DO YOU HAVE HIGH BLOOD PRESSURE?

GET TO KNOW OUR NEW PHYSICIANS

TESTIMONIALS: PATIENTS TELL THEIR STORIES

UPMC Pinnacle
Dear Friends,

We care about your heart health. Our vision for the communities we serve is to provide access to heart and vascular specialists who take pride in caring for you, offer unwavering commitment to patient safety and outcomes, and bring the latest leading-edge therapies through an array of clinical trials.

Our team of heart experts continues to grow in central Pennsylvania. I encourage you to read more about the new physicians joining UPMC Pinnacle this summer throughout this issue. Vital to our team are the dedicated physician assistants and nurse practitioners who work side-by-side with our cardiologists and surgeons to diagnose heart conditions, coordinate treatment plans, assist in surgical procedures, prescribe medicine, and much more. Together, this team provides the care you have come to know and trust.

High blood pressure affects 100 million Americans — and many do not realize it. Last fall, the American College of Cardiology and the American Heart Association made dramatic changes to blood pressure guidelines. On the next page you can read more about how to prevent high blood pressure and an exciting new trial at UPMC Pinnacle. Even more information is available on our website at UPMCPinnacle.com/BloodPressure.

Each day I am truly touched and amazed by the stories our patients share with us. When I started working in the hospital setting more than 30 years ago, chest-cracking heart surgeries were the norm. Now, the majority of our heart surgeries are performed through small incisions, and our cardiologists and surgeons continue to refine treatments through research studies. I hope you’ll take the time to read some of these touching stories in the pages that follow.

Are you looking for more information on a heart condition or how to follow a heart healthy lifestyle? I encourage you to join our cardiovascular experts at a variety of community programs designed with you in mind. See the complete listing on the back page and online at UPMCPinnacle.com/Events.

Yours in good health,

Phil Guarneschelli
President and CEO
UPMC Pinnacle

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100 MILLION
AMERICANS HAVE SOME FORM OF HIGH BLOOD PRESSURE

Top number (systolic): Blood pressure in arteries as your heart beats to push blood out.
Bottom number (diastolic): Blood pressure in the arteries between beats as the heart fills with blood.

130 & below
80 & below
New Threshold for High Blood Pressure

DO YOU HAVE HIGH BLOOD PRESSURE?

Approximately 100 million Americans have some form of high blood pressure, and many don’t know it. Uncontrolled, the condition can lead to heart attack, stroke, heart failure, kidney disease, and death. Because high blood pressure typically has no signs or symptoms, you should begin screenings at a young age, and if you’re age 20 or over, have your blood pressure checked regularly.

Understanding the Numbers
To help more Americans prevent the long-term damaging effects of high blood pressure, the American College of Cardiology (ACC) and the American Heart Association (AHA) recently lowered blood pressure guidelines defining high blood pressure as any consistent readings above 130/80 mmHg.

“While some are skeptical that these new guidelines are too aggressive, the lower numbers were established after looking at tens of thousands of cases to see what blood pressure levels are associated with damaging and deadly effects,” says Jason Stuck, MD, cardiologist, PinnacleHealth CardioVascular Institute.

How Can I Prevent High Blood Pressure?
Eating a low-sodium, low-fat diet, exercising regularly, not smoking, and keeping your cholesterol and diabetes under control can help you prevent high blood pressure. Reducing stress and addressing conditions like sleep apnea may also help.

Some risk factors for high blood pressure are out of our control. As our arteries age, they naturally become tougher and less flexible which can contribute to high blood pressure,” says Dr. Stuck. “It’s also important to be aware of family history, which plays a role.”

Treating High Blood Pressure
The first steps for addressing high blood pressure are lifestyle changes and, in some cases, medication. You may have success lowering your blood pressure by:
• Reaching a healthy weight
• Exercising at least three times a week for 30 minutes a day
• Eating a low-sodium, low-fat diet
• Not smoking and eliminating exposure to secondhand smoke
• Controlling diabetes
• Reducing alcohol consumption
Your doctor may also prescribe medication to lower your blood pressure. It’s important to follow the instructions to ensure that your blood pressure is controlled.

Clinical Study Investigating Options for Lowering High Blood Pressure
UPMC Pinnacle is one of 30 sites worldwide selected to enroll patients in a study of an investigational therapy called renal artery denervation that may improve blood pressure control without medication.

If you have moderate high blood pressure and are between the ages of 20 and 80, see the sidebar for how to contact us for more information about the trial.

