Keeping Rhythm

With a TIMELY IMPLANT

PinnacleHealth’s Cardiovascular Institute

Procedure Puts Patient on Her Feet Again
Dear Friends,

At any time, the PinnacleHealth Cardiovascular Institute is involved in more than 50 clinical trials for cardiac care, which is the most in the region. These studies examine new treatments, devices and medications for a variety of heart and vascular conditions that may benefit you, the patient.

For example, PinnacleHealth is participating in the Medtronic CoreValve Surgical Replacement and Transcatheter Aortic Valve Implantation (SURTAVI) Trial. The SURTAVI Trial focuses on intermediate-risk patients and their physicians who are looking for less-invasive options for treating aortic stenosis. Today, these patients are treated with open-heart surgical aortic valve replacement. The first U.S. patient procedure for this phase of the SURTAVI Trial was performed by the heart team of Brijeshwar Maini, MD, and Mubashir Mumtaz, MD, at PinnacleHealth.

Research brings you better care, and PinnacleHealth continues to focus on innovation and pioneering new options for heart patients. The PinnacleHealth Cardiovascular Institute’s ongoing commitment to research is crucial to our achievement of excellence and helping our patients achieve the highest quality of life possible.

That commitment and our cardiothoracic surgery program have been recognized recently. PinnacleHealth has acquired the coveted three-star (highest quality) designation for heart bypass surgery outcomes from the Society of Thoracic Surgeons for the second consecutive year.

This latest national recognition, which rates our surgical outcomes among the best nationwide, truly reflects the passion, dedication and quality provided by our team of health care professionals at PinnacleHealth.

In good health,

Michael A. Young
President & CEO, PinnacleHealth
Cardiovascular disease, which is responsible for one in four deaths in the United States, may be your health’s most formidable opponent. PinnacleHealth’s Cardiovascular Institute ensures all the resources you need to fight back are available close to home.

Because cardiovascular disease is complex, your approach to maintaining good heart health should involve preventive care as well as diagnostic, treatment and rehabilitative services, when needed. That’s why PinnacleHealth designed the Cardiovascular Institute to improve access to comprehensive cardiovascular care on both the east and west shores of the Susquehanna River.

“The Cardiovascular Institute includes a group of cardiologists and cardiac surgeons who have come together to improve efficiency in the delivery of state-of-the-art cardiac and vascular care,” says Ken May, MD, FACC, FSCAI, co-chair of the PinnacleHealth Cardiovascular Institute. “We provide central Pennsylvania residents a conveniently located network of cardiac care.”

A NEW APPROACH
A new vein center will focus on nonsurgical treatments for vein conditions, procedures that may have required a 90-minute drive in the past. The availability of new catheterization procedures, interventional medicine and noninvasive diagnostic services allows patients to focus more on getting well and less on traveling long distances for advanced care.

GROWTH CONTINUES
Active recruitment helps expand PinnacleHealth’s portfolio of care options while reducing wait times for patients throughout the region. Recent additions to the Cardiovascular Institute team include two electrophysiologists who provide advanced treatment for patients with cardiac arrhythmias, more commonly known as abnormal heartbeats.

In addition, providers at PinnacleHealth’s hospitals are well prepared to take care of any cardiac situation, acute or otherwise, including emergency, on-call response and specialties such as pediatric cardiac care. Whatever your cardiovascular health needs, take comfort knowing you and your family have a well-rounded team of medical specialists providing a comprehensive array of services on your side.

FOR MORE INFORMATION ABOUT THE CARDIOVASCULAR INSTITUTE, PLEASE SEE THE ARTICLES ON PAGES 4 THROUGH 7.
Different patients have different needs, particularly when it comes to the heart. That’s why PinnacleHealth brings together the latest research from the perspectives of both cardiology and cardiovascular surgery to determine the best course for each patient.

