

TRI-CITY CARDIOLOGY NEWSLETTER

LEADERS IN CARDIOVASCULAR EXCELLENCE
WHERE PATIENTS COME FIRST

2ND QUARTER, 2025



Ephraim Weiss, MD

Dr. Ephraim Weiss is Board Certified in Cardiovascular Disease, Echocardiography, Vascular Imaging and Intervention, and Internal Medicine. He completed his Fellowships in Cardiovascular Disease and Interventional cardiology at New York University, Langone Medical Center and his Internal Medicine Residency at Yale University, New Haven.

Dr. Weiss earned his Doctorate of Medicine from Drexel University College of Medicine in Philadelphia, Pennsylvania. He received his undergraduate degree from Yeshiva University in New York City. Dr. Weiss specializes in the management and treatment of coronary artery disease and acute heart attacks using minimally invasive catheter-based techniques via the radial artery approach. He also specializes in the treatment of peripheral vascular disease using treatments such as atherectomy, drug coated balloon angioplasty, and stenting to the renal, carotid and lower extremity arteries. Dr. Weiss believes in shared decision making and strong communication between himself, his patients and their family members.

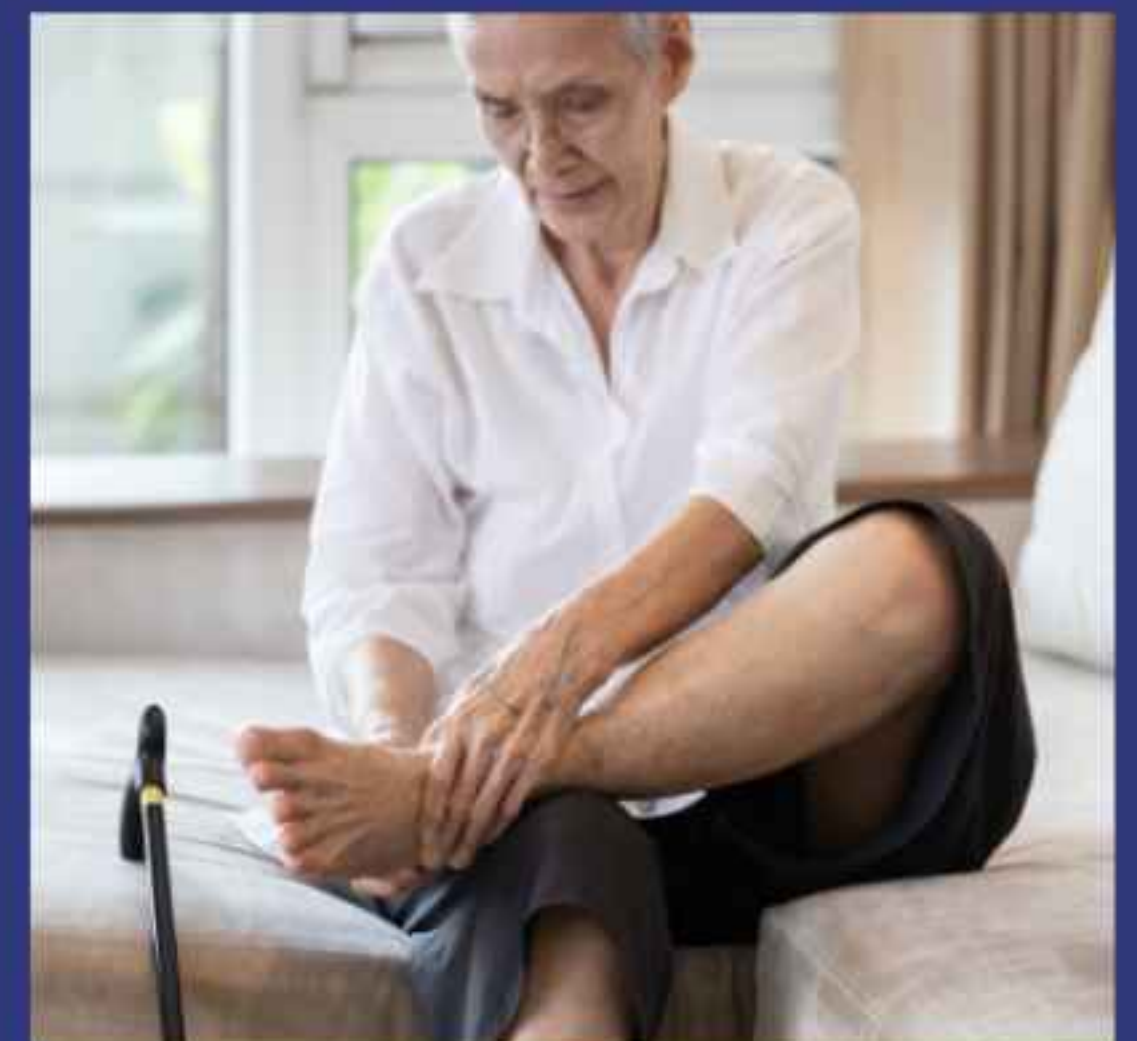
Understanding Peripheral Artery Disease (PAD): Symptoms, Risks, and Treatment Options

