


**THE JAMES FAMILY HEART CENTER AT YRMC WEST**



*State-of-the-Art  
for the State of YOUR Heart*



**THE JAMES FAMILY**  
*Heart Center*  
at YRMC WEST 



Heart disease touches most people at some time. A family member. A friend. A co-worker.

Or perhaps you have been personally affected.



# State-of-the-Art for the State of YOUR Heart

The James Family Heart Center at Yavapai Regional Medical Center (YRMC) West brings together all aspects of heart care to provide you – or someone important to you – state-of-the-art services and coordinated care with a healing, personal touch. Our heart care program features an extensive network of:

- Community-based cardiologists working with patients to prevent, diagnose and treat heart disease as well as to effectively manage all aspects of cardiovascular care.
- Highly acclaimed cardiothoracic surgeons and subspecialists performing surgical and minimally invasive procedures that save lives and improve the quality of life.
- Healthcare professionals – advanced clinical practitioners, registered nurses and therapists – who focus on patient care as well as heart disease prevention, heart-healthy living and cardiac rehabilitation.

The James Family Heart Center equips our exceptional heart team with state-of-the-art facilities and the latest healing technology. In the following pages, we'll introduce you to these advanced cardiac services, all of which are delivered by skilled heart specialists who are dedicated to the finest care delivered with empathy and compassion.



# Providers and Facilities

## **YOUR State-of-the-Art Heart Program**



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### **THE JAMES FAMILY HEART CENTER AT YRMC WEST**

1003 Willow Creek Road  
Prescott, Arizona 86301  
**(928) 445-2700**

The James Family Heart Center brings together a world-class team of providers, including cardiologists who care for patients in the community at YRMC PhysicianCare Cardiology offices. Our team of heart specialists includes:

- Cardiologists
- Cardiothoracic surgeons
- Interventional cardiologists
- Interventional radiologists
- Structural heart specialists

Collaborating with these providers and their patients are exceptional nurse practitioners, physician assistants, registered nurses, physical rehabilitation therapists, registered dietitians and more. Together, this team provides comprehensive cardiac care designed to help you thrive.



- 2** **YRMC PHYSICIANCARE CARDIOLOGY**  
802 Ainsworth Drive, Suite A  
Prescott, Arizona 86301  
**(928) 445-6025**



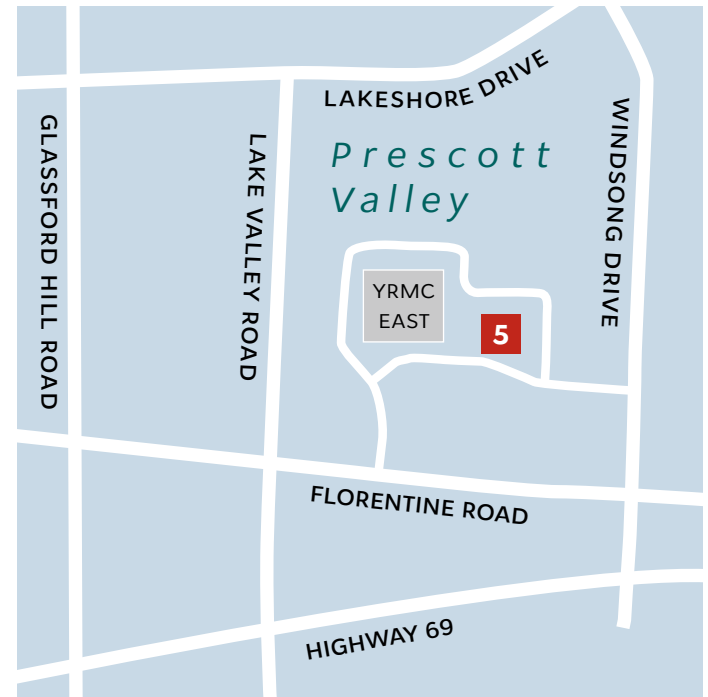
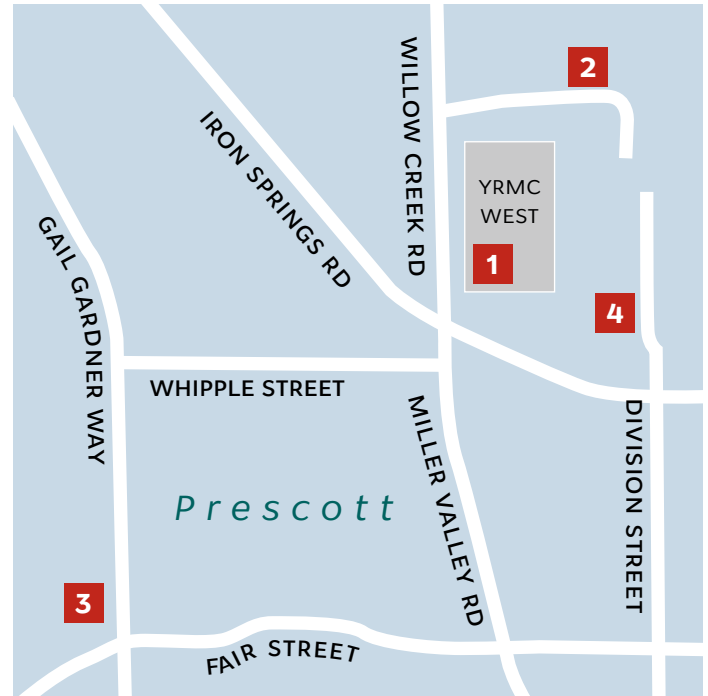
- 3** **YRMC PHYSICIANCARE CARDIOLOGY**  
726 Gail Gardner Way, Suite B  
Prescott, Arizona 86305  
**(928) 778-0309**