“We have a robust research program, and our researchers work behind the scenes to get patients approved for advanced procedures,” says Brijeshwar Maini, MD, FACC, director of the Advanced Cardiac and Endovascular Interventional Laboratory and director for Cardiovascular Research and Education at PinnacleHealth. “It’s a big production, because we have to work together to help get patients screened beforehand, but it gives us the chance to look at all our options and choose what is best for our patients.”
At 85, a diagnosis of severe aortic stenosis—a condition in which the valve to the heart’s main artery narrows—can be staggering. Traditionally, this diagnosis means open-heart surgery, but advanced age often makes people such as Virginia unsuited for this major procedure. Virginia took medications and used an oxygen mask to treat her symptoms, but the lack of blood flow from her heart caused her body to swell with fluid. Even after physicians drained the fluid, her problems returned.

“During one of my visits, I heard about a new procedure to fix aortic stenosis, and I said if I was eligible, I wanted it,” Virginia recalls. “If I had a chance to go for walks again with my husband, Paul, I wanted to take it.”

Virginia went to see Brijeshwar Maini, MD, FACC, director of the Advanced Cardiac and Endovascular Interventional Laboratory and director for Cardiovascular Research and Education at PinnacleHealth. He described a clinical trial evaluating the transcatheter aortic valve implantation (TAVI) procedure, explaining each step with diagrams and models, showing her how he would thread a catheter up her femoral artery to her heart and inflate a balloon inside the valve to clear away the plaque that kept it from opening all the way. He let her hold a model of the prosthetic valve that he would place using the catheter and discussed how she would need therapy afterward.

“It was a fairly simple experience for me,” Virginia says. “The procedure was quick, and I had therapy for a couple weeks. But since then, I’ve been getting around on my own, without my walker, without needing extra oxygen. The difference is like day and night.”

Thanks to the TAVI trial at PinnacleHealth, Virginia is free from stenosis and the pain it brought. She’s thankful for each new day and amazed at how healthy she feels.
Dr. Qureshi

Meet

As the newest member of the PinnacleHealth Cardiovascular Institute, Mehrreen Qureshi, MD, brings with her a rich and diverse background.

Dr. Qureshi’s story begins in Lahore, Pakistan, where she attended medical school and interned in the cardiology departments at three hospitals. It was there that Dr. Qureshi became impassioned about the lifesaving practice of cardiovascular medicine—and realized her unique calling.

“I noticed there were not many females in the field of cardiology,” Dr. Qureshi says. “The cardiologists who mentored me encouraged me to serve the community by using my training and skills to fill this need.”

MERGING COMPETENCE WITH COMPASSION

Dr. Qureshi moved to the states more than a decade ago and has since worked in Maryland, Texas and New York. Board certified by the American Board of Internal Medicine, Dr. Qureshi has certifications in echocardiography, nuclear cardiology, cardiac positron emission tomography (PET)/computed tomography (CT) and CT angiography. As part of the PinnacleHealth Cardiovascular Institute, Dr. Qureshi hopes to use her specialization in cardiac diagnostic testing to provide high-quality imaging services locally.

“I feel very passionate about helping others and believe this ought to be the cornerstone of the medical profession,” Dr. Qureshi says. “I’m excited to work with PinnacleHealth’s talented team of interventional cardiologists, electrophysiologists and surgeons to ensure the best outcomes for my patients.”

Accreditation Reveals Commitment to Excellence

The only accredited outpatient cardiac imaging lab in the Harrisburg area, PinnacleHealth’s Cardiovascular Institute proves there’s more to imaging than just capturing data.

“We perform many kinds of imaging studies, including echocardiograms, nuclear stress tests and cardiac computed tomography (CT),” says Emad Iskandar, DO, FACC, director of Non-invasive Cardiology at PinnacleHealth. “But what our accreditation status really highlights is that we have a large number of board-certified cardiologists who can interpret these images with great accuracy.”

PRACTICE MAKES PERFECT

Accreditation by the American College of Cardiology isn’t a one-and-done process. For an imaging center to stay accredited, physicians must complete regular continuing medical education.

“Cardiologists must maintain documented experience in all modalities of imaging,” Dr. Iskandar explains. “Our cardiologists at PinnacleHealth stay up to date in a field that’s rapidly changing.”