Renal artery denervation builds on the discovery that the kidneys are often at the center of regulating blood pressure. Nerves running between the kidneys and the brain can trigger the release of hormones to increase blood pressure. Researchers discovered they may be able to improve blood pressure control through a catheter-based procedure that disrupts this communication pathway.

“This is a landmark study of a treatment that could reduce the risk and cost of high blood pressure for patients,” says William Bachinsky, MD, FACC, FSCAI, interventional cardiologist, director of the cardiovascular interventional program and principal investigator at PinnacleHealth CardioVascular Institute. “It’s another opportunity, through our involvement in clinical research and cutting-edge teams, to give patients access to promising new therapies before they are available to the general public. With this study we look forward to helping identify a therapy that may lead to better high blood pressure control with less reliance on long-term medications.”

High Blood Pressure
PG 8

Third Opinion Brings Hope and Help

Rebecca Derbes at 717-920-4400 ext. 4279 for more information.

Visit www.highbloodpressurerials.com or contact Rebecca Derbes at 717-920-4400 ext. 4279 for more information.

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Discharged from a second hospital in as many weeks, Furman Parker, 85, of north Annville, was “sent home to die.” But Furman and his family weren’t ready to give up. They got a third opinion from UPMC Pinnacle’s structural heart team.

The structural heart team recommended a series of minimally invasive procedures for Furman to first improve blood flow and then repair damage resulting from coronary artery disease.

“It’s important for patients and physicians to have a common goal of care. If they don’t match up, if the treatment isn’t as aggressive as you’d like, then look for that second or third opinion,” says Hemal Gada, MD, interventional cardiologist and medical director of structural heart at UPMC Pinnacle. “Ten years ago, there was not much to offer a patient like Furman, but technology has advanced dramatically with devices and noninvasive, cutting-edge procedures that can improve a patient’s quality of life.”

In Furman’s first minimally invasive surgery, two stents were inserted to open an artery in his heart. In Furman’s third procedure, he received a pacemaker and defibrillator to control his abnormal heart rhythms. “Furman is a special guy with an internal drive to get better. He was a frequent subject during our weekly case conferences to get everyone’s input for the best course of his care,” says Dr. Gada.

The structural heart team at UPMC Pinnacle determined Furman needed one more procedure to install the WATCHMAN® device to address leaking through his mitral valve.

Within six months of his last surgery, Furman’s heart ejection rate increased from 20 to 40 percent — an impressive improvement for any patient. Furman walks without assistance and is doing anything he wants to do. “I probably have more energy now than an 85-year-old should,” says Furman who enjoys taking care of his wife, working on his lawn and garden, and helping out around the house. “I owe my life to UPMC Pinnacle.”

Looking for more information about the heart procedures Furman experienced? Watch a video interview with Furman at UPMCPinnacle.com/Furman, and join us for a free community seminar near you. See the back page for details.

Welcome Amit Navin Vora, MD
Structural heart/interventional cardiologist

Dr. Vora is a graduate of Johns Hopkins University School of Medicine and earned his Master in Public Health from Harvard School of Public Health. He completed fellowships in interventional cardiology and cardiovascular diseases at Duke University Medical Center. Board-certified in interventional cardiology, Dr. Vora specializes in complex coronary artery disease and advanced structural heart disease.

“I am eager to become part of the multidisciplinary structural heart team at UPMC Pinnacle, caring for patients who have complex coronary disease and valvular heart disease. Working with my partners, we will continue to play an instrumental role in studying new advanced therapies.”

A QUICK RECOVERY FROM HEART SURGERY

Paula Noggle, 52, of Dover, was born with a bicuspid heart valve, a heart condition that made her heart valve narrow and unable to push the normal amount of blood volume in her body. Doctors discovered the condition when she was in her thirties, but it never got in the way of her vigorous workouts which included walking six to seven miles on the treadmill followed by a couple of exercise classes at the gym each day.

A teacher’s aide, Paula knew she would need to have surgery to correct her heart valve at some point, probably in her 60s. When she began feeling lethargic and had difficulty even carrying a basket of laundry, she figured it was just because she was aging. Her doctor discovered that her aortic valve was completely blocked and referred her to Mubashir Mumtaz, MD, FACS, FACC, chief of cardiovascular and thoracic surgery at UPMC Pinnacle, for treatment.

Dr. Mumtaz carefully went over several treatment options with Paula, including a procedure where native heart tissue is used to make a new valve, called aortic valve reconstruction, before she chose to have intercostal surgical aortic valve replacement (iSAVR).

