

# TRI-CITY CARDIOLOGY

# NEWSLETTER

Leaders in Cardiovascular Excellence  
Where Patients Come First

## Meet Umashankar Lakshmanadoss, MD, FACC, FHRS



Dr. Uma Laks is a trusted heart rhythm specialist with more than ten years of experience caring for patients with complex cardiac conditions. He is triple board-certified in Internal Medicine, Cardiovascular Disease, and Cardiac Electrophysiology, and is a Fellow of both the American College of Cardiology (FACC) and the Heart Rhythm Society (FHRS).

After completing advanced training in electrophysiology at the Mayo Clinic in Rochester, Minnesota, Dr. Laks became a leader in treating heart rhythm disorders. He specializes in ablation procedures for atrial and ventricular arrhythmias and is among the early adopters of Zero-Fluoro techniques safely performing ablations without radiation exposure for over a decade. He also has extensive experience implanting devices such as pacemakers, defibrillators, and cardiac resynchronization systems. What sets Dr. Laks apart is his patient-centered approach. He believes that every person deserves compassionate, individualized care, delivered with the same respect and empathy he would want for his own family.

## SMARTWATCHES AND HEART RHYTHM ALERTS: HELPFUL OR HARMFUL?

You glanced at your wrist and saw the words: "Irregular rhythm detected." Your stomach dropped. If this has happened to you, you're not alone. Smartwatch rhythm alerts are one of the most common reasons patients call our office—sometimes in the middle of the night, understandably anxious. The good news is that most of the time, these alerts turn out to be nothing serious. But occasionally, they catch something important. So, which is it—helpful or harmful? Honestly, both. The key is knowing how to interpret what your watch is telling you.

### How Your Watch Detects Heart Rhythm

Most smartwatches track your heart rhythm using a small light on the back of the device that measures blood flow changes with each heartbeat—a technology called photoplethysmography. It's the same principle as the pulse oximeter clip used in medical offices.

Newer devices, including recent versions of the Apple Watch and certain Samsung Galaxy

watches, also let you record a basic one-lead electrocardiogram (ECG) by resting your finger on the watch crown. An algorithm then analyzes the recording and may send an alert such as: Common Smartwatch Alerts

- "Irregular rhythm detected"
- "Possible atrial fibrillation"
- "High heart rate" or "Low heart rate"

These alerts are designed to prompt you to seek medical attention if needed—not to diagnose you.

### The Real Benefit: Catching AFib Early

The most important rhythm your smartwatch is designed to detect is atrial fibrillation (AFib)—the most common sustained heart arrhythmia, affecting millions of Americans. AFib increases stroke risk significantly, and the tricky thing is that it doesn't always cause symptoms. Many people have no idea they're in AFib until it's found incidentally.

This is where wearable devices have genuine value. Studies have shown that smartwatches have helped identify previously undiagnosed AFib in some users. When that's confirmed with medical testing, it can lead to potentially life-saving treatment—such as blood thinners to prevent stroke. Beyond AFib, smartwatches can also help you:

- Connect symptoms (palpitations, dizziness) with what your heart rate was doing at that moment
- Track patterns that seem to trigger your symptoms
- Monitor your heart rate during exercise
- Share useful data with your cardiologist at appointments

### The Important Limitation: Most Alerts Are False Alarms

Here is the most reassuring thing I can tell you: the majority of irregular rhythm notifications in otherwise healthy people turn out to be benign. This is worth sitting with for a moment before your next alert sends you spiraling.

Smartwatch algorithms are sensitive by design—they're built to flag anything that looks unusual, which means they catch a lot of normal variation. Common causes of false alerts include:

- Movement or a loose fit on the wrist
- Premature beats—occasional extra heartbeats that are very common and almost always harmless
- Normal heart rate variation during stress, caffeine intake, or poor sleep
- Dehydration or fever

There's also a technical limitation worth understanding: the ECG your watch records is a single-lead tracing. A standard medical ECG uses 12 leads and gives a much richer picture of the heart's electrical activity. A smartwatch tracing can suggest an abnormality—but it cannot definitively characterize complex arrhythmias. It's a screening tool, not a diagnostic test.

