

CARDIOVASCULAR CENTER



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New chief assumes the helm of Cardiac Surgery

The Department of Cardiac Surgery’s new chief brings to Boston Medical Center (BMC) a wealth of clinical, administrative, and research experience. Karl Karlson, MD, joined the staff of BMC and Boston University School of Medicine (BUSM) on May 1.

Prior to his appointment, Dr. Karlson was affiliated with St. Francis Hospital and Medical Center in Hartford, CT. He was an assistant clinical professor of surgery at the University of Connecticut School of Medicine

“We are delighted that Dr. Karlson is heading up our cardiac surgery program,” said Kate Walsh, BMC president and CEO. “His expertise and leadership will guide us as we take the care we provide our patients to the next level.”

“Our students will benefit from the extensive teaching experience Dr. Karlson has to offer,” said Karen Antman, MD, BUSM dean and BU Medical Center provost. “As a clinician and educator, Dr. Karlson is committed to training the next generation of physicians and surgeons.”



Karl J. Karlson, MD, (center) is pictured with Cardiac Surgery’s care team (from left) Donald Traylor, RN; Carmel Fitzgerald, MS, RN, CS; Nancy Paull, NP; and Mary Clancy, NP.

A graduate of Brown University, Dr. Karlson pursued a surgical internship, as well as a surgical residency, at Johns Hopkins Hospital in Baltimore. He continued his surgical training in Boston as chief resident at what is now Beth Israel Deaconess Medical Center. A fellowship in vascular surgery at Rush-Presbyterian – St. Luke’s Medical Center in Chicago, followed by a residency in cardiovascular and thoracic surgery, also at Rush, completed this phase of his education.

During his surgical residency at Johns Hopkins, Dr. Karlson spent two years at the National Heart, Lung, and Blood Institute in Bethesda, Maryland, as a clinical associate in surgery in the Clinic of Surgery.

Prior to his relocation to Hartford in 1997, Dr. Karlson spent a decade with Overholt Cardiothoracic Surgical Associates and was on the staff of Harvard Medical School. He joined Hartford’s Cardiac & Thoracic Surgical Associates in 1997, and in 2000, received his University of Connecticut School of Medicine appointment.

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To refer a patient, call 800.682.2862 or email cardiovascularcenter@bmc.org.



Arrhythmia Center increases staff, adds locations

The Arrhythmia Center at (BMC) is a new, state-of-the-art facility offering a centralized setting for all services required by patients with irregular heart rhythms. In recent months, the Arrhythmia Center has expanded its staff and added satellite locations in Attleboro and Stoneham, as well as affiliated doctors in Maine and New Hampshire.



Kevin Monahan, MD, FACC, is the director of the Electrophysiology and Arrhythmia Center at BMC and associate professor of medicine

at (BUSM). Dr. Monahan leads a team of electrophysiologists who have been in practice for a collective 25 years. All are board certified in electrophysiology and perform approximately 1,300 procedures each year. Most Arrhythmia Center procedures are performed on a same-day basis or require, at most, a single night's stay in the hospital.

Dr. Monahan's clinical interests include pacemaker implantation, ICDs and cardiac arrhythmia. He is board certified in internal medicine, cardiovascular disease and cardiac electrophysiology.

To refer a patient to Dr. Monahan, call (617) 638-8776 or email him at kevin.monahan@bmc.org.



Robert Helm, MD, is an electrophysiologist at BMC and assistant professor of medicine at BUSM. After

graduating from Loyola University Stritch School of Medicine in 2000, he completed a residency in internal medicine at Loyola University Medical Center in 2003. He continued his education at Johns Hopkins

University, completing a fellowship in cardiovascular disease in 2007 and a second fellowship in cardiac electrophysiology in 2009.

Dr. Helm's clinical interests include ablation of atrial fibrillation; cardiac resynchronization; right ventricular cardiomyopathy; and treatment of inherited arrhythmia. He is board certified in internal medicine, cardiovascular disease and cardiac electrophysiology.

