

Vital Flow

News from the
Dignity Health
Heart and Vascular
Institute of Greater
Sacramento

WINTER 2018 | FOR THE COMMUNITY

dignityhealth.org/heartandvascular

Vital Flow

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Classes for Your Health

Cardiac Education Forum & Support Group

Hear from speakers on a variety of topics and find support from others with similar conditions (free).

Call 916.453.4521 for dates and location

CHAMP®

Telephone-based education and medication management program to treat heart failure.

Call 916.564.2880 for more information

Diabetes Management & Nutrition

Learn better management of blood sugar, medications, exercise, healthy food choices (free).

Call 916.453.4521 for monthly class

Call 916.851.2793 for 6-week series

Healthier Living with Chronic Disease

Manage your condition better; reduce anxiety, fatigue and pain (free).

Call 916.851.2793 for 6-week series

Heart Healthy Diet

Topics include heart healthy cooking and diet tips (free).

Call 916.453.4521 for monthly class

Smoking Cessation Class

Help for those committed to quitting for good. Cost of class is \$70.

Call 916.453.4268 to register



The MitraClip® is a minimally invasive treatment option available to some patients living with mitral valve disease.

The mitral valve is the most complex of the heart's four valves, connecting the left atrium to the left ventricle. It is also the valve most commonly associated with disease.

Three main conditions can affect the valve: Obstruction (stenosis), leakage (regurgitation), and bulging backward during valve closure (prolapse). According to the American Heart Association, prolapse is the most common, occurring in up to 5% of the population.

Diagnosis of mitral valve disease typically begins with irregular heart sounds detected via stethoscope. Echocardiography, and if needed

transesophageal echocardiography, can confirm the diagnosis and the severity.

Depending on the severity, and the patient's overall health, treatment options can range from medical management to surgical management, which includes repair or replacement using conventional approaches or minimally invasive, catheter-based strategies.

For those with mild to moderate mitral valve regurgitation, medication and lifestyle management may be recommended.

For patients living with moderate/severe to severe mitral regurgitation, Dignity Health Heart and Vascular Institute is among a select group of providers nationwide offering a minimally invasive treatment option: Transcatheter Mitral Valve Repair (TMVR), also known as MitraClip®.

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What You Need to Know: Mitral Valve Disease

Most people with mitral valve disease aren't affected by the condition. Typically, the condition is only detected when their doctor hears a distinctive murmur or click when listening to the heart with a stethoscope.

When mitral valve disease does cause symptoms, they may include:

- Palpitations (skipping or fluttering or beating too hard or too fast)
- Shortness of breath
- Cough
- Fatigue, dizziness or anxiety
- Migraine headaches
- Chest discomfort

Mitral valve disease symptoms tend to be mild but can worsen over time.

Mitral valve disease can develop in any person at any age, but serious symptoms tend to occur most often in men over the age of 50. Mitral valve prolapse can run in families and may be linked to other conditions, including Marfan syndrome, Ehlers-Danlos syndrome, Ebstein's anomaly, muscular dystrophy, Graves' disease and scoliosis.

Welcome to Vital Flow!

We hope you enjoy the new look and name of our Dignity Health Heart and Vascular Institute newsletter, Vital Flow, formerly known as Cardiac Monitor. Given the broad scope of cardiovascular care we provide, we felt it was important that our newsletter and its content reflect not just our cardiac care but also our vascular expertise as well. We hope you enjoy Vital Flow!

– Dignity Health Heart and Vascular Institute of Greater Sacramento

Lower Stress with One Simple, Fun Activity

In addition to a healthy diet and regular exercise, stress reduction is a key component to improving heart health. Unfortunately, decreasing stress is often easier said than done.

However, a study led by researchers at Drexel University identified one surprisingly quick and easy way to relax and reduce stress: getting creative.

The 2016 study found that adults experienced a measurable reduction in their cortisol levels after a 45-minute art making session. Cortisol is known as the “stress hormone” and is released by the body as part of its “fight or flight” response to threatening or dangerous events.

The participants in the study were asked to make art using either collage materials, modeling clay or coloring pens. Researchers tested their saliva before and after to measure cortisol levels and found that nearly 75% of the participants had lower cortisol after making their art.