- 4** **PREVENTIVE MEDICINE AND WELLNESS**  
930 Division Street  
Prescott, Arizona 86301  
**(928) 771-5794**  
*Cardiac Rehabilitation • Pendleton Center West  
YRMC Wellness Center*



- 5** **YRMC PHYSICIANCARE CARDIOLOGY**  
7700 E. Florentine Road, Building B, Suite 206  
Prescott Valley, Arizona 86314  
**(928) 442-8117**





“We very thoughtfully considered the best way to create a multi-functioning Hybrid Operating Suite to complement the exceptional surgical facilities already in place at the Heart Center. What I mean by a multi-functioning Hybrid Operating Suite is that we can perform interventional procedures, catheterizations, electrophysiology, vascular surgery and cardiac surgery in the same suite—so it’s really a suite that has multiple purposes. Because of that, our Hybrid Operating Suite has been a game changer for our surgical program.”

**Pierre Tibi, MD, FACS, Medical Director**  
**The James Family Heart Center at YRMC West**

# Technology and Treatment

## **YOUR State-of-the-Art Heart Program**

### **SURGICAL SUITES AND CRITICAL CARE SERVICES**

The skilled heart surgeons at the James Family Heart Center access surgical suites equipped with the finest technology. In addition, our Heart Center is home to a Hybrid Operating Suite, which is the intersection for the remarkable surgical and interventional procedures that drive heart care at the James Family Heart Center.

In the Hybrid Operating Suite, Heart Center physicians diagnose heart disorders using permanently integrated medical imaging equipment. In the same state-of-the-art suite, patients may then immediately undergo a procedure to correct their condition. The technologically advanced Hybrid Operating Suite and our multidisciplinary team of heart specialists are a powerful combination that benefits people with heart conditions.

### **CARDIAC CATHETERIZATION LABS**

Heart Center physicians address an array of cardiac conditions in our three Cardiac Catheterization Labs. In these state-of-the-art facilities, physicians use advanced imaging techniques to guide tiny tubes, stents, wires or other very small devices to deliver outstanding cardiac care.

### **CARDIOVASCULAR INTENSIVE CARE UNIT (CVICU)**

Our CVICU team includes experienced registered nurses and other caregivers who specialize in caring for people and families, before and after heart surgery. These heart care professionals use advanced monitoring and evidence-based guidelines to ensure all of our patients are progressing along a healing path to recovery.