“It was the option where I would have the quickest recovery to get back to exercising the fastest, and it would also prevent me from having to take a pill daily like some of the other procedures,” says Paula.

“An advantage of our heart program is that we have several options we can offer to our patients. There’s no cookie-cutter approach,” says Dr. Mumtaz. “The best person in our mind to decide is the patient, and Paula liked the iSAVR approach because it is less invasive. It’s a unique procedure that we’ve modified at UPMC Pinnacle. We make a one-inch incision on the side of the chest and go in behind the ribs to replace the heart valve. The procedure has a fast recovery, too. On average, patients go home in three days. In Paula’s case, because she was in excellent physical shape, she was home in two days.”

Since her surgery, Paula feels better and has more energy than she has had in a long time. She appreciated the caring staff at UPMC Pinnacle and wouldn’t hesitate to return to Harrisburg for future care. “They told me Dr. Mumtaz was the best, and he is,” says Paula. “From the first time he met with me and my husband, he was completely comforting and so were the nurses. It’s like they are a family.”

Welcome to the multidisciplinary structural heart team at UPMC Pinnacle, caring for patients who have complex coronary disease and valvular heart disease. Working with my partners, we will continue to play an instrumental role in studying new advanced therapies.

Paula Noggle

Mubashir Mumtaz, MD, FACS, FACC
Chief of cardiothoracic surgery and surgical director of structural heart

Take the next step to find out more about the wide variety of aortic valve treatments available at UPMC Pinnacle, such as iSAVR and aortic valve reconstruction, by visiting us online at UPMCPinnacle.com/Aortic.
You and your loved ones can count on UPMC Pinnacle Lancaster Cardiology for compassionate care including prevention, diagnosis, and treatment of diseases and disorders of the heart. We offer routine and preventive cardiac services and help manage chronic conditions to support your overall well-being and a healthy heart. Our knowledgeable and dedicated heart care specialists will update your primary care doctor regularly and coordinate any additional specialty care you need.

Medicare, Medicaid, and most insurance plans welcome.

Our Cardiology Services

- **Noninvasive services**: Nuclear cardiology, treadmill stress testing, echo/Doppler testing, stress echo, EKG testing, 24- hour Holter monitor testing, 30-day event monitor testing, transesophageal echocardiography
- **Pacemaker clinic**: Pacemaker and defibrillator interrogation and reprogramming; telephonic pacemaker testing
- **Coomvill clinic**: Congestive heart failure clinic
- **Invasive and interventional cardiac services**: Cardiac catheterization, intracoronary stent placement, coronary angioplasty, coronary angiography, coronary atherectomy, implantable loop recorder, peripheral angiography and intervention
- **Electrophysiology services**: Pacemaker insertion and testing*, cardioverter-defibrillator insertion and testing*, Electrophysiology study*, tilt table testing, cardioversion, catheter ablation*, pericardiocentesis, transesophageal echocardiogram

* Available only at Cardiac Consultants

Our Cardiothoracic and Vascular Surgery Services:

- **Heart services**: Heart valve repair and replacement, on- and off-pump coronary artery bypass grafting, repair of thoracic aortic aneurysms and dissections (open and stent grafts), minimally invasive cardiac surgery, surgical treatment of atrial fibrillation
- **Lung services**: Evaluation of lung, mediastinal, and chest wall masses, minimally invasive lung cancer removal, video-assisted thoracoscopic surgery, lung resection for cancer or infection
- **Esophageal services**: Esophageal cancer and dysmotility disorders, minimally invasive repair of Zenker’s diverticulum and hialt hernia
- **Vascular (circulatory) services**: Carotid artery surgery, repair of abdominal aortic aneurysms (open and stent grafts), lower extremity revascularization, evaluation of leg pain and nonhealing leg wounds, varicose vein treatment

Cardiac Consultants Cardiologists

- **Surendar Singh, MD, FRCP(C), FACC, FACP, FAHA**
  - Fellowship: University of Ottawa (Cardiology)
  - Board-certified: Internal Medicine, Cardiovascular Disease

- **Matthew Evans, DO**
  - Fellowship: Deborah Heart and Lung Center (Cardiology)
  - Fellowship: West Roxbury VA Medical Center (Preventive Cardiology); RWJ University Hospital (Cardiology)
  - Board-certified: Internal Medicine, Cardiology

- **Sunil Patel, MD, FACC**
  - Fellowship: Medical College of Pennsylvania (Cardiology); Tufts/New England Medical Center (Cardiac Electrophysiology, Pacing)
  - Board-certified: Internal Medicine, Cardiology, Cardiac Electrophysiology