Peripheral Artery Disease (PAD) is a common but serious condition affecting millions of Americans. It occurs when the arteries that supply blood to the limbs become narrowed or blocked due to plaque buildup, reducing circulation primarily to the legs. If left untreated, PAD can lead to severe complications, including non-healing wounds, infections, and even limb amputation.

Recognizing the Symptoms of PAD

PAD often progresses silently, with many individuals unaware they have the condition until symptoms become more severe. Common signs of PAD include:

- Leg pain or cramping (claudication) during walking that improves with rest
- Numbness or weakness in the legs
- Coldness in one lower leg or foot compared to the other
- Non-healing sores or ulcers on the feet and legs
- Discoloration or shiny skin on the legs
- Slower growth of toenails and leg hair



Who Is at Risk for PAD?

Several factors can increase the risk of developing PAD, including:

- **Smoking:** One of the most significant risk factors, as it damages arteries and accelerates plaque buildup.
- **Diabetes:** High blood sugar levels can cause vascular damage, increasing PAD risk.
- **High Blood Pressure:** Elevated pressure in the arteries contributes to artery damage.
- **High Cholesterol:** Excess cholesterol can form plaques that narrow arteries.
- **Age:** PAD risk increases with age, particularly over 50.
- **Family History:** A genetic predisposition can make individuals more susceptible.

Diagnosis and Treatment Options

Early detection is key to managing PAD and preventing complications. A physician may use tests like the Ankle-Brachial Index (ABI), ultrasound, or angiography to diagnose the condition.

Treatment options focus on improving circulation and preventing disease progression. These may include:

- **Lifestyle Modifications:** Smoking cessation, regular exercise, and a heart-healthy diet can significantly improve symptoms and overall cardiovascular health.
- **Medications:** Blood thinners, cholesterol-lowering drugs, and medications to control blood sugar and blood pressure help manage PAD.
- **Minimally Invasive Procedures:** Angioplasty, stenting, or atherectomy can open narrowed arteries and restore blood flow.
- **Surgical Options:** In advanced cases, bypass surgery may be necessary to reroute blood around blocked arteries.

Take Control of Your Vascular Health

If you experience symptoms of PAD or have risk factors for the disease, it is crucial to consult a healthcare professional for evaluation and management. Early intervention can help prevent serious complications and improve overall vascular health.

At Tri-City Cardiology, our vascular specialists are dedicated to providing comprehensive care for PAD patients. Contact us today to schedule an evaluation and take the first step toward better circulation and healthier legs.



Introducing Virtual Intensive Cardiac Rehab at Tri-City Cardiology – Powered by Recora!

Tri-City Cardiology is proud to announce our partnership with Recora to bring you Virtual Intensive Cardiac Rehabilitation (ICR)—a convenient, personalized, and highly effective way to recover from heart-related conditions in the comfort of your own home.

Rehab at Home. Results You Can Feel.

No more commuting to rehab appointments! Our virtual cardiac rehab program is designed to fit seamlessly into your life, providing expert-led exercise sessions, nutrition coaching, lifestyle guidance, and 24/7 support—all from your phone, tablet, or computer.

Why Choose Virtual Cardiac Rehab with Tri-City Cardiology?

- ✓ Clinically Proven to Work – Patients enrolled in Recora’s ICR program see higher completion rates and fewer hospital readmissions than traditional rehab programs.
- ✓ Personalized to You – Tailored rehab plans created by cardiologists, exercise specialists, and dietitians to meet your specific needs.
- ✓ One-on-One Support – Get direct access to your rehab team anytime, anywhere for questions, motivation, and progress tracking.
- ✓ Easy-to-Use Technology – Whether you’re tech-savvy or a beginner, we provide everything you need, including a rehab kit and virtual tools to keep you on track.

Who Can Benefit?

Your cardiologist may directly refer you to this program or you may be eligible based on your diagnosis and history of coronary artery disease, bypass surgery or stent placement, heart failure, or other cardiac conditions.

Take Control of Your Heart Health Today!

Join the future of cardiac rehab with Tri-City Cardiology & Recora. Get started today and experience the benefits of rehab from home!

Give us a call if you have any questions. → **1-888-732-6721**



Stronger Heart. Healthier Life. Anytime. Anywhere.



