

— JOIN US FOR THE —  
**10TH**  
**ANNUAL**  
**COMPREHENSIVE**  
**CARDIOVASCULAR**  
**DISEASE MANAGEMENT**

**SYMPOSIUM**

WINTER 2026

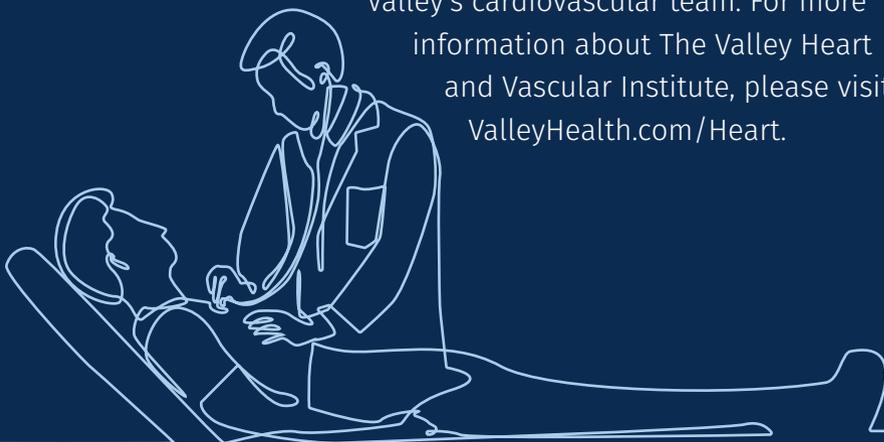
**THE VALLEY HEART AND VASCULAR INSTITUTE**  
Everything Medicine Can Do. A Few Things Medicine Can't.



# THE VALLEY HEART AND VASCULAR INSTITUTE

is known for its depth of experience and high-quality care. Valley's multidisciplinary team approach to care represents a forward thinking and integrated strategy for the treatment of cardiovascular pathologies that is centered on each individual patient's needs.

We are pleased to present a roundup of the latest programs, procedures, diagnostic modalities, and research offered by Valley's cardiovascular team. For more information about The Valley Heart and Vascular Institute, please visit [ValleyHealth.com/Heart](http://ValleyHealth.com/Heart).



## VOTE FOR VALLEY IN THIS YEAR'S U.S. NEWS BEST HOSPITALS SURVEY

Each year, *U.S. News & World Report* asks physicians to cast their votes in its Best Hospitals survey. Voting can be completed via Doximity. If you don't have a Doximity account, registering is quick and easy:

1. Go to [Doximity.com](http://Doximity.com) or scan the QR code below
2. Enter your first and last name on the home screen
3. Click on "find my profile"

Watch your email and your Doximity profile for the opportunity to vote. As you cast your ballot for Cardiology, Heart & Vascular Surgery (one category), please remember to **VOTE FOR VALLEY!**



## WORKPLACE SAFETY: REDUCING RADIATION EXPOSURE AT THE VALLEY HOSPITAL

The Valley Hospital is enhancing workplace safety in its cardiac catheterization and electrophysiology laboratories with the addition of the EggNest™ Protect system from Egg Medical.

EggNest Protect is a radiation protection system designed to reduce clinicians' exposure to scatter radiation during X-ray-guided procedures. Using retractable, flexible shielding, the system allows clear barriers to be positioned between clinicians and patients while still enabling full movement of imaging equipment for optimal procedural access.

Prolonged occupational radiation exposure has been linked to health risks such as cataracts, cancer, and cardiovascular disease. The new system represents a continued commitment to protecting care teams who regularly work in high-exposure environments.

The EggNest Protect system was implemented with support from a grant from The Edward W. and Stella C. Van Houten Memorial Fund.



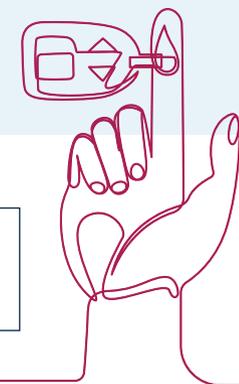
Photo courtesy of Egg Medical.