### When Should You Call Us?

Use this as your guide. Contact our office if:

- You receive repeated irregular rhythm notifications, not just once
- You have symptoms—palpitations, dizziness, near-fainting, chest discomfort, or shortness of breath—along with the alert
- Your watch records a tracing that suggests possible atrial fibrillation
- You have a known arrhythmia history and are noticing new patterns

### When to Go to the ER Instead

Call 911 or go to the ER immediately if you have chest pain, fainting, or severe shortness of breath—regardless of what your watch says.

### How to Get the Most from Your Smartwatch

1. **Save ECG recordings when symptoms occur.** This is genuinely helpful data for us. A tracing captured during palpitations tells us far more than one recorded hour later.
2. **Avoid constant checking.** Frequent monitoring increases anxiety without improving outcomes. Check purposefully, not compulsively.
3. **Bring your data to appointments.** Your alert history and saved ECGs can meaningfully guide our evaluation.
4. **Treat alerts as conversation starters, not conclusions.** Your watch raises a question. We help answer it.
5. **Don't neglect the basics.** Sleep, exercise, blood pressure control, and limiting alcohol do more for your heart rhythm than any wearable device.

### The Bottom Line

Smartwatches are genuinely useful tools—and our patients who use them thoughtfully give us better information than those who don't. But a watch is a starting point, not a finish line.

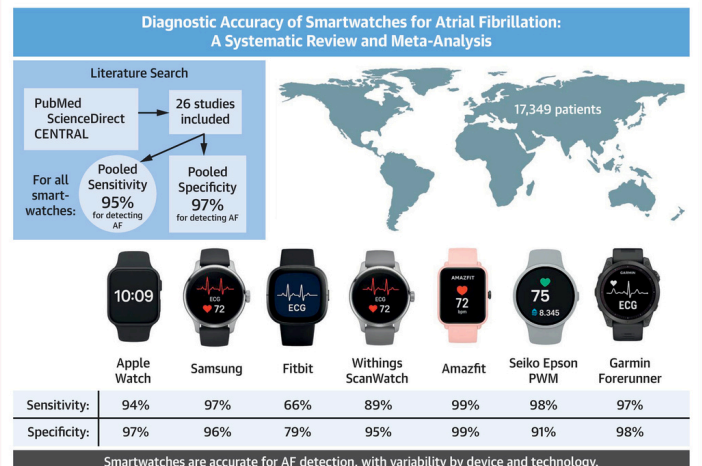
If your device flags something, don't panic—but don't ignore it either. The right move is almost always the same: note your symptoms, save the recording, and talk to us. That partnership—your device and your care team working together—is where the real value lies.

### Questions About a Recent Alert?

Call our office or send a message through the patient portal. If you have saved ECG recordings to share, our team will review them and advise on whether further testing is needed.



### CENTRAL ILLUSTRATION: Diagnostic Accuracy of Smartwatches for Atrial Fibrillation Detection Based on 26 Studies Including 17,349 Patients



Barrera N, et al. JACC Adv. 2025;4(11):102133.

# Now Offering PET/CT Imaging at Our Main Location

Tri-City Cardiology is excited to announce that PET/CT imaging is now available at our Main location, expanding access to advanced diagnostic imaging for our patients.

PET/CT (Positron Emission Tomography combined with Computed Tomography) is a powerful, noninvasive imaging technology that provides detailed information about both heart structure and function. By combining metabolic and anatomical imaging into one scan, PET/CT allows physicians to detect heart disease earlier, assess blood flow to the heart, and make more informed treatment decisions.

