# TRI-CITY CARDIOLOGY NEWSLETTER

LEADERS IN CARDIOVASCULAR EXCELLENCE
WHERE PATIENTS COME FIRST

3RD QUARTER, 2025



Camille Phuc Le, MD

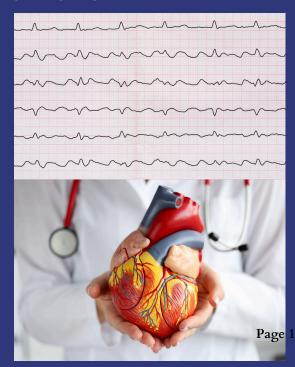
Dr. Camille Phuc Le is Board Certified in Cardiovascular Disease, Echocardiography, and Nuclear Cardiology. She completed her Fellowship in Cardiovascular Disease at Rush University Medical Center, Chicago, Illinois and her Internal Medicine residency at the University of California, Sacramento. Dr. 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.

### Did Your Heart Skip a Beat? Signs, Symptoms and Treatment for Atrial Fibrillation

In October 2024 the Journal of the American College of Cardiology published a study stating that Atrial Fibrillation, also called AFib, affects 10.5 million adults or about 5% of the U.S. adult population. These findings are significantly higher than data from the 1990s when roughly 3.3 million Americans suffered from this heart rhythm disorder.

AFib, or you might hear your doctor refer to it as an arrhythmia, is an abnormal heart rhythm in which the upper chamber of the heart gives off erratic electrical signals and the bottom chamber of the heart beats irregularly.

Many people describe AFib as heart palpitations, a fluttery heartbeat or the sensation of your heart "skipping a beat." Many patients also report feeling more fatigued and weaker than normal, dizzy or short of breath.



Age is one of the biggest risk factors for AFib, but others include high blood pressure, Type 2 diabetes, obesity, coronary artery disease, congenital heart disease, sleep apnea, thyroid disorders, smoking and excessive alcohol use.

There are many medicinal treatments for patients dealing with AFib. A physician will usually start with simple heart rate control medications and certain medications to prevent strokes depending on the risk factor profile called a CHA2DS2-VASc score. Advanced medications such as anti-arrhythmic drugs may also be considered.

If these specialized medications don't correct the issue, your cardiologist may recommend minimally invasive procedures. These may include cardioversion, which administers a mild electric shock to reset your heart to a regular rhythm. Ablation is another option. It involves destroying a small part of the tissue inside your heart to keep faulty electrical signals from triggering irregular beats. These treatments may also be combined with a pacemaker in more extreme cases.

Today, cardiologists are seeing more innovative treatments for AFib, including a new pulsed-field ablation, just approved by the Food and Drug Administration (FDA). In certain patients with specific risk factors, a Watchman or Amulet Occluder device, can be used to prevent strokes, rather than taking a blood thinner.

AFib is a common heart issue many of your friends and family members may have. On a positive note, lifestyle modifications can help prevent AFib. You can lead a normal and active lifestyle with AFib, as long as your heart rate is well controlled and you are protected against strokes.

Dr. Camille Phuc Le is Board Certified in Cardiovascular Disease, Echocardiography and Nuclear Cardiology. She is also trained in Coronary Computed Tomography Angiography (CCTA). She specializes in the diagnosis and management of cardiovascular diseases. Her focus is clinical cardiology with a passion and interest in women's health. For more information visit, <a href="https://tricitycardiology.com/">https://tricitycardiology.com/</a>





# Why Staying Active Is One of the Best Things You Can Do for Your Heart! Especially as You Age

As we grow older, staying active becomes more important than ever—especially for your heart. While genetics and diet play a role, regular physical activity is one of the most powerful ways to keep your heart healthy, strong, and working at its best.

### So, why is exercise so important for heart health?

As we age, our heart and blood vessels naturally become less efficient. This can raise the risk of high blood pressure, high cholesterol, and heart disease. But the good news is, staying active—even with simple daily movement—can slow down this process and significantly improve your heart's performance.