Cardiologists do more than train on new technology. They become experts and guide patients through a host of services to determine which ones best meet their needs. A cardiologist can tell his or her patient just what imaging procedure can provide valuable information, given the patient’s age, health, past history and other factors. Patients can take an active approach to risk management by asking their primary care doctors about their risk for cardiac disease, especially if they smoke, are older than 55 or have a family history of cardiac disease.

“Many people first learn they have heart trouble when they have a heart attack,” Dr. Iskandar says. “A cardiologist can suggest an imaging test to help prevent that from happening.”

TO DELVE DEEPER INTO IMAGING MODALITIES THAT CAN SAVE YOUR LIFE, PLEASE VISIT PINNACLEHEALTH.ORG/CARDIACIMAGING.
After passing out at a local restaurant on Mother’s Day and again on the way to a doctor’s appointment shortly thereafter, retired banker Thomas Diehl, 72, learned he had an arrhythmia. Fast-acting staff members at PinnacleHealth Cardiovascular Institute scheduled Thomas for a pacemaker implantation early the day after he received his diagnosis.

FASCINATING RHYTHM
The Diehls went straight to PinnacleHealth to be admitted. Thomas’ surgery was moved to the first procedure on Thursday, and he received a pacemaker the size of a silver dollar just under his skin over his heart.

“When patients present with symptoms such as fainting spells, chronic fatigue or heart palpitations, instruments that provide around-the-clock data about the heart’s rhythm, such as 24-hour Holter monitors, home cardiac telemetry units or implantable loop recorders, help us diagnose arrhythmia,” says Michael Smith, MD, FACS, director of the Electrophysiology Lab at PinnacleHealth. “With Thomas’ medical history and a recorded fainting spell, implanting a pacemaker was the best treatment.”

After a successful surgery, Thomas was amazed he could go home on Friday.

“Someone was looking out for me,” Thomas says. “I was worried about having a third surgery, but every procedure performed at PinnacleHealth has gone well. I have great faith in my family physician and the cardiologists at PinnacleHealth Cardiovascular Institute.”

FOR MORE INFORMATION ABOUT THE PINNACLEHEALTH CARDIOVASCULAR INSTITUTE, PLEASE CALL THE PHONELINE AT (717) 231-8900 OR TOLL-FREE AT 1-877-499-3299.
MARK YOUR CALENDAR

COOKING WITH A CARDIOLOGIST
Join Michael Bosak, MD, cardiologist with PinnacleHealth Cardiovascular Institute, in the kitchen at GIANT for a fun, interactive event featuring heart-healthy cooking techniques, recipes and other tips.
» Camp Hill GIANT Super Food Store
» Wednesday, February 20, 6 p.m.
» $10 fee for this class

LEAKY PLUMBING AND RUSTED PIPES: COMMON HEART CONDITIONS AND THE LATEST TREATMENTS
Learn about minimally invasive heart surgery, including robotic heart bypass, surgery for atrial fibrillation and valve surgery, from Mubashir Mumtaz, MD, chief of Cardiothoracic Surgery at PinnacleHealth.
» Camp Hill GIANT Super Food Store
» Thursday, February 21, 7 p.m.
» Light refreshments will be served.

ZUMBA®/YOGA PROGRAM
The nurse practitioners and physician assistants with PinnacleHealth Cardiovascular Institute invite women of all age groups to participate in an hour-long program of low-impact ZUMBA® fitness or YOGA as we draw awareness to women and heart disease.
PinnacleHealth clinical staff will be available during the event for blood pressure, weight, pulse and cholesterol checks. This information will allow us to assist with risk-factor assessment for cardiovascular disease. We will also be available to provide awareness of signs and symptoms of acute coronary syndrome, risk factors for heart disease and ideas for risk-factor modification.
» Fredricksen Outpatient Center, Cumberland Campus
2015 Technology Parkway, Mechanicsburg, PA 17050
» Saturday, February 23, 1 p.m.
» $20 per person with a T-shirt at registration. All proceeds will benefit the American Heart Association Go Red for Women® program.
Registration is required for all events. Please call the PHOneLine at (717) 231-8900 or toll-free at 1-877-499-3299 to register.