EggNest Protect is...designed to reduce clinicians' exposure to scatter radiation during X-ray-guided procedures



# PREVENTION

## NEW LIPIDS AND CARDIOMETABOLIC DISEASE PROGRAM



Preventing cardiovascular disease, including heart attack and stroke, is the focus of Valley Health System's Lipids and Cardiometabolic Disease Program. The program is led by Waqas Malick, MD, Director of the Lipids and Cardiometabolic Disease Program for Valley Medical Group.

“Our program empowers patients to take proactive steps to reduce their risk for cardiovascular disease”, said Dr. Malick.

The program addresses cardiometabolic conditions that increase cardiovascular risk, such as high blood pressure, high cholesterol, diabetes, insulin resistance, and obesity. Patients receive a comprehensive risk assessment and an individualized treatment plan developed in coordination with their primary care provider or specialist.

“Coronary heart disease and stroke are largely preventable conditions,” said Dr. Malick. “Our program empowers patients to take proactive steps to reduce their risk for cardiovascular disease. By partnering with each patient’s primary care provider, cardiologist, or endocrinologist, we develop a customized treatment plan tailored to their individual needs.”



### MEET WAQAS MALICK, MD

**Waqas Malick, MD**, Director, Lipids and Cardiometabolic Disease Program, Valley Medical Group

Dr. Malick is a board-certified cardiologist specializing in cardiovascular disease and cardiometabolic health. Dr. Malick earned his medical degree from New York University School of Medicine. He completed his residency in internal medicine at NewYork-Presbyterian/Columbia University Irving Medical Center, followed by fellowships in cardiovascular disease and cardiometabolic disease at the Mount Sinai Fuster Heart Hospital at The Mount Sinai Hospital.



## THE VALLEY HOSPITAL PERFORMS FIRST RAM-T PROCEDURE

The Valley Hospital has successfully performed its first right anterior mini-thoracotomy (RAM-T), a minimally invasive surgical approach for aortic valve repair and replacement. The procedure was led by Habib Jabagi, MD, Director of the Aortic Aneurysm Program at The Valley Hospital.

RAM-T allows surgeons to access the heart through a small incision (less than 6 cm) between the ribs, offering select patients an alternative to traditional surgical

techniques that require a full sternotomy. This approach may be used for patients needing aortic valve replacement or repair of an ascending aortic aneurysm.

Compared to traditional heart surgery, RAM-T may offer several benefits, including shorter hospital stays, with

some patients discharged in as few as three days; faster recovery; no sternal precautions; reduced blood loss; improved post-operative breathing; and a smaller, less visible scar. The technique may also make re-operation easier if a full sternotomy is ever required.

“We are proud to continually offer the latest procedures and treatments for our patients,” said Dr. Jabagi. “RAM-T marks an important step in cardiac surgery innovation, combining advanced technology with a patient-first approach to care.”



## INVASIVE CARDIOPULMONARY EXERCISE TESTING FOR UNEXPLAINED SHORTNESS OF BREATH

Patients who are experiencing unexplained shortness of breath during exercise can now receive invasive cardiopulmonary exercise testing (iCPET) at The Valley Hospital. This testing is offered by Valley Health System’s pulmonary arterial hypertension and interventional cardiology teams, led by Ashish Rai, MD, Director of the Pulmonary Arterial Hypertension Program at The Valley Hospital, and Hussein Rahim, MD, Associate Director of the Structural Heart Program at The Valley Hospital.

This advanced outpatient test combines right heart catheterization with exercise testing to evaluate how the heart and lungs work together during physical activity. Patients first undergo baseline breathing tests and heart pressure measurements at rest. They then exercise on a stationary bicycle for about 10 minutes while physicians closely monitor heart pressures, breathing, oxygen levels, and blood pressure. The entire test typically takes 45 minutes to one hour.

Unlike standard tests performed at rest, iCPET provides real-time data during exercise, helping physicians identify conditions such as exercise-

Unlike standard tests performed at rest, iCPET provides real-time data during exercise.

induced pulmonary hypertension, exercise-related heart failure, or oxygen utilization issues that may otherwise go undetected.

Physicians caring for patients with persistent, unexplained exercise intolerance are encouraged to consider iCPET referral.

