

TRI-CITY CARDIOLOGY NEWSLETTER

Leaders in Cardiovascular Excellence
Where Patients Come First

Meet M. Joshua Berkowitz, MD, FACC, FSCAI, FSVM



Dr. Joshua Berkowitz is Board Certified in Cardiovascular Medicine, Vascular Medicine, Nuclear Cardiology, Interventional Cardiology, and Venous & Lymphatic Medicine. He completed his Fellowship in General Cardiovascular Medicine and Fellowship in Interventional Cardiology at the New York University School of Medicine. Dr. Berkowitz completed his residency and internship in Medicine at the Columbia-Presbyterian Medical Center after earning his Doctorate of Medicine from New York University. Dr. Berkowitz moved from New York and joined Tri-City Cardiology in 2006.

Dr. Berkowitz specializes in coronary and peripheral arterial disease diagnosis and treatment. He has expertise in the latest non-surgical, less invasive treatment options including endovascular carotid and lower extremity stenting, laser, and atherectomy. His medical interests include diabetic coronary artery disease, peripheral arterial disease (PAD) and strategies for optimal anti-coagulation in the catheterization laboratory. Dr. Berkowitz is currently chairman of the Department of Cardiology at Banner Desert Hospital.

CARDIAC BENEFITS BEYOND WEIGHT LOSS

No class of medications has gained more attention or broader use over the last decade than the glucagon-like peptide-1 receptor agonists (GLP-1s). The first approved GLP-1 medication was Byetta® (exenatide) in 2005, and several others have followed, including Trulicity® (dulaglutide), Victoza® (liraglutide), Ozempic® and Wegovy® (semaglutide), and Mounjaro® and Zepbound® (tirzepatide). GLP-1 medications were initially developed and used primarily for patients with type 2 diabetes because of their powerful glucose-lowering effects. They work in part by increasing the release of insulin to help regulate blood sugar levels.

These medications also directly affect digestion by slowing stomach emptying, which helps create a longer-lasting feeling of fullness and reduces appetite. As a result, many patients experience significant weight loss.

While weight loss has become one of the most recognized effects of GLP-1 therapy, large clinical trials have demonstrated that these medications provide important cardiovascular benefits that extend beyond weight reduction and glucose control alone, through several mechanisms - including lowering blood pressure, improving cholesterol levels, and reducing inflammation.

GLP-1 medications also appear to have direct effects on cardiovascular tissues, including the heart muscle and blood vessels. Emerging evidence suggests these medications may help protect heart function by reducing oxidative stress and limiting damage and cell death within heart muscle cells. They have also been shown to increase production of nitric oxide, a natural substance that relaxes blood vessels and improves blood flow to the heart. These effects may contribute to lower blood pressure and improved salt and fluid regulation.

In addition, GLP-1 medications have been shown to lower levels of LDL (“bad”) cholesterol as well as apolipoprotein B, both of which are associated with the development of plaque buildup in arteries. One study demonstrated approximately a 30% reduction in atherosclerotic lesion (plaque) size, suggesting a potential role in slowing progression of heart disease. Semaglutide has also been associated with a 20–30% reduction in hs-CRP, a marker of inflammation, supporting the idea that these medications may provide meaningful anti-inflammatory effects.

Because GLP-1 medications may also influence calcium handling within heart muscle cells, studies have suggested they could help slow progression of congestive heart failure (CHF) and support overall heart function, although research in this area continues to evolve.

Taken together, the anti-atherogenic (plaque-reducing), anti-inflammatory, and cardioprotective effects of GLP-1 medications help explain why large clinical trials have consistently demonstrated reductions in rates of heart attack, stroke, and cardiovascular death. Based on these findings, multiple national societies and clinical guidelines now recommend selected GLP-1 therapies for patients with type 2 diabetes and established cardiovascular disease, or for those considered at high cardiovascular risk.

Like all medications, GLP-1 therapy does carry potential side effects. The most common are gastrointestinal symptoms—including nausea, vomiting, and diarrhea—which are seen most frequently during the initiation phase and dose increases. Less common but important complications include pancreatitis and gallbladder disease.

Patients who choose compounded GLP-1 medications should also be aware that these products do not undergo the same level of safety and quality review as commercially manufactured medications. As a result, formulations may differ and inactive ingredients or additives may not match commercially available products. When considering compounded therapy, selecting FDA-registered and accredited compounding facilities should be discussed with a healthcare provider.

GLP-1 medications continue to reshape the treatment of diabetes and obesity while opening new possibilities in cardiovascular care. Ongoing research is now evaluating how these medications may help patients without diabetes and investigating newer therapies that combine multiple metabolic pathways, including agents such as tirzepatide and retatrutide. As our understanding continues to grow, these medications may become an increasingly important tool not only for metabolic health, but also for protecting long-term heart health.