Welcome New Providers of Tri-City Cardiology!



Welcoming Interventional Cardiologist, Ravi S. Kahlon, MD

Dr. Ravinder (Ravi) S. Kahlon is a Board-Certified Interventional Cardiologist specializing in coronary, peripheral, and structural heart interventions. With extensive experience in high-volume and high-risk interventional procedures, including percutaneous coronary interventions (PCI), peripheral vascular interventions (carotid artery stenting, subclavian artery disease, supra- and infra-inguinal peripheral artery disease including below the knee interventions), and valvular/structural heart disease (transcatheter aortic valve replacement (TAVR), MitraClip, ASD/PFO closure, and left atrial appendage occlusion device placement including Watchman and Amulet), Dr. Kahlon is dedicated to advancing patient outcomes through innovative, minimally invasive techniques.

He earned his medical degree from Boston University School of Medicine, where he received the prestigious Arnold P. Gold Foundation Humanism in Medicine Award. He completed his internal medicine training at Cedars-Sinai/UCLA Medical Center and went on to pursue multiple fellowships, including cardiology at UC Davis, interventional cardiology at University of Arizona–Phoenix (where he served as Chief Fellow), vascular and endovascular medicine at Brown University, and structural heart disease at Swedish Medical Center in Seattle.

Board-certified in Internal Medicine, Cardiology, Interventional Cardiology, Echocardiography, and Vascular Imaging, Dr. Kahlon is also a respected researcher with publications in leading journals such as JAHA, CCI, and the Journal of Endovascular Therapy. He is an active fellow of the American College of Cardiology (ACC), Society for Cardiovascular Angiography and Interventions (SCAI), and Society of Vascular Medicine (SVM).

Dr. Kahlon believes strongly in patient-centered care, combining clinical expertise with compassion and education. He also gives back to the community through volunteer work with the Boys and Girls Club of the Valley and support for organizations like the Wounded Warrior Project, Limb Lab, and the Amputee Coalition.

Welcoming Family Nurse Practitioner (FNP), Melissa Mattison

Melissa Mattison, FNP, is a dedicated and compassionate board-certified Family Nurse Practitioner with over a decade of experience specializing in cardiology. She is committed to delivering high-quality patient care through comprehensive assessments, personalized treatment plans, and patient education.

With a strong background in cardiovascular health, Melissa provides expert care to patients managing heart conditions, emphasizing preventive strategies and evidence-based treatment approaches. She values building trusting relationships with her patients, ensuring they receive the guidance and support needed to optimize their heart health.

Melissa is passionate about advancing patient-centered care and remains up to date with the latest advancements in cardiology. She takes pride in collaborating with multidisciplinary teams to enhance patient outcomes and improve overall well-being.



3rd Annual Cardiovascular Symposium for our Community Physicians.



This exclusive educational event is open to Physicians and Advanced Practice Providers.

Join us for a full day of expert-led discussions on the latest advancements in cardiovascular care, case studies, and networking with fellow providers. Attendees will gain valuable clinical insights and have the opportunity to earn CME credits. To register, please scan the QR code above.

Upcoming TCC Community Events

- **June 7th, 2025** – Health and Wellness Expo at the DoubleTree Hilton, Gilbert. 10:00 am – 3:00 pm

Patient Testimonials

“It was my first visit w Dr. Guld. What a very knowledgeable person, had answers for my upcoming treatments. Staff were excellent! A very good start for myself for my upcoming future with heart disease. I feel in good hands.”

“Staff is wonderful and Dr. Villegas is Amazing. Great bedside manner and always does a great job of explaining exactly what to expect from procedure and explains process as doing it. They do a great job of making procedures as comfortable as possible. Have referred a few people already and will continue to refer people. Thank you all.”

“Firstly, the way this office operates is phenomenal. The check in process online makes being a new patient incredibly easy. This office is equipped to handle a large number of patients, and they take good care of every single one. After 10+ years dealing with medical disabilities and issues this is one of the offices I can trust with my life. Thank you, Tri-City team Sara P, Jenny who did my heart monitor & Dr. Kolli, all the best!”



**TRI-CITY
CARDIOLOGY**



Heart-Healthy Recipe: Berry Oatmeal

Ingredients:

- 1 cup oats
- 2 cups almond milk
- 1 cup mixed berries
- 1 tbsp flaxseed or chia (optional)
- ½ tsp cinnamon
- 1 tsp vanilla
- 1 tsp honey (optional)
- Pinch of salt

Instructions:

1. Simmer oats, almond milk, cinnamon, and salt for 5–7 mins.
2. Stir in berries, vanilla, and flaxseed.
3. Sweeten with honey if desired. Top with nuts or yogurt!