### **PROGRESSIVE CARE UNIT (PCU)**

After your stay in the CVICU, you will be transferred to our PCU. During this next phase of your healing, registered nurses and other medical professionals will help prepare you and your family for new beginnings after heart surgery.



YRMC's PBM program – launched by the Heart Center's Medical Director, Pierre Tibi, MD, FACS – has placed our organization on the international stage. In fact, our annual PBM Symposium brings together medical leaders and interested individuals from around the globe who attend the event or participate via live stream.

## **PATIENT BLOOD MANAGEMENT**

A unique advantage of receiving care at our Heart Center is YRMC's Patient Blood Management (PBM) program. Launched in 2012, the PBM program is internationally acclaimed and is the only program in Arizona recognized by the Society for the Advancement of Blood Management (SABM). Dedicated to improving patient outcomes through optimal blood management, SABM is a world-wide society of leading hospitals, physicians and other providers.

YRMC's hospital-wide dedication to PBM is designed to reduce unnecessary blood transfusions, which have been found to slow healing and cause anemia.

Our heart team embraces these PBM strategies to benefit your health:

- Meticulous surgical techniques that reduce bleeding
- Techniques to salvage blood lost during and after surgery
- Fewer blood draws and reduced volume during blood draws
- Special machines and medications that decrease the need for blood transfusion





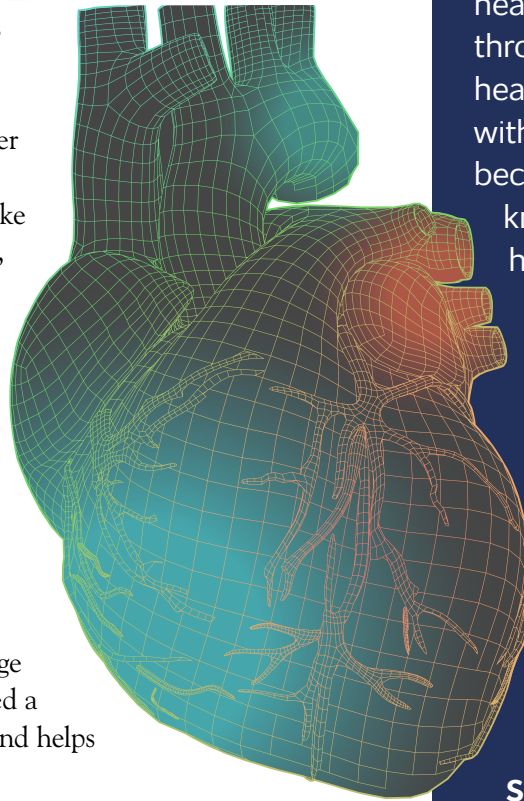
## Diagnostic and Interventional Cardiology

### **CARDIAC CATHETERIZATION**

This imaging procedure is used to diagnose and treat cardiovascular conditions. During a cardiac catheterization, a long, slender, flexible tube (catheter) is inserted into an artery or vein in your arm or leg. Your physician then guides the catheter to your heart with the help of special imaging equipment. Your physician may inject contrast dye through the catheter to take “movies” of your valves, coronary arteries and heart chambers in order to make a diagnosis. Some heart disease treatments, such as coronary angioplasty, also use cardiac catheterization.

### **PERIPHERAL ANGIOPLASTY AND STENTS**

Cardiologists at the Heart Center treat peripheral arterial disease – caused by arteries that are narrowed or blocked by plaque – using a balloon catheter during peripheral angioplasty. The Heart Center physician guides the catheter to the blockage and implants a small metal mesh tube called a stent. The stent opens the narrowed area and helps it remain unblocked.



“People often ask me, ‘What is structural heart disease?’ I tell them it is heart disease acquired through wear and tear, or heart disease you are born with. But, I don’t stop there because I want people to know that technology has revolutionized treatments for people with structural heart disease. Procedures that were previously unthinkable are now extending people’s lives and improving their quality of life. It’s an amazing time for interventional cardiology at YRMC.”

