

TRI-CITY CARDIOLOGY NEWSLETTER

LEADERS IN CARDIOVASCULAR EXCELLENCE
WHERE PATIENTS COME FIRST

4TH QUARTER, 2025



**Ravinder S. Kahlon, MD,
FACC, FSCAI, FSVI, RPVI**

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.

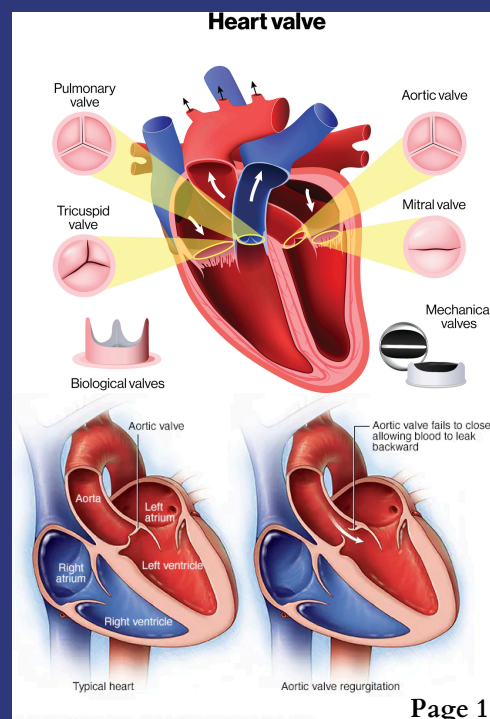


The Natural History of Aortic Valve Disease

The aortic valve plays a crucial role in directing blood flow from the heart's left ventricle to the aorta—the body's main artery. When this valve functions properly, it opens and closes with each heartbeat to ensure oxygen-rich blood reaches every part of the body. However, when disease affects the aortic valve, its ability to open or close normally becomes impaired, leading to serious consequences for heart health.

What Happens Over Time

Aortic valve disease typically develops slowly and may not cause noticeable symptoms at first. Over time, the valve leaflets can become stiff and narrow (a condition known as aortic stenosis) or fail to close completely (aortic regurgitation). These changes cause the heart to work harder to pump blood, leading to thickening of the heart muscle and, eventually, a decline in heart function.



Early vs. Late Stages

In the early stages, patients often feel no symptoms, though subtle signs—like fatigue, mild shortness of breath, or reduced exercise capacity—may start to appear.

As the disease progresses, more pronounced symptoms can include:

- Chest pain or pressure (especially with exertion)
- Lightheadedness or fainting
- Increasing shortness of breath
- Swelling in the ankles or feet

If left untreated, severe aortic valve disease can lead to heart failure or life-threatening complications.

Diagnosis and Monitoring

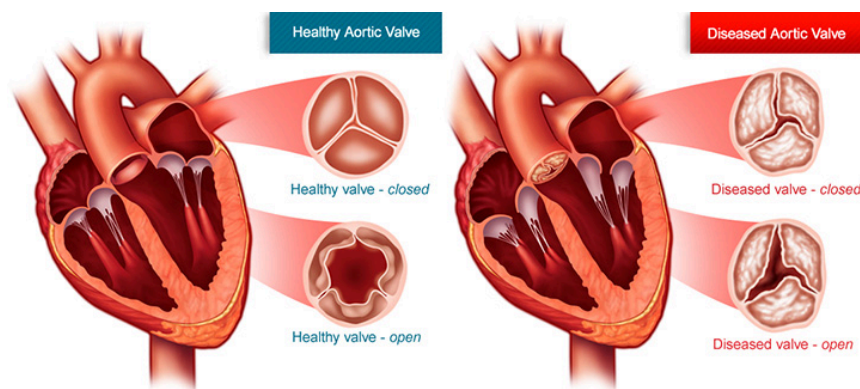
Aortic valve disease is typically detected through a heart murmur heard during a physical exam and confirmed using imaging tests such as an echocardiogram. Regular follow-up is essential to track changes in valve function. Depending on the severity, your cardiologist may recommend medical management, lifestyle adjustments, or eventual valve replacement.

When Treatment Becomes Necessary

Once symptoms appear or the heart begins to weaken, valve intervention is usually required. Today's options include minimally invasive procedures such as Transcatheter Aortic Valve Replacement (TAVR), allowing many patients to recover faster and resume daily activities with renewed energy.

The Takeaway

Understanding the natural progression of aortic valve disease highlights the importance of early detection and consistent follow-up. If you experience shortness of breath, chest discomfort, or fatigue with activity, speak with your cardiologist. Modern diagnostics and treatment options can significantly improve both quality of life and long-term outcomes.