### Here's how regular exercise helps protect your heart:

### • Lowers blood pressure

Regular movement helps your blood vessels stay flexible and lowers the force of blood pushing against your artery walls.

### • Improves circulation

A stronger heart pumps blood more effectively, improving oxygen flow to your muscles and organs.

### · Helps maintain a healthy weight

Excess weight puts extra strain on your heart. Staying active helps burn calories and manage weight naturally.

### Reduces the risk of heart disease, stroke, and diabetes

Exercise helps manage blood sugar and cholesterol levels, lowering the risk of chronic conditions.

### Boosts mood and energy

Physical activity releases feel-good hormones, which can help ease stress, improve sleep, and fight fatigue.

### You don't have to run a marathon to feel the benefits.

Gentle, low-impact activities like walking, swimming, biking, or chair exercises can make a world of difference. The key is consistency. **Just 30 minutes a day, five days a week**—even broken into smaller chunks—can lead to noticeable improvements in heart health and overall well-being.

### Always check with your doctor before starting a new exercise routine.





### **Welcome New Providers of Tri-City Cardiology!**



### Welcoming Electrophysiologist Olubadewa A. Fatunde, MD, MPH

Dr. Olubadewa A. Fatunde is a board-eligible cardiac electrophysiologist with a distinguished background in both clinical medicine and public health. Dr. Fatunde completed his general cardiology and clinical cardiac electrophysiology fellowships at Mayo Clinic Arizona, where he was active in research and education, achieving the rank of Assistant Professor of Medicine. Dr. Fatunde completed his internal medicine residency at the University of Texas Northeast/CHRISTUS Good Shepherd Medical Center, where he served as Chief Resident and chaired the Code Blue Subcommittee. Dr. Fatunde completed his medical degree at the University of Illinois at Chicago College of Medicine and holds a Master of Public Health from The Dartmouth Institute for Health Policy and Clinical Practice. Dr. Fatunde specializes in ablation of supraventricular tachycardia (SVT), atrial fibrillation, atrial flutter, premature ventricular contractions (PVCs) and ventricular tachycardia (VT), using radiofrequency ablation. He also has extensive experience using pulsed field ablation for atrial fibrillation.

Further, Dr. Fatunde has expertise in implanting and managing pacemakers, defibrillators, cardiac resynchronization devices, as well as Watchman left atrial appendage occlusion devices. Dr. Fatunde has authored numerous peer-reviewed publications on arrhythmia management, sudden cardiac death, sports cardiology, hypertrophic cardiomyopathy, and cardio-oncology. He is involved with professional organizations including the Heart Rhythm Society, American College of Cardiology, American Heart Association, and the Association of Black Cardiologists. Dr. Fatunde brings a global perspective and a deep dedication to culturally competent care. He is proud to serve the Phoenix community, providing specialized care in the diagnosis and treatment of heart rhythm disorders, and is committed to empowering patients through compassionate care, innovation, and education. Outside of work, Dr. Fatunde enjoys watching the Texas Longhorns and spending time with family.

### Welcoming Electrophysiologist Umashankar Lakshmanadoss, MD

Dr. Umashankar Lakshmanadoss (Uma Laks) is a board-certified cardiac electrophysiologist dedicated to providing personalized, and compassionate care to patients with heart rhythm disorders. Guided by the principle of treating each patient as he would like to be treated, he aims to inspire hope and promote lifelong health and well-being—his care philosophy focuses on individualization, empathy, and achieving the highest quality outcomes through evidence-based practices. Dr. Laks received his electrophysiology training at the renowned Mayo Clinic in Rochester, Minnesota, and brings over a decade of clinical and leadership experience. He has successfully led advanced electrophysiology programs at Louisiana State University and Mercy Heart Institute and served as a faculty member at Johns Hopkins University, contributing to both clinical education and research. Throughout his career, he has held key leadership roles such as Director of Electrophysiology Labs and served on executive medical councils.