WHY PATIENTS TRUST TRI-CITY CARDIOLOGY

For more than 47 years, Tri-City Cardiology has been dedicated to providing exceptional cardiovascular care to patients across the Valley. Our team combines advanced technology, experienced physicians, and a patient-first approach to deliver comprehensive heart and vascular care close to home.

What Sets Us Apart:

- Board-certified cardiologists and vascular specialists
- Multiple convenient locations throughout the East Valley
- Same-day and next-day appointments available
- Accredited Advanced Diagnostic Cardiovascular Imaging
- Minimally invasive treatment options
- Accredited Ambulatory Surgery Centers
- Compassionate, patient-centered care
- Trusted by thousands of Arizona patients

Our Services

- General Cardiology
- Interventional Cardiology
- Structural Heart Procedures
- Electrophysiology
- Vascular & Vein Care
- Heart Failure Management
- Cardiac Imaging
- Preventive Cardiology
- Nuclear Stress Testing
- Echocardiography
- Peripheral Artery Disease (PAD) Treatment
- Ambulatory Surgery Centers

Patient Satisfaction Matters

Our patients consistently recognize our physicians and staff for their expertise, compassion, and commitment to exceptional care. We are proud to maintain a strong reputation built on trust, quality, and outstanding patient experiences.



Welcome New Providers of Tri-City Cardiology!



Welcoming Antonio Teague, PA-C

Antonio Teague is a nationally certified physician assistant specializing in cardiovascular care. He earned his Master of Science in Physician Assistant Studies from A.T. Still University in Mesa, Arizona, and holds a Bachelor of Science in Biology from the University of California, Riverside.

Antonio brings a strong clinical background in both inpatient and outpatient cardiology settings, where he performs comprehensive cardiovascular assessments, manages acute and chronic cardiac conditions, and collaborates closely with cardiologists to deliver high-quality, patient-centered care. His experience includes treating conditions such as heart failure, arrhythmias, coronary artery disease, and post-procedural cardiac care.

He is skilled in interpreting diagnostic studies including EKGs, echocardiograms, and stress tests, and is experienced in developing evidence-based treatment plans, medication management, and patient education focused on long-term heart health. Antonio is also trained in advanced cardiac life support and a wide range of clinical procedures, ensuring comprehensive care for his patients.

Known for his compassionate approach and strong communication skills, Antonio is dedicated to helping patients understand their conditions and empowering them to take an active role in their cardiovascular health.

Upcoming TCC Community Events

- **September 3rd, 2026** – Chandler/Gilbert Senior Expo at Chandler Community College. 9:00 am – 1:00 pm
- **September 29th, 2026** – Trilogy Power Ranch Presentation by Dr. Berkowitz. 11:00 am – 12:30 pm
- **November 5th, 2026** – Health & Wellness Fair at MountainBrook Village. 9:00 am – 12:00 pm
- **November 7th, 2026** – Health and Wellness Expo at the Mesa Convention Center. 9:00 am – 3:00 pm
- **November 13th, 2026** – Independent Newsmedia Senior Expo at the Mesa Market Place. 8:00 am – 12:00 pm

August is National ASC Month!

This August, we proudly celebrate National Ambulatory Surgery Center (ASC) Month and recognize the important role ASCs play in delivering safe, high-quality, and convenient outpatient care. At Tri-City Surgical Center, our experienced physicians, nurses, and staff are committed to providing exceptional cardiovascular care using advanced technology in a comfortable, patient-focused environment. We are honored to care for our community and thank our patients for trusting us with their heart health.

Thank you to our incredible team for your dedication and to our patients for allowing us to be part of your healthcare journey. To learn more about Tri-City Surgical Center and the services we offer, visit TriCityCardiology.com or call 480-835-6100.



Patient Testimonials

“Dr Cohen and Dr Sung are so supportive. They answer any and all concerns, and they have the best support staff. PAs are knowledgeable and available, the Nurses are fast, confident, and will answer anything they can. I always feel comfortable when I am at the office. The front end staff do whatever they can to keep things moving, and checking out is very thorough. I always leave feeling informed, or at least knowing I am moving towards an answer. Tri City Cardiology had taken care of my cardiac need since 2009, and I can't think of any other Dr group I would trust with my family's care.”

“Dr Villegas did a heart cath Wednesday 4/29 at the facility. As a retired medical technologist with over 35 years in health care I must say I have never experienced better folks. From the receptionist to my pre-op nurses to the OR nurses the staff was fantastic. I am horrible with names but a shout out goes to one of my preop nurses who got my IV started and took care of me as I recovered to the OR nurse from Hattiesburg, MS. THANK YOU!!!”

“I have Dr's Ly, Jenny and NP Lou, as my practitioners . This team is Fantastic facing my heart condition each great bedside manner, skillsets and communication. I am blessed getting their care. Hence, I highly recommend them and office supportive staff. Referred my wife. Happy and a better functioning heart.”



TRI-CITY
CARDIOLOGY

Baywood Office Reopening

We're Back in Baywood!