If you think that lack of artistic skills may keep you from benefitting – don’t worry! Even participants with no art experience or knowledge experienced reduced stress levels.

The suspected reasons behind the art-and-stress reduction connection are varied, but art therapists believe that focusing on creating something allows your mind to move away from whatever topic is causing you anxiety. In addition, if you are able to focus intently on your art, it is possible to achieve the same health benefits as meditation: lowered heart rate and blood pressure and reduced risk for chronic disease.

Most importantly, art can and should be fun – and that is something that is always good for your health.

Photo: In November, Dignity Health Heart and Vascular Institute hosted more than 100 women at Color Me Happy - a free event that provided great information about the health benefits of finding relaxation through art and creativity. To be informed about future community events, sign up at DignityHealth.org/HeartShaped.



Dignity Health at the Heart & Stroke Walk

More than 100 people of all ages were part of the Dignity Health Heart and Vascular Institute team at the 27th annual Heart & Stroke Walk on Sept. 23. It was a beautiful day at William Land Park, full of fun and camaraderie. Thanks to all who joined us! Be sure to watch for news about the 2018 Heart & Stroke Walk in coming months!



Mitral Valve Disease (continued from first page)

“MitraClip allows us to treat mitral regurgitation minimally invasively, without open heart surgery,” explains Dr. Michael Chang, Cardiologist. “Compared to traditional mitral valve repair, MitraClip offers patients faster recovery times and less pain.”

During the procedure, the MitraClip is inserted via a vein in the leg on a catheter that is threaded up to the heart. Inside the heart, the valve leaflets are clipped together with special clips. This reduces the valve’s leakage. Currently, MitraClip is FDA-approved for patients who are high-risk for surgical mitral valve repair.

Research has shown a 73% reduction in heart failure hospitalizations in mitral valve patients who underwent a transcatheter repair.

In addition to MitraClip, other types of minimally invasive mitral valve repair include balloon valvuloplasty, in which a tiny balloon is inserted via catheter to widen the mitral valve; and ring annuloplasty, in which a fabric ring is inserted to support the valve leaflets.

Robotic-assisted surgery is another minimally invasive repair option. Dignity Health Heart and Vascular Institute is the only cardiac surgery program in Northern California providing mitral valve repair using a robotic platform.

“The robotic system provides a clear, 3-dimensional, high definition view of areas of the heart we wouldn’t otherwise have access to,” explains Dr. Allen Morris, Cardiac Surgeon. “The surgeon controls the movement and placement of the instruments using robotic arms. Basically, those robotic arms mimic the movements of my hands, which is incredibly helpful in such a delicate procedure.”

Like all minimally invasive procedures, the robotic-assisted repair offers quicker recovery, as well as less blood loss, pain and scarring.

If a mitral valve is damaged beyond repair, mitral valve replacement surgery may be the best treatment option. This procedure requires a sternotomy to allow the surgeon to access the heart and replace the valve but also can be accomplished minimally invasively using proven techniques.

“Dignity Health Heart and Vascular is fortunate to have a comprehensive program that can provide treatment tailored to each patient’s specific needs,” says Dr. Chang. “With every patient, our goal is to provide care that restores their quality of life and returns them to their normal activities.”

New EP Lab Opens



In October, Mercy General Hospital opened its third electrophysiology (EP) lab in the Alex G. Spanos Heart & Vascular Center. Members of the hospital leadership team joined Arash Aryana, MD; Pdraig O’Neill, MD; and the EP staff to celebrate with a ribbon cutting ceremony.

The new lab is the culmination of a more than \$4 million investment. The space will allow the hospital to perform an additional 300 EP cases in the first year, increasing to 400 cases over the next few years. Given the growing number of patients developing heart conduction problems, the additional EP lab will allow Mercy General to better meet the needs of patients and the community.

Mercy General Hospital has one of the largest EP programs in California and is a leader in ablations to correct heart conduction problems, including atrial fibrillation, ventricular arrhythmias and other arrhythmias. Mercy General also leads the way on research involving the latest EP devices and techniques.

Welcome cardiologist Dr. Sundeep Adusumalli

Capitol Interventional Cardiology has welcomed cardiologist Sundeep Adusumalli, MD. Dr. Adusumalli is a graduate of St. George’s University School of Medicine and is board certified in cardiovascular disease, internal medicine and interventional cardiology.