**Soundos Moualla, MD,  
FACC, FSCAI Structural  
and Interventional  
Cardiologist The James  
Family Heart Center at  
YRMC West**

## **TRANSCATHETER AORTIC VALVE REPLACEMENT (TAVR)**

If you, or someone close to you, has severe aortic valve stenosis or is considered too high risk for open heart surgery, your Heart Center physician may recommend TAVR. Heart Center cardiac interventionalists and cardiothoracic surgeons perform TAVR using extremely small openings either through the groin or the lower portion of the heart. They then replace the aortic valve without removing the old, damaged valve. Instead, they insert a replacement valve into the aortic valve's place. Once the new valve is expanded, it pushes the damaged valve leaflets out of the way and the tissue in the replacement valve takes over the job of regulating blood flow.

## **WATCHMAN™/LEFT ATRIAL APPENDAGE CLOSURE (LAAC)**

During this procedure, Heart Center interventionalists and surgeons permanently close the heart's left atrial appendage – where blood clots often form – using a quarter-sized device called the WATCHMAN™. Your physician may recommend the WATCHMAN™ for you if you have Afib (atrial fibrillation) that's not related to a heart valve problem and if you're not responding well to blood thinners. The WATCHMAN™ reduces patients' risk for stroke.

### **Meet Our Patient Navigator**

People undergoing TAVR or WATCHMAN procedures at the Heart Center receive support from a Patient Navigator. An experienced and knowledgeable cardiovascular nurse, our Patient Navigator helps patients and their family members navigate their healthcare during what can be a difficult time.

### **Our Patient Navigator provides TAVR and WATCHMAN patients with:**

- A deeper understanding of their diagnosis, treatment and care plans
- A single contact throughout the care process and after
- Seamless and timely coordination of medical care and appointments



## Electrophysiology Program

### **ARRHYTHMIA**

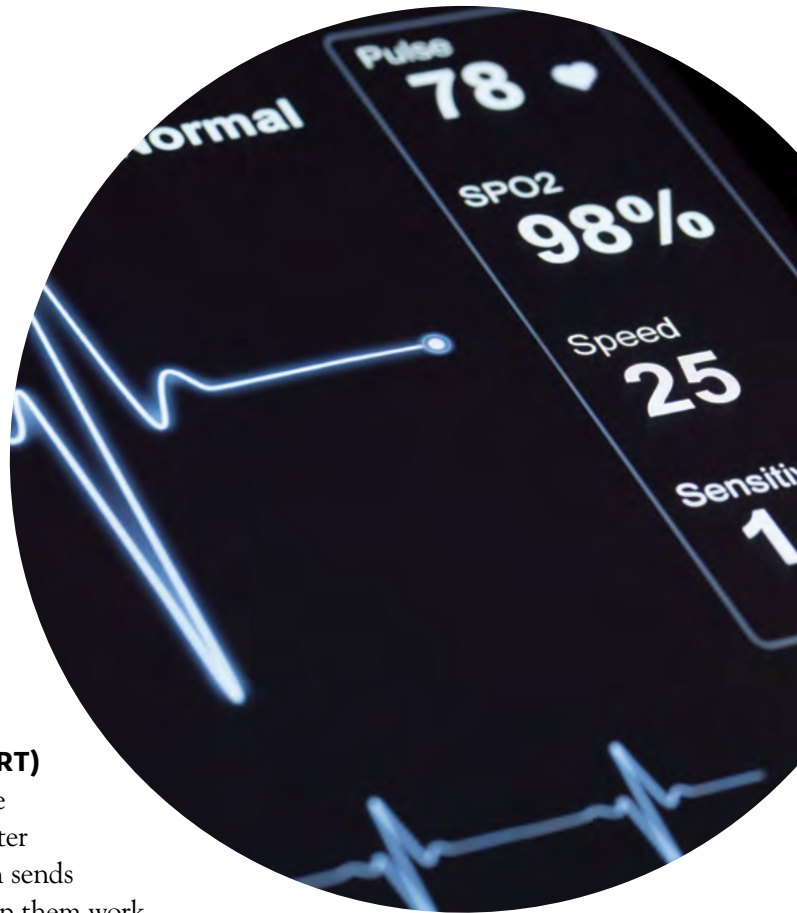
The Heart Center's Electrophysiology program excels in diagnosing and treating heart rhythm disorders, also called "arrhythmia." In the Hybrid Operating Suite, a Heart Center electrophysiologist uses 3-D mapping, intracardiac echocardiography and other electrophysiology techniques to identify your specific type of arrhythmia. Immediately following the diagnosis, while you are still in the Hybrid Operating Suite, a cardiac electrophysiologist may implant a pacemaker or implantable cardioverter defibrillator.