Cardiothoracic & Vascular Surgeons of Lancaster

- **Paul S. Brown, Jr., MD, FACS, FACC, FACCP**
  - General Surgical Residency: Northwestern University
  - Research Fellowship: National Heart, Lung, and Blood Institute (National Institute of Health)
  - Board-certified: Surgery, Thoracic Surgery

- **Gregory D. Cox, DO, FACOIM**
  - Fellowship: University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine (Cardiology); Deborah Heart and Lung Center (Interventional Cardiology)
  - Board-certified: Internal Medicine, Cardiology, Interventional Cardiology

You can reach us at:

**UPMC Pinnacle Lancaster Cardiology**

- **Cardiac Consultants**
  - 1697 Green Ave., Lancaster
  - 717-299-5000
  - UPMCPI.com/CardiacConsultants

- **Cardiothoracic & Vascular Surgeons of Lancaster**
  - 233 College Ave., Ste. 203, Lancaster
  - 717-735-3920
  - UPMCPI.com/Cardiothoracic&VascularSurgeonsofLancaster

- **Red Rose Cardiology**
  - 2135 Noll Drive, Ste. D, Lancaster
  - 717-735-8150
  - UPMCPI.com/RedRoseCardiology
Making Changes for a Healthier Life

Dr. Walsh wanted Michelle to improve her ejection fraction to 50 percent or better and get her blood pressure and heart rate under control. Otherwise, he recommended implanting a cardiovascular defibrillator (ICD), a device that can prevent potentially life-threatening arrhythmias. During Michelle’s four days in the hospital, a nurse navigator from the UPMC Pinnacle Heart Failure Center (HFC) began teaching her how to manage her medications and revamp her diet and exercise routines.

“The Heart Failure Clinic is awesome, amazing. Without them, I would have had to figure everything out on my own. They took their time with me to go over everything I needed to do. And anytime I have a question, I can call and get it taken care of,” says Michelle, recalling how their suggestions helped eliminate one of the side effects of her medication.

In addition to her family and friends, Michelle receives continuous support from the HFC team. They meet with her regularly to educate and encourage her, as well as monitor her progress and troubleshoot any problems.

Just four months after her diagnosis, Michelle has lost more than 30 pounds. Her blood pressure is stable, and her ejection fraction is moving closer to 50 percent. Encouraged by her results so far, Dr. Walsh says Michelle won’t need the ICD.

Michelle’s heart is doing so well with a new baby, taking new medication, and adopting a new routine. She’s really made a remarkable recovery,” says Keasha Gardner, BSN, RN-BC, CHFN, a nurse navigator with the HFC. “Her weight continues to drop, and her blood pressure is more normal. She’s very positive about making changes, and everything we recommend she puts into practice. It’s her motivation and commitment to her family and herself that make her a true success story.”

Five days after coming home from the hospital with her newborn son, Michelle Stutzman, 35, of Harrisburg, couldn’t catch her breath. She took some cold medicine, but as her breathing troubles continued through the day, she suspected something far more serious like pneumonia. In the emergency department at UPMC Pinnacle Harrisburg, doctors diagnosed her with heart failure.

In addition to low blood oxygen levels, Michelle’s legs were enormously due to fluid retention. Her heart’s ejection fraction, the measurement of blood leaving the heart each time it contracted, was just 25 percent — a normal ejection fraction is around 55 percent. Hospitalized for treatment, Michelle received a life-saving implantation.

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When you choose a cardiologist from PinnacleHealth CardioVascular Institute (PHCVI), you gain the benefit of a heart care team. This team includes other physicians and advanced practice clinicians (APCs) (physician assistants and nurse practitioners) who work closely with your primary cardiologist to assure that you have access to the care you need when you need it.

“As our group grows, we want to be sure we are maintaining strong doctor-patient relationships,” says Todd Boekelman, MD, cardiologist and president of PHCVI. “Creation of these teams allows us to provide our patients with a small-practice feel while they receive the full benefit of PHCVI’s collaboration.

APCs act as an extension of physicians and focus exclusively on patient care. They help make the practice run efficiently, so you can be seen quickly, and through their interactions with you they develop an understanding of your health needs and the best ways to approach your treatment.

“We always share the details of our visit with the physician afterward so that they are always aware of what is going on with their patient,” says Jennifer Campbell, PA-C, chief advanced practice clinician. “Our team is a group of dedicated providers that really have the best interest of our patients at heart — taking time with patients and empowering them to improve their heart health.”