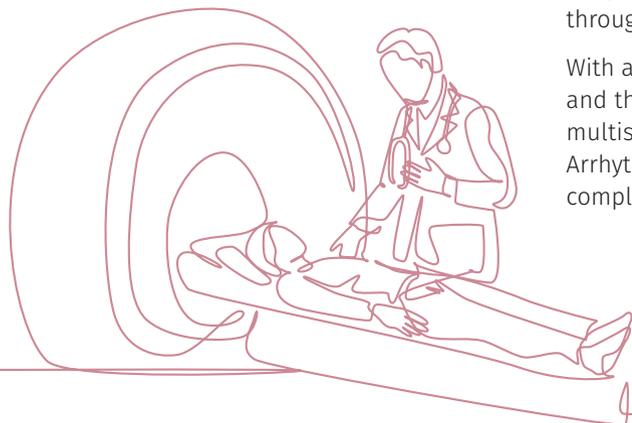


# PERSONALIZED

## COMPREHENSIVE VENTRICULAR ARRHYTHMIA CARE AT VALLEY

Advanced, multidisciplinary care for patients with ventricular arrhythmias, including premature ventricular contractions (PVCs) and ventricular tachycardia (VT), is offered through Valley Health System's Ventricular Arrhythmia Program. Led by Mohammadali Habibi, MD, Director of the Ventricular Arrhythmia Program at The Valley Hospital, the program is designed to improve quality of life and outcomes through precise diagnosis and personalized treatment strategies.

The program offers comprehensive diagnostic evaluation, including ECG, ambulatory monitoring, echocardiography, advanced cardiac imaging (cardiac MRI and CT), and genetic assessment when indicated. High-density three-dimensional electroanatomic mapping is used to precisely identify arrhythmogenic scar tissue.



Treatment is individualized based on arrhythmia burden, underlying pathology, and patient risk profile. Options include anti-arrhythmic drug therapy; implantable cardioverter-defibrillators (ICDs); catheter ablation, including epicardial VT ablation; alcohol ablation; cardiac sympathectomy; and noninvasive stereotactic body radiation therapy for select refractory cases through compassionate use.

With access to the full spectrum of diagnostic and therapeutic options and a dedicated multispecialty team, Valley's Ventricular Arrhythmia Program is equipped to manage complex and refractory ventricular arrhythmias.

## 10TH ANNUAL COMPREHENSIVE CARDIOVASCULAR DISEASE MANAGEMENT

### SYMPOSIUM: FROM FUNDAMENTALS TO INNOVATION 2026

## LET'S CELEBRATE

The Valley Heart and Vascular Institute's past decade of cardiovascular care and innovation at the 10th Annual Comprehensive Cardiovascular Disease Management Symposium: From Fundamentals to Innovation 2026! This in-person CME program, led by course director Suneet Mittal, MD, Chair of the Cardiovascular Service Line for Valley Health System, is a premier forum for sharing knowledge, fostering dialogue, and shaping the future of cardiovascular medicine.

**WHAT TO EXPECT?** Informative sessions presented by The Valley Hospital's multidisciplinary faculty. Insights into the latest treatment innovations, surgical techniques, and breakthrough technologies. Practical updates designed to enhance patient care and clinical outcomes.

**WHO WILL BE THERE?** Join a vibrant community of more than 350 practicing cardiologists and cardiovascular specialists, primary care clinicians, allied health professionals, nurses, and healthcare leaders. Together, we'll explore the discoveries and strategies driving the next era of cardiovascular care.

CME credit provided.

To register, please scan the QR code, or visit [ValleyHealth.com/CVSSymposium](https://ValleyHealth.com/CVSSymposium).



## RESEARCHING BREAKTHROUGH MEDICAL FRONTIERS

At the Okonite Research Center, Valley's state-of-the-art home for research and clinical trials, the cardiovascular team is spearheading a multitude of cardiac clinical trials, pioneering advancements in cardiovascular research and treatment methodologies.



