

CardioVascular Center

Healthy Hearts Love Longer

Simple, Minimally Invasive Heart Surgery

Denial—a common reaction when heart attack symptoms strike. As a retired firefighter and EMS manager, **Don Wright** is familiar with heart attack symptomatology. But when that dull pain struck in the middle of his chest while vacuuming, he sat down to rest and asked his wife Karen for aspirin. “If it were someone else, I’d tell them to get to the hospital,” he recalls.

Karen, who is an **Emergency Department (ED)** nurse at Northridge Hospital Medical Center, suspected Don was having a heart attack. She wasted no time getting him to the ED. Upon arrival, physicians gave him nitroglycerin to relax his blood vessels and did an electrocardiogram to check his heart function.

Ann McKittrick, MD, Emergency Medicine, confirmed that Don needed a cardiac catheterization, a.k.a. angiogram, immediately. During the procedure, physicians diagnose and treat problems inside the heart and coronary arteries.

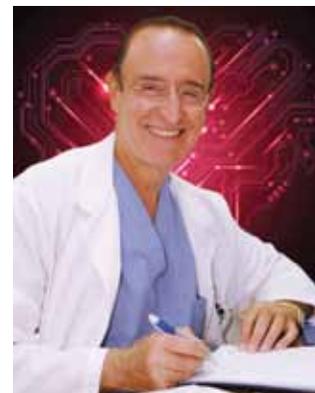
As a retired EMS professional, Don had toured cath labs and witnessed angiograms. “I was nervous about the lengthy recovery time,” he admits. “But I knew it was necessary.”

Then Don learned he was a candidate for a radial access catheterization. It’s a simpler, less invasive procedure that allows physicians to access the heart through the wrist instead of the femoral artery located deep within the groin.

“It’s much easier and safer to seal the radial artery after the procedure, which allows for fewer complications,” explains **Zouheir Elias, MD**, Cardiac Surgeon. “Patients often go home the same day, have a faster, more comfortable recovery and quickly return to normal activities.”

Upon returning home, Don never needed an ice pack or medication. Today, he and Karen enjoy active lifestyles that include mountain biking, ice hockey, running, riding Harleys and dirt bikes and even a short trip to Las Vegas.

“My overall experience was top drawer,” he asserts. “Everyone explained everything clearly and made sure I was taken care of. I highly recommend Northridge Hospital.”



Zouheir Elias, MD,
Cardiac Surgeon, Medical Staff President

What Is Radial Access Catheterization?

Patients needing heart surgery may be candidates for radial access catheterization—a simpler, less invasive angiogram in which physicians access the heart through the wrist instead of the femoral artery located deep within the groin.

Five-Star Heart Attack Care

Healthgrades has named the CardioVascular Center at Northridge Hospital a:



Five-star award recipient for treatment of heart attack in 2014



Five-star award recipient for treatment of heart failure for five years in a row



Leo Kassabian, MD,
Cardiologist

EMS Crews' First Choice

As one of the first designated **STEMI (Heart Attack) Receiving Centers** in Los Angeles County, we can rapidly treat a heart attack in progress. “EMS ambulance crews will actually bypass hospitals without Cath Labs, knowing that Northridge Hospital’s STEMI designation means an increased chance of survival,” says **Leo Kassabian, MD**, Cardiologist.

Announcing the Revolutionary Siemens Hybrid Bi-Plane OR Suite

First in Southern California

At many hospitals, patients with a blockage in their veins or arteries are transferred to numerous areas during treatment. They have imaging tests in one part of the hospital and treatments in a Catheterization Lab. If surgery is required, they are transferred again to an operating room. This type of maneuvering can cost valuable time and induce stress on patients if complications arise.

At Northridge Hospital, we offer all of these treatments in our new **Siemens Hybrid Bi-Plane OR Suite**. That means cardiologists, cardiac surgeons, interventional radiologists and vascular surgeons work closely together, making the transition from catheter-based intervention to open surgery seamless and efficient.



**M. Kevin Ariani, MD, Cardiologist,
CardioVascular Center Medical Director**

What's more, Hybrid features never-before-seen imaging capabilities. "We can treat aneurysms of the thoracic aorta and abdominal aorta with ultra-clear visualization of small vessels, stents, catheters and guide wires," explains **M. Kevin Ariani, MD**, CardioVascular Center Medical Director. "It allows us to implant, repair and perform complex minimally invasive procedures on the spot."

Patient benefits include:

- ✓ Reduced need for ICU care
- ✓ Less radiation used during imaging
- ✓ Shorter procedure times
- ✓ Shorter hospital stays and faster recoveries

Cardiovascular Services 818-885-EKGS (3547)

Northridge Hospital Treats More Heart Attacks Than Any Other Hospital in the San Fernando Valley

New CardioVascular Center Underway

Just steps away from the Hospital's entrance, our newly expanded CardioVascular Center is being designed for convenience. Adjacent to the main lobby, it will provide medical personnel, patients and their families easy access to a wide range of services, from prevention, diagnosis and treatment. The new facility will complement our existing two multipurpose Catheterization Labs, Electrophysiology Lab and Hybrid Bi-Plane OR Suite.

Our Cardiologists, Thoracic Surgeons and Vascular Surgeons

Cardiologists

M. Kevin Ariani, MD
Raluca Arimie, MD
Ramesh Arora, MD
Jayanta Das, MD
Zouheir Elias, MD
Ramin Farshi, MD
Jane Frey, MD
Ravi Gupta, MD
James Higgins, MD
Leo Kassabian, MD
James Lee, MD
Madras Padmanabhan, MD
Ganesa Pandian, MD
Jack Patterson, MD
Leo Polosajian, MD
Amir Rabbani, MD
Farhad Rafii, MD
Jahandar Saleh, MD
Sanjay Shah, MD

Alan Shiener, MD
John Tsakonas, MD
Menachem Wakslak, MD
Raj Wick, MD
Isaac Wiener, MD

Thoracic Surgeons

Azmi Atiya, MD
Michael Soltero, MD
Roderick Yasuda, MD

Vascular Surgeons

Joseph Austin, MD
Ihab Aziz, MD
Wesley Fung, MD
Adel Jabour, MD
Fuad Rafidi, MD
Shawki Saad, MD