He is triple board-certified in Cardiac Electrophysiology, Cardiovascular Disease, and Internal Medicine, and is a Fellow of the American College of Cardiology and the Heart Rhythm Society. In addition to his clinical and academic work, Dr. Laks actively contributes to peer-reviewed cardiology / electrophysiology literature and educational initiatives.

Fluent in English and Tamil, Dr. Lakshmanadoss is committed to lifelong learning and values teamwork in delivering exceptional healthcare. Outside of work, he enjoys playing tennis, reading, and traveling with his son and family.



# We've Relocated in Gold Canyon

Same Plaza, New Office Location!



6804 S Kings Ranch Rd. Ste 102. Gold Canyon, AZ 85118

## **Patient Testimonials**

The staff and Dr. Berkowitz and his assistants are so helpful and professional. I feel very confident that I will always receive the highest quality care whenever I am treated at TriCity.

I was there on 7/9/25 AM for an Angiogram. And I had the PLEASURE of having Joy handle my appointment from start to finish. The entire crew was great. However, Joy was fabulous. She was kind, courteous, friendly and thorough. There should be more just like her. She made my stay for a surgical procedure a real pleasure. Please take the time to acknowledge her. In a job that can be real hard and stressful she showed nothing but professional caring. A real pleasure. I thank her again & thank you for having her.

I've been a patient of Dr. Jaskamal P. Kahlon for many years, and I truly appreciate the care he has provided. He's always direct and to the point, which I value in a doctor—no fluff, just honest, professional medical advice and treatment. His expertise in interventional and adult cardiology has made a real difference in my health and peace of mind. Thank you, Dr. Kahlon, for everything you've done for me over the years. You're truly appreciated!





# Lemon Herb Quinoa Salad with Chickpeas

### **Ingredients:**

- · 1 cup quinoa
- 2 cups water or broth
- 1 can chickpeas (15 oz), rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, chopped

- 1/4 cup parsley, chopped
- 2 tbsp mint (optional)
- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 garlic clove, minced
- · Salt & pepper

### **Instructions:**

- 1. Cook quinoa in water or broth; let cool.
- 2. Whisk olive oil, lemon juice, garlic, salt & pepper.
- 3. Mix quinoa, chickpeas, veggies, and herbs.
- 4. Toss with dressing and chill before serving.

Nutrition (per serving): 280 kcal, 35g carbs, 7g fiber, 9g protein, 10g fat, 1g sat fat, 4g sugar, 220mg sodium, 0.5g omega-3s.

Page 6



## Our Board-Certified Cardiovascular Specialists



David Kassel, MD



Thomas Ritchie, 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





Ravinder S Kahlon, MD



Olubadewa A. Fatunde, MD



Umashankar Lakshmanadoss, MD



### **LOCATIONS**

\*Select Saturday Hours Available

### \*Baywood

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

### San Tan Valley

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

#### Sun Lakes

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

### \*Fiesta

1580 N Fiesta Blvd. Ste 100 Gilbert, AZ 85233

### Gold Canyon

6804 S Kings Ranch Rd. Ste 102 Gold Canyon, AZ 85118

### Casa Grande

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

### Tri-City Vein & Vascular Center

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

#### **Pecos**

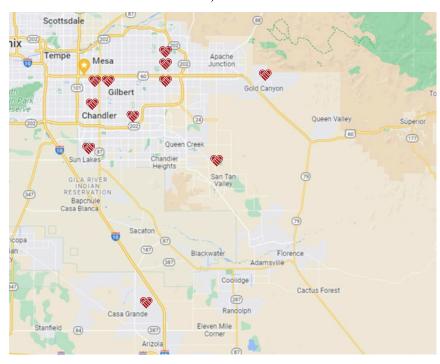
1760 E. Pecos Rd. Ste 420 Gilbert, AZ 85295

### \*Chandler

333 N Dobson Rd. Ste 11 Chandler, AZ 85224

### **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