To refer a patient to Dr. Helm, call (617) 638-8776 or email him at robert.helm@bmc.org. Appointments may also be scheduled at his office at 2 Hayward St., Attleboro, MA, by calling (508) 431-3600.



Advay Bhatt, MD, is an electrophysiologist at BMC and instructor of medicine at BUSM. After graduating from

Albert Einstein College of Medicine at Yeshiva University in 2003, Dr. Bhatt completed a residency in internal medicine at BMC in 2006, as well as a fellowship in cardiovascular diseases, also at BMC, in 2009. Most recently, Dr. Bhatt completed a clinical cardiac electrophysiology fellowship at BMC.

Dr. Bhatt's clinical interests include the diagnosis and management of heart rhythm disturbances through the implantation of pacemakers or defibrillators; cardiac resynchronization therapy; electrophysiologic testing; and complex ablations, including ablation of atrial fibrillation and ventricular tachycardia. He is board certified in internal medicine, adult echocardiography, cardiovascular disease and cardiac electrophysiology.

To refer a patient to Dr. Bhatt, call (617) 638-8734 or email him at advay.bhatt@bmc.org.



Michael J. Mazzini, MD, is an electrophysiologist at BMC and clinical instructor of medicine at BUSM. After

graduating from the University of Colorado Health Sciences Center in 2002, Dr. Mazzini pursued his internship and residency at Brigham and Women's Hospital, finishing in 2005. Over the next four years, Dr. Mazzini completed cardiology and clinical electrophysiology fellowships at BMC. In 2009, Dr. Mazzini completed a post-doctoral fellowship within the Whitaker Cardiovascular Institute at Boston University Medical Center. Funding from the American Heart Association supports his research, which focuses on the mechanisms of arrhythmia in heart failure and metabolic disease.

Dr. Mazzini's clinical interests include the treatment of arrhythmias, specifically atrial fibrillation, supraventricular tachycardias and ventricular arrhythmias; implantation of pacemakers, ICDs and cardiac resynchronization therapy; and the diagnosis and treatment of syncope. He is board certified in internal medicine and cardiovascular disease.

To refer a patient to Dr. Mazzini, call (617) 638-8078 or email him at michael.mazzini@bmc.org. Appointments may also be scheduled at his office at 3 Woodland Rd., Stoneham, MA by calling (781) 665-2525.

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Daniel A. Soroff, MD, is an electrophysiologist at BMC and clinical assistant professor of medicine at BUSM.

After graduating from the State University of New York at Stony Brook in 1997, Dr. Soroff pursued his residency at the Tufts University-affiliated St. Elizabeth's Medical Center, finishing in 2000. Dr. Soroff then completed a fellowship in cardiovascular medicine at the University of Massachusetts-affiliated Worcester Medical Center in 2003. He continued his education with a fellowship in cardiac electrophysiology at BMC, completing it in 2004.

Dr. Soroff's main area of clinical interest is the management and catheter ablation of atrial arrhythmias, including atrial fibrillation. He is board certified in

internal medicine, cardiovascular disease and cardiac electrophysiology.

Dr. Soroff is based in Maine at Central Maine Heart Associates at Lewiston.

To refer a patient to Dr. Soroff, call (207) 753-3900 or email him at brooksro@cmhc.org.



Tong Zhu, MD, PhD, FACC, is an electrophysiologist at BMC and clinical assistant professor of medicine at BUSM.

After graduating from Case Western Reserve University in 2001, Dr. Zhu completed his residency in internal medicine at Massachusetts General Hospital in 2004. He continued his training and completed his fellowship in cardiology and electrophysiology at BMC in 2008.

Dr. Zhu's clinical interests include arrhythmias, pacemakers and defibrillators. He is board certified in internal medicine, cardiovascular disease and cardiac electrophysiology. Dr. Zhu is fluent in Mandarin Chinese. Dr. Zhu's primary office is NH Cardiology Consultants, One Elliot Way, Suite 100, Manchester, NH, 03103.