We are excited to announce that our Baywood office has reopened and is now seeing patients. Our team looks forward to continuing to provide the exceptional cardiovascular care and personalized service that our community has come to expect from Tri-City Cardiology.

 Baywood Location: 6750 E. Baywood Ave. Suite 301. Mesa, AZ 85206

Now accepting appointments.

To schedule an appointment, call 480-835-6100 or visit TriCityCardiology.com.



We've Moved to Terraza!

We're excited to announce that our San Tan Valley office has officially relocated to our new Terraza location! Our team looks forward to continuing to provide the exceptional cardiovascular care you've come to expect in a beautiful new, state-of-the-art facility.

This move reflects our continued commitment to making high-quality heart care more convenient and accessible for the growing East Valley community. We can't wait to welcome you to our new home!

Now Seeing Patients at Terraza.

40201 N Gantzel Rd. Ste 101. San Tan Valley, AZ 85140



**TRI-CITY
CARDIOLOGY**



Grilled Salmon Avocado Bowl

Ingredients:

- 2 salmon fillets (4–6 oz each)
- 1 cup cooked quinoa
- 1 avocado, sliced
- 1 cup fresh spinach
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- Salt & pepper to taste

Instructions:

1. Season salmon with garlic powder, salt, and pepper.
2. Heat olive oil in a skillet or grill pan over medium heat.
3. Cook salmon for 4–5 minutes per side until fully cooked.
4. In a bowl, add quinoa, spinach, tomatoes, cucumber, and avocado.
5. Place salmon on top of the bowl.
6. Drizzle with lemon juice and serve immediately.

Nutrition (per serving): 420 calories, 28g protein, 24g healthy fats, 22g carbs, 6g fiber, and rich in Omega-3 fatty acids.



LOCATIONS

**Select Saturday Hours Available*

Baywood

6750 E Baywood Ave. Ste 301
Mesa, AZ 85206

***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

Terraza

40201 N Gantzel Rd. Ste 101
San Tan Valley, AZ 85140

Gold Canyon

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

***Chandler**

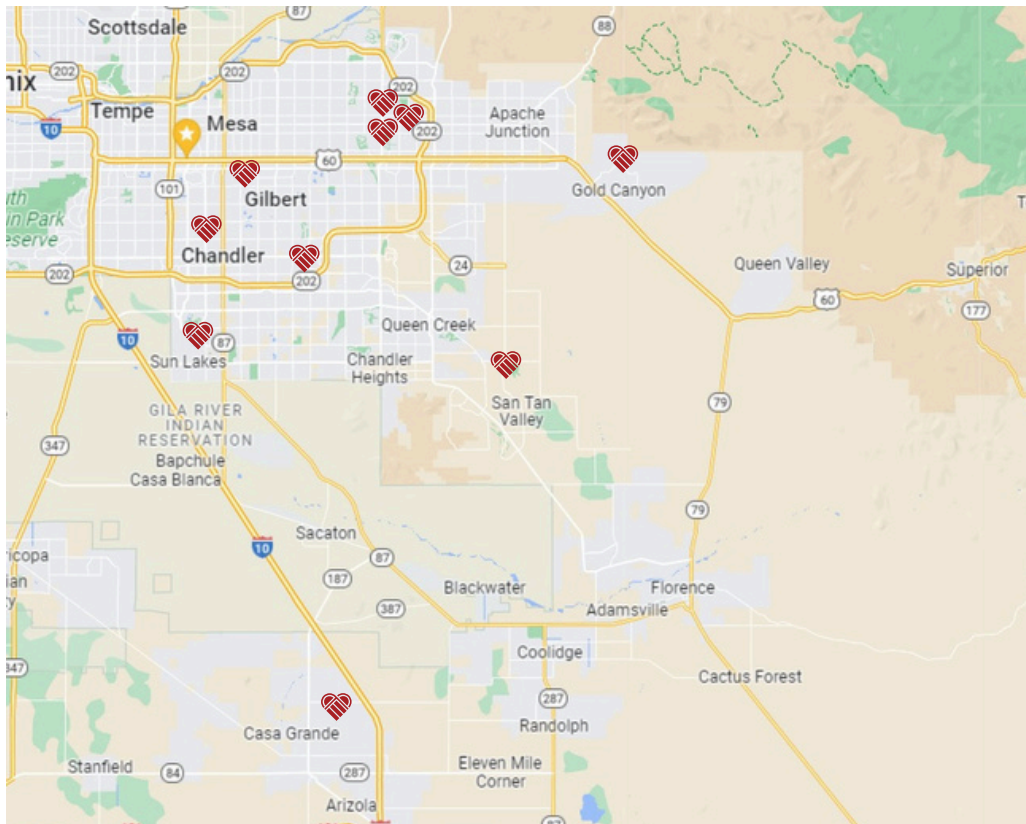
333 N Dobson Rd. Ste 11
Chandler, AZ 85224

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

www.TriCityVeinCenter.com