### **CARDIAC RESYNCHRONIZATION THERAPY (CRT)**

Some people with symptoms of heart failure may also be treated with CRT or biventricular pacing. A Heart Center electrophysiologist may implant this small device, which sends impulses to the heart's upper and lower chambers to help them work in a more synchronized pattern. CRT helps improve blood flow and oxygenation throughout your body.

### **CARDIAC ABLATION**

Cardiac ablation is used to correct many arrhythmias in the Heart Center's Hybrid Operating Suite. During a cardiac ablation, a long, slender, flexible tube (catheter) is introduced into a vein through a tiny incision and then guided to the heart. A cardiac electrophysiologist then uses cold (cryoablation) or heat (radiofrequency ablation) to neutralize the tissue that is generating the irregular heartbeats.



## Diagnostic and Interventional Radiology

### **DIAGNOSTIC ANGIOGRAPHY**

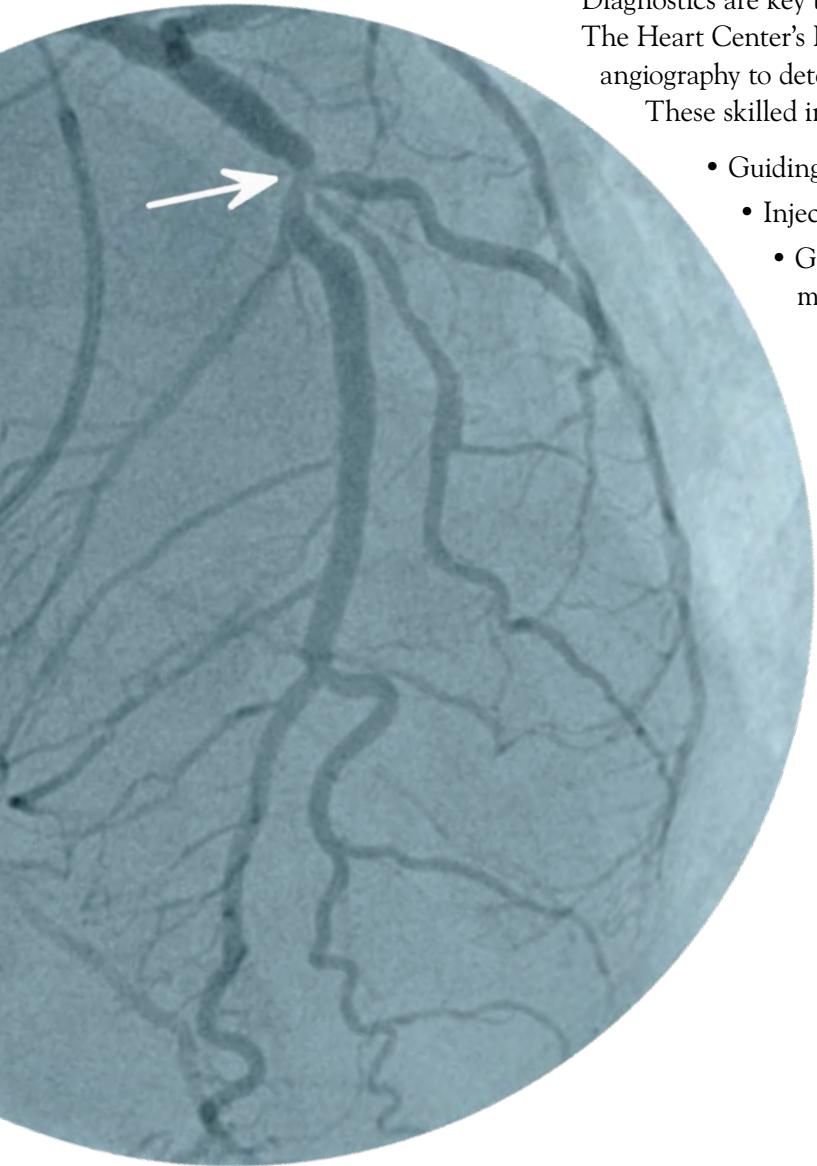
Diagnostics are key to developing a heart care plan that works for you. The Heart Center's Interventional Radiology team uses diagnostic angiography to detect abnormalities or blockages in the blood vessels.