To refer a patient to Dr. Zhu, call (603) 627-1669 or email him at tong.zhu@bmc.org.

For more information about the Arrhythmia Center at BMC, please call (877) 930-2288 or visit www.bmc.org/arrhythmia. ■

Treating heart disease through the wrist

Transradial PCI at BMC

Accessing the heart through a small incision in the wrist is the latest treatment innovation BMC is offering its cardiac patients.

Interventional cardiologists in BMC's Cardiac Catheterization Laboratory are performing diagnostic and interventional procedures through a patient's radial artery. Unlike the more traditional procedure that accesses the heart via the femoral artery in the groin, transradial percutaneous coronary intervention (PCI) utilizes the wrist area.

"The femoral approach requires that patients remain flat on their backs for four to six hours following the procedure, which can be uncomfortable," said Claudia Hochberg, MD, associate director of Interventional Cardiology and Cardiac Catheterization at BMC, and assistant professor of medicine at BUSM. "By comparison, individuals who undergo transradial PCI are able to sit up

and walk around immediately after the procedure."

In addition to earlier ambulation, transradial PCI may also allow for shorter hospital stays. "Studies from the past decade show that the transradial technique is associated with a significantly lower rate of complications, particularly access-site bleeding, compared with femoral access," Dr. Hochberg said.

Once the transradial procedure is complete and the catheter is removed from the wrist, the patient is left with a wrist band this is slowly released over a few hours. The wrist band is a bracelet that applies gentle compression to the arterial site after the procedure to stop bleeding. Following the procedure, the patient can sit, eat and walk.

"Patients are delighted with the procedure, and many request it upon



A wrist band is placed on a patient immediately following transradial PCI.

admission to the Cardiac Catheterization Lab," said Dr. Hochberg. "We are pleased to be routinely performing transradial catheterization procedures at BMC, and we are committed to techniques that improve patient safety and comfort."

For more information, or to refer a patient, please call (617) 638-8702. ■

e-Care will utilize technology to improve cardiac surgery patient outcomes



To take information sharing between patients and providers to the next level, the Cardiovascular Center (CVC) is planning to implement e-Care Plans in the coming months.

e-Care Plans are designed to assist patients before and after they leave the hospital by utilizing

the Internet and smartphones. Addressing cardiac patients' unique health challenges, the e-Care Plan system offers patients personalized websites – accessed through BMC – that will guide them through surgery the recovery process.

“With e-Care, our goal is to improve patient care, increase patient satisfaction and enhance patient outcomes,” said Karl Karlson, MD, chief of Cardiac Surgery and co-chair of the CVC.

Interactive websites are tailored to a patient's individual needs. “The e-Care Plan system gives us and our patients a whole new set of tools to help patients take better care of their health by addressing diet, medication management, lifestyle and stress,” said Wilson Colucci, MD, chief of Cardiovascular Medicine and co-chair of the CVC.

Patients will be encouraged to monitor their own health by recording weight, blood pressure, and pulse. In addition, “e-Care Plans include an appointment reminder function, which allows medical staff to offer a description of what the appointment may include and any relevant instructions,” said Carmel Fitzgerald, MS, RN, CS, chief nurse practitioner for Cardiac Surgery.

“The reality is, healthcare dollars are shrinking as patient needs are increasing,” said Ravin Davidoff, MB BCH, chief medical officer and vice president of Medical Affairs at BMC. “I believe the e-Care Plans technology will allow us to better serve our cardiac patients, their families and primary care physicians in a cost-effective way.” ■

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Dr. Karlson's research interests include aortic root and mitral valve surgery, as well as the application of genes to enhance myocardial revascularization.

“I am very pleased to join an institution that is committed to providing exceptional care to all its patients,” Dr. Karlson said. “I look forward to growing our department even as we maintain the high quality of patient care and clinical instruction and education for which we are known.”

To refer a patient to Dr. Karlson, call (617) 638-7350 or email him at karl.karlson@bmc.org ■

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