### TRIAL .....

**REACT-AF:** The Rhythm Evaluation for AntiCoagulaTion with Continuous Monitoring of Atrial Fibrillation

### OBJECTIVE .....

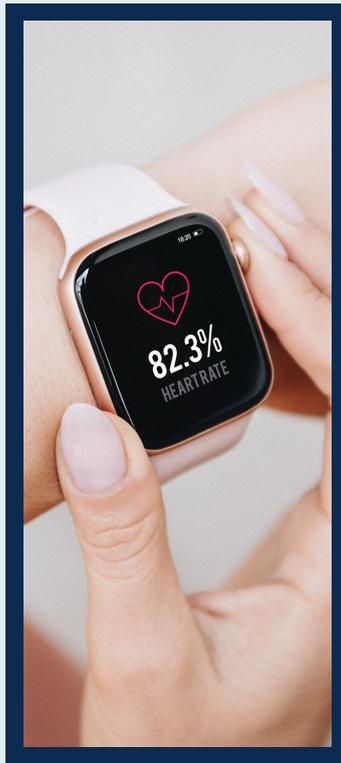
The purpose of this study is to assess whether AFSW-guided (atrial fibrillation-sensing smart watch), time-delimited direct oral anticoagulation (DOAC) therapy is non-inferior to continuous DOAC therapy for a composite endpoint that includes: (1) Ischemic stroke; (2) Systemic embolism; (3) All-cause mortality.

### PRINCIPAL INVESTIGATOR .....

**Suneet Mittal, MD**, Chair, Cardiovascular Service Line, Valley Health System



To learn more about the REACT-AF trial, please scan the QR Code.



## RECENT PUBLICATIONS

**Brown, E.**, Imperatore, G., Rahman-Kader, S., **Musat, D.**, & **Jabagi, H.** (2025). Mitral valve replacement in severe mitral annular calcification: Managing periprosthetic leak and persistent symptoms. *Annals of Case Reports and Medical Images*, 2(2): 1053.

Cramer, S.H.M., Cole, J.H., Budoff, M.J., Karlsberg, R.P., **Gupta, H.**, Sullenberger, L.E., Rahban, H., Woods, K.M., Uzzilia, J.R., Purga, S.L., Aquino, M., Knaapen, P., Choi, A.D., & Nurmohamed, N.S. (2025). Artificial intelligence-guided coronary computed tomography angiography: Treatment recommendations versus real-world prescriptions. *European Journal of Preventive Cardiology*, zwaf568. <https://doi.org/10.1093/eurjpc/zwaf568>

Dabbagh, M.F., Morrow, Z., & **Tayal, R.** (2026). Mechanical circulatory support in chronic total occlusion percutaneous coronary intervention: A comprehensive review. In W.J. Nicholson and P.B. Sandesara (Eds.), *Interventional Cardiology Clinics*, 14(1), (pp. 139-152). <https://doi.org/10.1016/j.iccl.2025.09.014>

Turagam, M.K., Aryana, A., Day, J.D., Dukkupati, S.R., Hounshell, T., Nair, D., Natale, A., Weiner, S., Cheung, J.W., Chinitz, L., Cuoco, F., Daccarett, M., Dandamudi, S., Gambhir, A., Gandhavadi, M., Kim, J., Metzl, M.D., Mikaelian, B., Peress, D.,... **Mittal, S.**, &...MANIFEST-US Investigators (2025). Multicenter study on the safety of pulsed field ablation in over 40,000 patients: MANIFEST-US. *Journal of the American College of Cardiology*. <https://doi.org/10.1016/j.jacc.2025.10.051>

To view additional publications, please visit [ValleyHealth.com/CardiologyPublications](https://www.valleyhealth.com/CardiologyPublications) or scan the QR code.





**The Valley Heart and Vascular Institute**  
4 Valley Health Plaza, Paramus, NJ 07652  
ValleyHealth.com/Heart

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From Fundamentals to Innovation 2026

CME credit provided.

**FRIDAY, APRIL 17**  
**7:15 A.M. – 3:30 P.M.**  
**MARRIOTT PARK RIDGE**

300 Brae Boulevard, Park Ridge, NJ 07656



To register, please visit [ValleyHealth.com/CVSymposium](http://ValleyHealth.com/CVSymposium) or scan the QR code.