These skilled interventional radiologists study blood vessels by:

- Guiding a tube through an artery or vein
- Injecting a special dye
- Gathering images of the blood vessels in order to make a diagnosis

### **STENT GRAFT FOR ABDOMINAL AORTIC ANEURYSM REPAIR**

An abdominal aortic aneurysm is a weakening in the aorta, the major blood vessel that runs from the heart through the center of your chest and abdomen. If you have been diagnosed with an abdominal aortic aneurysm, your physician may recommend you undergo a stent graft. During this minimally invasive procedure a Heart Center physician implants a stent graft in order to reduce the pressure on the aneurysm, provide a new pathway for blood flow and prevent life-threatening complications.



## Cardiopulmonary Services

### **DIAGNOSTIC ECHOCARDIOGRAM**

This procedure uses ultrasound to take pictures of the heart. Images are visible on a monitor and recorded to determine how your heart is working.

### **STRESS ECHOCARDIOGRAM**

This exam shows how well your heart works when you are exercising on either a treadmill or stationary bike. Even people who can't exercise can participate in this test with medication that raises their heart rate without physical activity.

### **NUCLEAR CARDIAC STUDIES**

During a nuclear cardiac study, you'll receive a small amount of radioactive tracer. A specially designed camera – which takes images of the heart – shows the location of the tracer. Nuclear studies are designed to detect blockages in the heart.





Life after a heart event can be active and fulfilling.

We are here to help make that happen.

# Health, Healing and Wellness

## **YOUR State-of-the-Art Heart Program**

The team at the James Family Heart Center is passionate about helping you live a full and healthy life. The skilled, caring professionals who comprise our Cardiac Rehabilitation team give you the tools you need to reduce your heart disease risk factors, embrace a healthy lifestyle and improve the quality of your life.

### **CARDIAC REHABILITATION AT YRMC WEST**

If you're hospitalized at YRMC West for a heart procedure or a cardiac event, you'll meet the members of our Cardiac Rehabilitation team. These Phase I Cardiac Rehabilitation professionals are ready to answer questions about your condition and help you begin a gentle exercise program. They'll also work with you on healthy strategies you can put into motion at home.

When your physician gives you permission, you can begin Phase II Cardiac Rehabilitation. You'll work with YRMC's Cardiac Rehabilitation team and your physician on an individualized program – exercise, diet, information and more – to help you get stronger and healthier.

### **REVERSING HEART DISEASE SUPPORT GROUP**

Join our Reversing Heart Disease Support Group to boost your heart health and re-energize your life. This support group meets regularly for interesting discussions, thought-provoking guest speakers, invigorating fitness activities and stress reduction exercises. Our Reversing Heart Disease Support Group uses active learning to equip you with tools to:

- Embrace a heart healthy diet
- Manage the stress in your life
- Remain motivated and dedicated to your fitness program

“I started coming to the Reversing Heart Disease Support Group after I had open heart surgery at YRMC's Heart Center. I thought there was a tremendous amount of good information about diet, exercise and stress reduction. I recommend it to all of the patients I visit during my Mended Hearts tours once a week at YRMC.

It's not the end of the road once you have a heart issue. You can keep on going, but it is programs like the Reversing Heart Disease Support Group that really help.”

**Bill Johnson**


**Reversing Heart Disease Support Group Member**



*Thank you*

*to the Harold James Family Trust  
and Prescott-area philanthropists,  
Ron and Laura James, for generously  
supporting world-class heart care  
at the James Family Heart Center at  
YRMC West.*



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**MAIN SWITCHBOARD:** (928) 445 2700

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