Now Open: Our New Tri-City Cardiology

Medical Office Building

Tri-City Cardiology is proud to announce the upcoming opening of our brand-new Medical Office Building (MOB) in Mesa, AZ, conveniently located adjacent to the Tri-City Surgical Center. This state-of-the-art facility represents our continued growth and commitment to expanding access to world-class cardiovascular care for patients across the East Valley.

Designed with both patients and providers in mind, our new MOB will feature modern architecture, expanded clinic space, and enhanced patient amenities. The building will house multiple cardiology suites, along with Tri-City Vein Center and Tri-City Surgical Center, creating a seamless and integrated experience for our patients.

At the new location, patients will have access to a full range of advanced cardiovascular and vascular services, including:

- General Cardiology Consultations & Preventive Care
- Interventional Cardiology
- Vascular Medicine & Peripheral Artery Disease Treatment
- Vein Care (Varicose Veins, Leg Swelling, Ulcers)
- Cardiac Imaging & Diagnostic Testing
- Cardiac Rehabilitation & Lifestyle Support Programs

This expansion also allows us to accommodate new physicians and nurse practitioners, ensuring timely appointments and convenient access to specialized care.

By being located next to the Tri-City Surgical Center, the new MOB offers patients the convenience of diagnosis, consultation, and treatment, all within the same campus. Whether you're visiting for a consultation, imaging, or a minimally invasive procedure, everything you need will be just steps away.

The new Medical Office Building is more than just a space, it's a promise to continue delivering exceptional heart and vascular care to our growing community. We're proud to invest in Mesa's future and look forward to welcoming patients to this cutting-edge facility.





Welcome New Providers of Tri-City Cardiology!



Welcoming Corazon Brittain, DNP

Corazon Brittain, DNP, is a highly skilled and compassionate nurse practitioner specializing in cardiology. She has over 11 years of diverse nursing experience, including critical care nursing, and 5 years of experience as a nurse practitioner specializing in cardiology. She has the opportunity to care for patients in a multi-specialty area, including those with cardiac, medical-surgical, trauma, and neurology or stroke. She received a Doctor of Nursing Practice degree from California Baptist University, with a DNP project focusing on the heart failure patient population. She created a heart failure program utilizing evidence-based practice to enhance HF patient outcomes, decrease hospitalizations, and ultimately improve their overall quality of life. Her extensive background allows her to provide comprehensive, evidence-based care tailored to each patient's unique needs. Brittain is board-certified and holds advanced certifications in Basic Life Support and Advanced Cardiac Life Support. She is also an active member of the American Nurses Association, the American Association of Critical-Care Nurses, and the American College of Cardiology, reflecting

her dedication to maintaining the highest standards of practice and staying current with advancements in the field of healthcare. Known for her warmth and professionalism, Brittain prioritizes not only the treatment of illness but also patient education, empowerment, and prevention. She values the opportunity to build lasting relationships with patients and families, guiding them toward the best possible outcomes with compassion and respect. She is deeply compassionate in helping patient to achieve their optimum health and best cardiac management.



JOIN US FOR THE 2026 PHOENIX HEART WALK!



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



Date: Saturday, March 28, 2026
Time: 8:00 AM
Location: Wesley Bolin Memorial Plaza

Join us in reaching our \$10,000 fundraising goal to support heart disease research and build healthier futures. Every contribution, no matter the amount, helps make a lasting difference. ❤️



TRI-CITY
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Upcoming TCC Community Events

- **January 21st, 2026** – Lovin Life Expo at the Mesa Convention Center.
9:00 am – 12:00 pm
- **February 24th, 2026** – Independent Newsmedia Senior Expo at the Sun Lakes Country Club. 9:00 am – 12:00 pm
- **March 20th, 2026** – Aster Healthy Living Expo at Red Mountain.
8:00 am – 12:00 pm
- **March 21st, 2026** – Health and Wellness Expo at the Mesa Convention Center.
10:00 am – 3:00 pm
- **March 27th, 2026** – Aster Healthy Living Expo at Red Mountain.
8:00 am – 12:00 pm
- **March 28th, 2026** – Phoenix Heart Walk at the Wesley Bolin Memorial Plaza.
8:00 am

Patient Testimonials

“When my mom was admitted to Chandler regional hospital, she had severe heart failure. No doctors/surgeons were willing to take the risk to work or care for my mom. They wanted to send her home with hospice care. Dr. Ly studied my mom's case for days and came back to me with a game plan and we ended up using a trial drug that saved my mom's life. This medication made her heart stronger, and she was able to successfully get surgery to keep her alive! If he had not taken the time to care for my mom, our family and also taken the time to research her case, she would no longer be here with us. I am eternally grateful for this man and the care he has for his patients. Keep up your determination, care and respect Dr Ly!! I'll never forget our conversation in the OR waiting room.”