## What is PET/CT Imaging?

PET/CT imaging evaluates how well the heart muscle is receiving blood and oxygen. It is especially useful in identifying areas of reduced blood flow, assessing coronary artery disease, and determining whether heart tissue is healthy or damaged. This advanced imaging plays a critical role in diagnosing complex cardiovascular conditions and guiding personalized care plans.

## Benefits for Patients

Offering PET/CT imaging in an outpatient cardiology setting provides several advantages:

- Highly accurate diagnostic results
- Earlier detection of heart disease
- Shorter scan times
- Lower radiation exposure compared to some traditional imaging methods
- Convenient access at our Main location without the need for hospital-based imaging

## Who May Benefit from PET/CT?

PET/CT imaging may be recommended for patients with:

- Known or suspected coronary artery disease
- Abnormal stress test results
- Chest pain or shortness of breath
- Prior heart procedures requiring further evaluation
- Complex cardiac conditions needing advanced imaging



## Advanced Care, Close to Home

By bringing PET/CT imaging to our Main location, Tri-City Cardiology continues to invest in state-of-the-art technology that enhances patient care while improving convenience and efficiency. Our experienced cardiology team works closely with each patient to ensure accurate diagnosis, clear communication, and coordinated follow-up care.

If you have questions about PET/CT imaging or would like to learn whether it's right for you, please speak with your Tri-City Cardiology provider.

# Welcome New Providers of Tri-City Cardiology!



## Welcoming Joseph Mattison, FNP-C

Joseph Mattison is a Board-Certified Family Nurse Practitioner with six years of hands-on clinical experience in acute and critical care. He began his nursing career at Banner Heart Hospital, where he gained extensive expertise caring for complex cardiac and high-acuity patients. During his time there, Joseph collaborated closely with interdisciplinary teams, performed comprehensive patient assessments, developed individualized care plans, and responded to emergent situations with confidence and precision.

He also completed five months of specialized cardiac experience at the Dignity Health Heart Arrhythmia Center alongside Dr. Sonny Bisla, deepening his knowledge in cardiovascular care and patient management. Dedicated to delivering safe, compassionate, and high-quality care, Joseph is committed to advancing patient health outcomes and strengthening the continuum of care in every setting he serves.

## Welcoming Stephanie A. Kilborn, MSN, FNP-BC

Stephanie A. Kilborn is an experienced Registered Nurse with over a decade of diverse clinical, leadership, and ambulatory care expertise. She completed her Master of Science in Nursing as a Family Nurse Practitioner at Grand Canyon University, where she completed 600+ hours of advanced clinical practicum across primary care, cardiology, adult health, and pediatrics. Her training includes extensive hands-on experience in chronic disease management, preventive care, wellness screenings, diagnostic interpretation, women's health, and comprehensive patient education for individuals across the lifespan.

Dedicated, knowledgeable, and patient-centered, Stephanie remains committed to advancing evidence-based practice, improving care outcomes, and delivering compassionate, comprehensive care to the communities she serves.



## Welcoming Deven Mason, PA-C

Deven Mason, PA-C, is a board-certified Physician Assistant with a strong background in cardiovascular care and emergency medicine. He brings several years of experience managing complex cardiac patients in both inpatient and outpatient settings, with a focus on delivering high-quality, compassionate care.

Deven earned his Master of Physician Assistant Studies from Hardin-Simmons University and completed his undergraduate education in Exercise Science, graduating magna cum laude. Outside of clinical practice, Deven has participated in clinical research, community service initiatives, and advocacy efforts supporting the Physician Assistant profession. He is committed to providing patient-centered care and working collaboratively with physicians and care teams to achieve the best possible outcomes.



## Welcoming Jillian Owens, PA-C

Jillian Owens is a certified Physician Assistant currently practicing with Tri-City Cardiology. She earned her Master of Physician Assistant Studies from The University of Findlay and completed her undergraduate education at Northern Arizona University, where she received her Bachelor of Science in Exercise Science with a minor in Chemistry, graduating Summa Cum Laude. She maintains Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS) certifications and is a member of the American Academy of Physician Assistants.