Nutrition (per serving): 270 kcal, 43g carbs, 8g fiber, 7g protein, 7g fat, <1g sat fat, 12g sugar, 140mg sodium, 1.5g omega-3s (with flax/chia)





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



Pridhvi Yelamanchili, MD



Shashank Jain, MD



Rizaldy Villegas, MD



Suntharo Ly, MD



Sunny Jhamnani, MD



Roger Bies, MD



Ravinder S Kahlon, 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 (Relocated)

6804 S Kings Ranch Rd. Ste 102
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

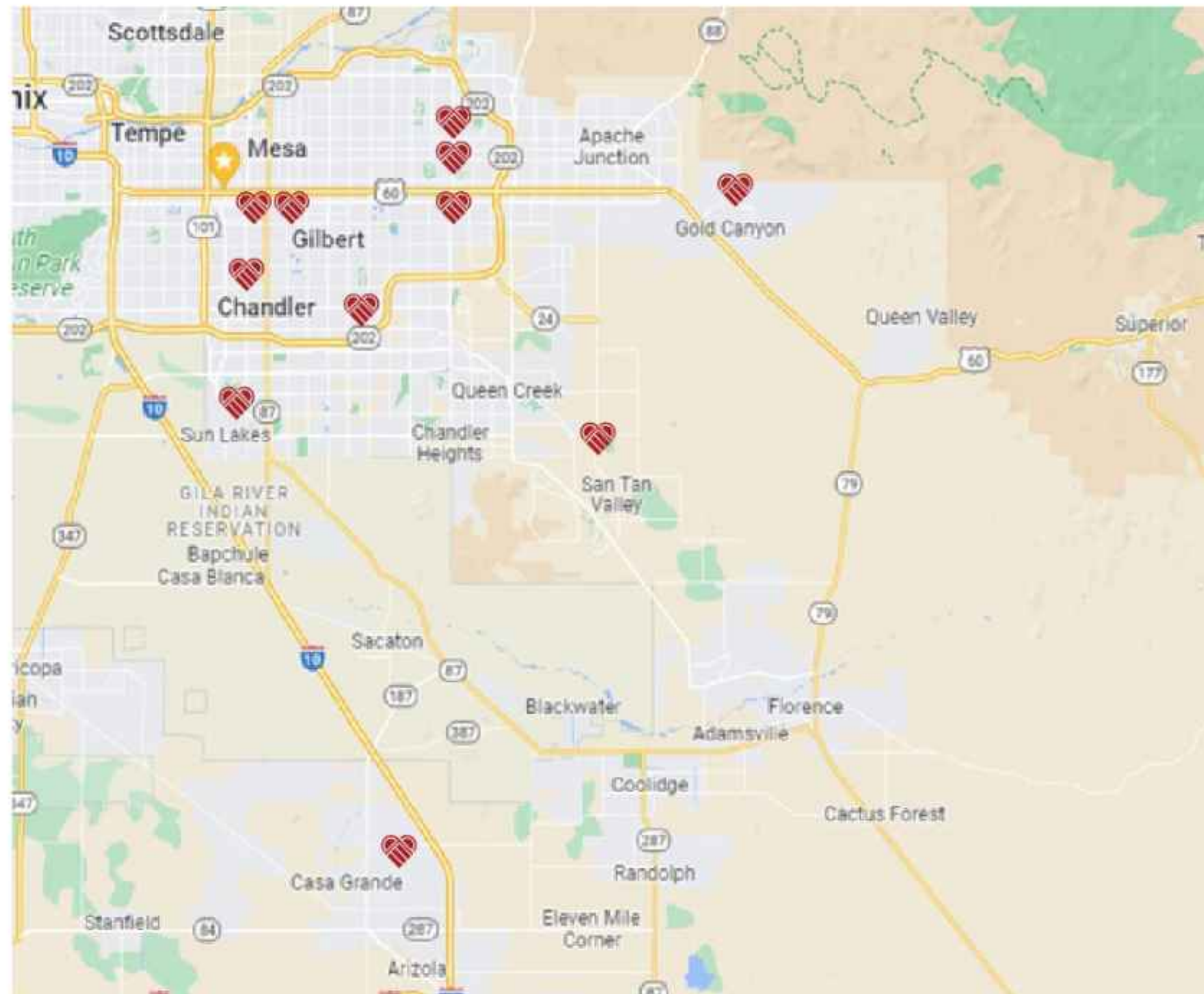
177 W Cottonwood Ln. Ste 7
Casa Grande, AZ 85122

Tri-City Surgical Centers

143 S 63rd Street
Mesa, AZ 85206

Tri-City Vein & Vascular Center

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