“I need to give a big, huge shout out to Luke! He was the technician who helped my mother. He was so helpful. He was so kind. He just made her feel so welcomed. Luke did an amazing job and definitely needs to be recognized for this. Also, I want to say thank you to Lucy. She helped us check out and was nothing but kind and helpful. Your staff is just amazing. Can't say enough about Luke. Thank you so much for being so nice. It was definitely appreciated.”



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Mediterranean Baked Salmon with Olive & Tomato Relish

Ingredients:

- 4 salmon fillets
- 1 cup cherry tomatoes, halved
- 1/3 cup Kalamata olives, sliced
- 2 tbsp capers
- 2 tbsp extra-virgin olive oil
- 1 lemon (juice + zest)
- 1 tsp dried oregano
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Place salmon fillets on a lined baking sheet.
3. In a bowl, mix tomatoes, olives, capers, olive oil, lemon, oregano, salt, and pepper.
4. Spoon the mixture over the salmon.
5. Bake for 15–18 minutes until salmon flakes easily.

Nutrition (per serving): 360 kcal, 5g carbs, 1.5g fiber, 34g protein, 22g fat, 4g sat fat, 2g sugar, 380mg sodium, 3.5g omega-3s.



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



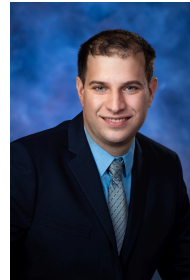
Sreedivya Chava, MD



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



Roger Bies, MD



Ravinder S Kahlon, MD



Olubadewa A.
Fatunde, MD



Umashankar
Lakshmanadoss, MD



TRI-CITY CARDIOLOGY

LOCATIONS

**Select Saturday Hours Available*

***Baywood (Closed for Remodeling)**

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

***Fiesta & Tri-City Vein Center**

1580 N Fiesta Blvd. Ste 100 & 101
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

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

***Chandler**

333 N Dobson Rd. Ste 11
Chandler, AZ 85224

Sun Lakes

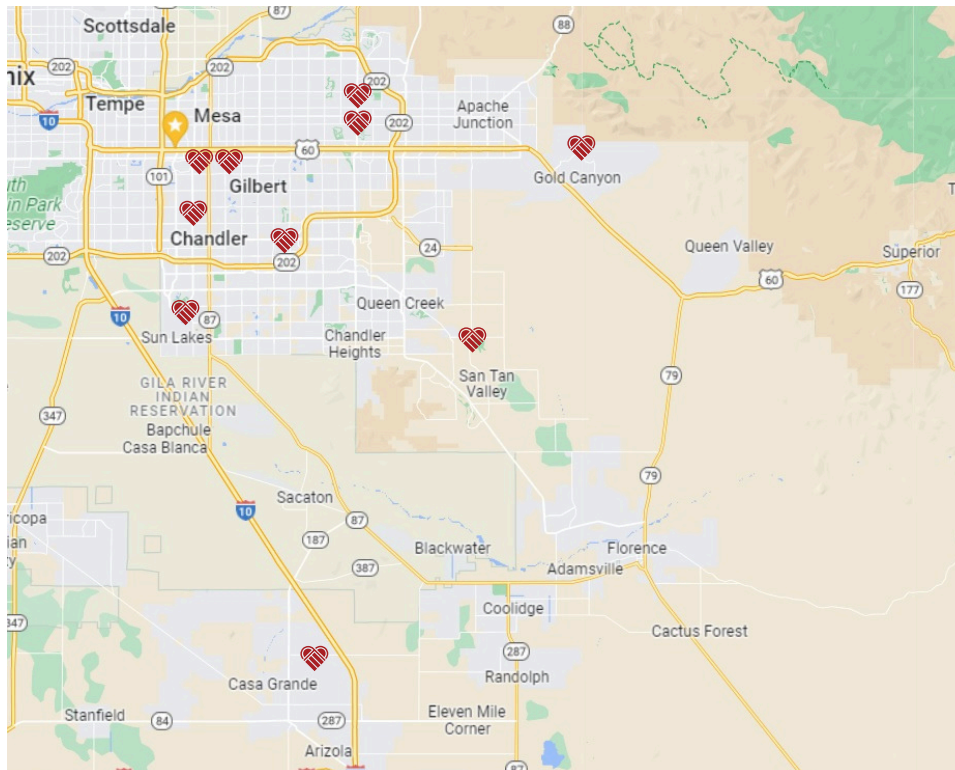
10440 E Riggs Rd. Ste 250
Sun Lakes, AZ 85248

Casa Grande

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

***NEW TCC Main – Vein, Vascular & Surgical Center**

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

