should I expect during this procedure?

Unlike more invasive procedures that surgically strip veins from the leg, venous ablation uses a catheter, which is inserted through a small incision. The skin is sterilized, local anesthesia is administered, and a small needle is inserted into the vein to be treated, using ultrasound for guidance. An external ultrasound transducer is used to study the vein and track its path. It is also used to guide the insertion of the catheter and gauge the effectiveness of the procedure. The tip of the catheter delivers radiofrequency energy to heat and seal off the vein. Sealing off the faulty vein does not adversely affect circulation because other veins assume the management of blood return back to the heart. The treated vein shrinks and seals, making it unlikely to reopen and cause a recurrence of symptoms. Your physician will prescribe compression stockings to enhance your comfort and request that you have a follow-up ultrasound exam in one week to ensure that the procedure was successful.



# Upcoming TCC Community Events

- **February 24th, 2025** – Independent Newsmedia Expo at Sun Lakes Country Club.  
9:00 am – 12:00 pm
- **March 5th, 2025** – Chandler Senior Expo at the Commonwealth Ave.  
9:00 am – 12:00 pm
- **March 15th, 2025** – Health and Wellness Expo at the Mesa Convention Center.  
10:00 am – 3:00 pm
- **March 21st, 2025** – Aster Healthy Living Expo at Red Mountain.  
8:00 am - 12:00 pm
- **March 29th, 2025** – Phoenix Heart Walk at the Wesley Bolin Memorial Plaza.  
8:00 am

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## *Patient Testimonials*

“Dr. Sharma is the finest cardiologist you can get. He can diagnose and treat heart conditions and have successful outcomes.”

“The whole process from check-in to check out was seamless and professional from the doctor to nurses to assistance. They let me know what was going on each step of the way. I'd like to thank Dr Berkowitz and his staff.”

“Great way to start the day! Charlene, the MA, was a delight, the front office staff are very personable, and Dr. Le is always spot on!! This place is great!”

“From entering to being wheeled out after my procedure the facility was wonderful. The receptionist made us feel welcomed and she was very helpful. My Nurse Sarah R. was wonderful. Showing skill and compassion. The nurses in the operating room were great. Dr. Yelamanchili explained after my procedure what was done and what the outcome would be. My discharge orders explained in full and any questions were answered for us. I highly recommend Tri-City Surgical Center. The facility and staff were remarkable. 😊😊😊😊”



**TRI-CITY**  
**CARDIOLOGY**



## Heart-Healthy Recipe: Mediterranean Quinoa Salad

### Ingredients:

- Salad: Quinoa, cherry tomatoes, cucumber, red bell pepper, red onion, olives (optional), feta (optional), parsley, mint
- Dressing: Olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, pepper

### Instructions:

1. Cook quinoa in water or broth, then let cool.
2. Chop vegetables, herbs, and olives.
3. Whisk dressing ingredients.
4. Combine everything, toss with dressing.
5. Serve fresh or refrigerate.

**Nutrition (per serving):** 260 cal, 6g protein, 12g fat, 30g carbs, 4g fiber, 220mg sodium.





## 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**



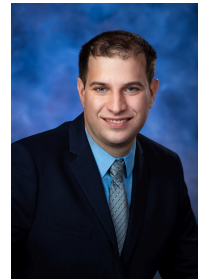
**Sreedivya Chava, MD**



**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

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

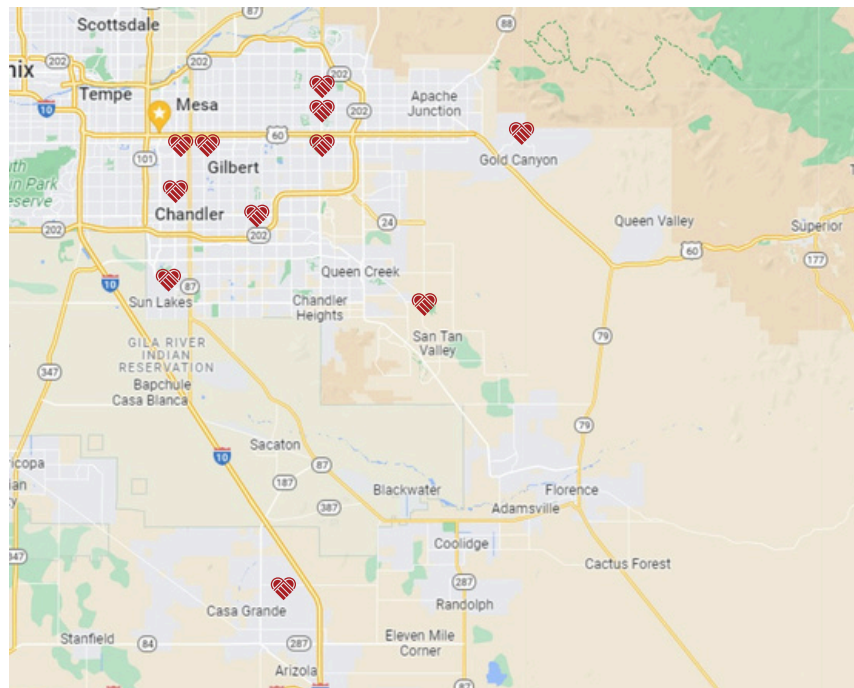
177 W Cottonwood Ln. Ste 7  
Casa Grande, AZ 85122

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

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