Jillian has diverse clinical training across several medical specialties, including Cardiology, Internal Medicine, Family Medicine, Emergency Medicine, General Surgery, Women's Health, Pediatrics, and Behavioral Medicine. During her clinical rotations she received training in multiple clinical procedures, including suturing, venipuncture, injections, IV therapy, incision and drainage, casting and splinting, and

catheter placement. Her clinical background includes performing comprehensive and problem-focused history and physical examinations, developing diagnostic and treatment plans, assisting with procedures, and educating patients on health management.

Jillian was born and raised in Arizona. During her free time, she enjoys spending time with her family and friends, cooking, and outdoor activities. She is dedicated to delivering compassionate, evidence-based care and helping patients better understand and manage their cardiovascular health.



## *Patient Testimonials*

“Cassie was the lucky person who had to schedule approximately 8 tests for my husband. Instead of being overwhelmed and crabby about figuring this all out, she continued on through it visiting off and on with us, laughing at our sick jokes and always had a smile on her face. She was hospitable and made us feel welcome and even gave him an award for the most amount of appointments she has ever scheduled. They were done efficiently and expertly and it was a pleasure working with her.”

“Now a patient, Dr Weiss is fantastic. Very patient, calm, and listens. He answers your questions and explains his reasoning. His staff is also excellent. No long waits which is a plus and no hurrying you out. Front desk is fantastic. BEFORE: I am not even a patient yet but if the welcome I got from the front desk is any indication of how they treat patients I can't wait to become a patient. There is a large choice of doctors which leaves it up to you to chose your Dr which I appreciate. Looking forward to my first appointment.”

“Samantha, the medical assistant working with Dr. Villegas was very helpful and welcoming! I can't recommend this office enough to anyone needing cardiology care. The doctors and staff are always amazing!”



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

# Tri-City Cardiology's Ambulatory Surgical Center Surpasses 6,000 Procedures, Marking a Major Milestone in Outpatient Cardiovascular Care!

Tri-City Cardiology's Ambulatory Surgical Center (ASC), legally known as Tri-City Surgical Centers, has reached an important milestone by surpassing 6,000 completed procedures since opening. This achievement reflects the organization's ongoing commitment to providing high-quality, patient-centered cardiovascular care in a modern outpatient setting.

Designed to expand access to advanced cardiovascular and vascular procedures, the ASC has become a trusted destination for patients and referring providers throughout the region. Reaching this milestone highlights the expertise of Tri-City Cardiology's physicians, nurses, and clinical teams, as well as the confidence patients place in their care.

"Each procedure represents a patient who trusted us with their care," said Bruce Stec, ASC Administrator at Tri-City Cardiology. "Surpassing 6,000 procedures speaks to the strength of our team, the advanced capabilities of our facility, and our dedication to delivering exceptional cardiovascular care."

The ASC offers a comprehensive range of services, including diagnostic angiography, interventional cardiology procedures, electrophysiology services, and venous interventions. By delivering care outside of the traditional hospital setting, patients benefit from shorter wait times, lower costs, and a more comfortable, efficient recovery experience.

"Our ASC allows us to focus exclusively on cardiovascular care," said Jaskamal Kahlon, MD, interventional cardiologist at Tri-City Cardiology. "That specialization, combined with a highly trained clinical team, enables us to deliver efficient, high-quality care while keeping patient comfort and safety at the forefront."

As healthcare continues to shift toward outpatient care models, Tri-City Cardiology remains focused on innovation, growth, and expanding access to advanced cardiovascular treatment.

For more information, visit [www.tricitycardiology.com](http://www.tricitycardiology.com).