Get to Know Our New Physicians

Brian Corbally, DO
Cardiologist; medical director, Heart Failure Program

“I am excited to be returning to central Pennsylvania, an area which is not far from where I was raised. Joining PinnacleHealth CardioVascular Institute is a tremendous opportunity as the Institute offers premier cardiovascular care which is unrivaled in the region.”

For an appointment with Dr. Corbally, Dr. Schmidt, or one of our advanced practice clinicians, please call PinnacleHealth CardioVascular Institute at 717-731-0301.

Emelia Bittenbinder, MD
Vascular surgeon

“I am looking forward to working for PinnacleHealth CardioVascular Institute because I truly enjoy working with patients who have vascular disease. These patients develop long-lasting relationships with their practitioners, and I enjoy the continuity of care.”

For an appointment with Dr. Bittenbinder, please call PinnacleHealth CardioVascular Institute at 717-231-8555.

Torrey Schmidt, MD
Interventional cardiologist

“I look forward to working as part of a team with a long tradition of providing excellent clinical care while bringing the latest devices and treatments through research to central Pennsylvania. I am excited to be a part of a busy interventional division, offering procedural care to improve quality of life.”

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MARK YOUR CALENDAR

**Powerful Hearts — A Cardiac Surgery Support Group**
Join our active support group where patients can share ideas, thoughts, and concerns with people who understand. This is a free service. We encourage family and friends to attend. Light refreshments are served. All sessions are from 11 a.m. to noon.

**Thursday, Aug. 23** — What’s in my medicine cabinet?  
Presented by UPMC Pinnacle pharmacist

**Thursday, Sept. 27** — Cardiac Exercise with Jordan Cantando, MS, exercise physiologist  
Mechanicsburg: UPMC Pinnacle West Shore Campus, 2025 Technology Parkway, Ground level, Suite G08

**Keep the Beat**
Join us for an in-depth look at atrial fibrillation, the most common heart rhythm disorder, along with a discussion on alternative blood thinner medications and treatment options, such as WATCHMAN.

**Tuesday, Sept. 4, 7 p.m.**  
Harrisburg: GIANT Super Food Store, 2300 Linglestown Rd.  
Speaker: Michael Link, MD, electrophysiologist, and Maryanne Jones, RN, BSN

**Wednesday, Sept. 19, 6:30 p.m.**  
York: Heritage Hills Golf Resort, 2700 Mt Rose Ave.  
Speakers: Chinmay Patel, MD, FACC, medical director of electrophysiology, and Ronald Savarese, DO, electrophysiologist

**Thursday, Sept. 27, 6:30 p.m.**  
Chambersburg: The Orchards Restaurant, 1580 Orchard Drive  
Speaker: Chinmay Patel, MD, FACC, medical director of electrophysiology

**Breakthrough Heart Treatments**
Learn more about the latest treatments for valve diseases such as transcatheter aortic valve replacement and MitraClip from Mubashir Mumtaz, MD, FACS, FACC, chief of cardiothoracic surgery, Hemal Gada, MD, MBA, medical director of the structural heart program, Roberto Hodara, MD, co-director, cardiac invasive imaging, and Atizaz Mansoor, MD, co-director, cardiac invasive imaging at UPMC Pinnacle.

**Tuesday, Sept. 18, 6:30 p.m.**  
Chambersburg: The Orchards Restaurant, 1580 Orchard Drive

**Thursday, Oct. 11, 6:30 p.m.**  
York: Heritage Hills Golf Resort, 2700 Mt Rose Ave.

**Wednesday, Oct. 17, 6:30 p.m.**  
Lebanon: Lebanon Country Club, 3375 Oak St.

**Wednesday, Nov. 28, 6:30 p.m.**  
Hanover: York Street Medical Center, 400 York St.

**Peripheral Artery Disease: What can your legs tell you about your heart?**
Hear from vascular specialists about your risk of developing peripheral artery disease (PAD), which can strike the legs, abdomen, or neck. Learn about medications, lifestyle choices, screenings, and treatments.

**Monday, Oct. 8, 6:30 p.m.**  
Chambersburg: The Orchards Restaurant, 1580 Orchard Drive  
Speakers: Anay Pradhan, MD, PhD, interventional cardiologist, and David Loran, MD, vascular surgeon

Advance registration is required for all events except Powerful Hearts. Light refreshments will be served. Register online at UPMCPinnacle.com/Events or by calling 717-231-8900.