## Mediterranean Veggie Egg Scramble with Feta & Spinach

### Ingredients:

- 4 large eggs
- 1 cup fresh spinach, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, finely diced
- 2 tbsp crumbled feta cheese
- 1 tbsp extra-virgin olive oil
- ½ tsp dried oregano
- Salt & pepper to taste

### Instructions:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Sauté red onion for 2–3 minutes until softened.
3. Add tomatoes and spinach; cook until spinach wilts.
4. Whisk eggs with oregano, salt, and pepper, then pour into the skillet.
5. Gently scramble until eggs are just set.
6. Remove from heat and sprinkle with feta before serving.

**Nutrition (per serving):** 310 kcal, 6g carbs, 2g fiber, 22g protein, 22g fat, 8g sat fat, 3g sugar, 420mg sodium.



# TRI-CITY CARDIOLOGY

## LOCATIONS

\*Select Saturday Hours Available

### TCC Main – Vein, Vascular & Surgical Center

143 S 63rd Street  
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

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

### \*Chandler

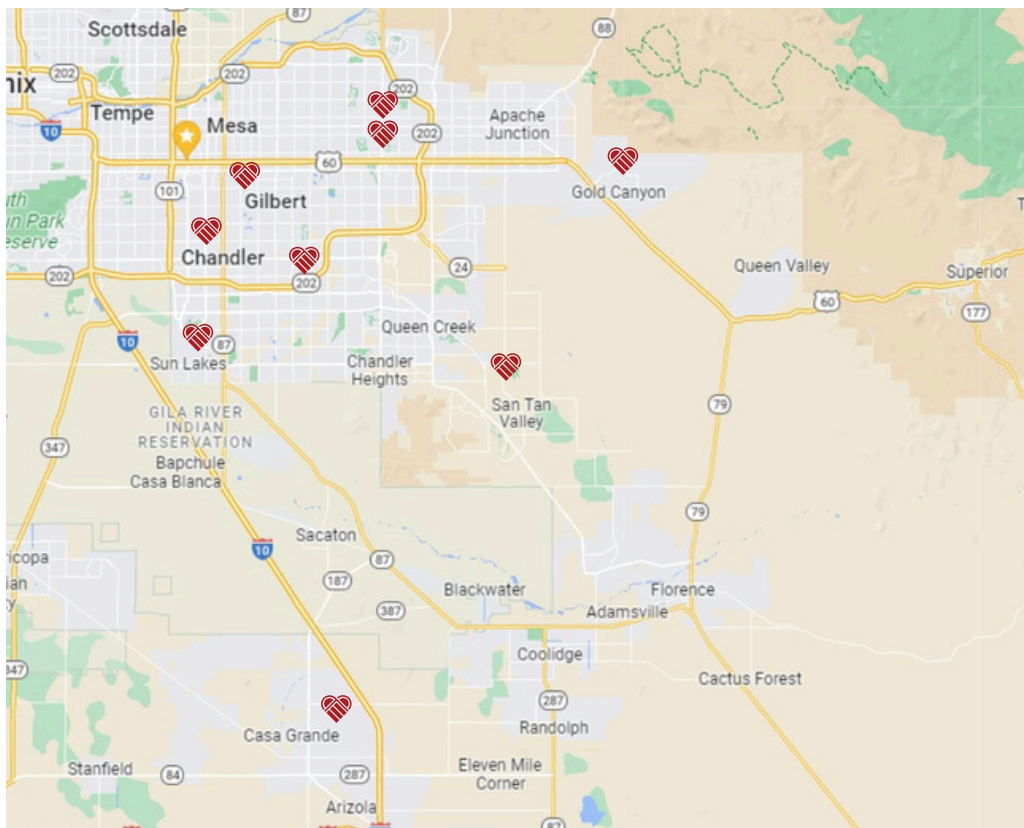
333 N Dobson Rd. Ste 11  
Chandler, AZ 85224

### Sun Lakes

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

### Casa Grande

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



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)

