THE VALLEY HEART AND VASCULAR INSTITUTE

Everything Medicine Can Do. A Few Things Medicine Can't.

140 EAST RIDGEWOOD AVENUE IN PARAMUS, NEW JERSEY The future home of cardiovascular services on Valley's 40-acre health and wellness campus. ey

Cleveland Clinic



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. Valley has an excellent chance of ranking this year as one of the best hospitals for Cardiology, Heart & Vascular Surgery (one category), but we need your support.

Paper surveys have been permanently retired, and the only way to vote is via Doximity. If you don't have a Doximity account, registering is quick and easy:

1. Go to 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"

Surveys will be available in late February. Watch your email and your Doximity profile for the opportunity to vote. As you cast your ballot for Cardiology, Heart & Vascular Surgery in the U.S. News Best Hospitals survey, please remember to VOTE FOR VALLEY!





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The Valley Heart and Vascular Institute is known for its depth of experience, high-quality care, and its alliance with the nationally ranked Cleveland Clinic Heart, Vascular & Thoracic Institute. 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 appointments and innovations being offered by Valley's esteemed cardiovascular team.

Suneet Mittal, MD, Named Chair of the Cardiovascular Service Line for Valley Health System



Valley Health System is pleased to announce the promotion of Suneet Mittal, MD, to the position of Chair of the Cardiovascular Service Line for Valley Health System. In his new role, Dr. Mittal will oversee the operations of cardiovascular care offered through Valley Medical Group and The Valley Hospital.

Gerald Sotsky, MD, the former Chair, will now serve as the Associate Chair of Cardiac Services for Valley Medical Group.

INTRODUCING THE NEWEST CARDIOVASCULAR TEAM MEMBERS

VALLEY IS PROUD TO WELCOME

three esteemed professionals to its distinguished cardiovascular team. These individuals bring a wealth of experience, expertise, and a commitment to delivering top-notch cardiac care to our community.

2



Stephanie Kochav, MD, Electrophysiologist Stephanie Kochav, MD, joins Valley as an electrophysiologist. Dr. Kochav is board certified in internal medicine and cardiology and received her medical degree from Yale University School of Medicine. She completed her residency in internal medicine at Massachusetts General Hospital, and fellowships in cardiology at Columbia University and cardiac electrophysiology at New York-Presbyterian/Columbia University Irving Medical Center.



Steffne Kunnirickal, MD, Interventional Cardiologist Steffne Kunnirickal, MD, is an interventional cardiologist with board certifications in internal medicine and cardiology. Dr. Kunnirickal received her medical degree from Drexel University College of Medicine. She completed her residency in internal medicine at Yale New Haven Hospital, where she also participated in fellowships in general cardiology and interventional cardiology.



Isha Verma, MD, Cardiac Imaging Specialist Isha Verma, MD, brings her cardiac imaging expertise to Valley with board certifications in internal medicine and cardiology. Dr. Verma received her medical degree from King Edward Memorial Hospital and Seth Gordhandas Sunderdas Medical College. She completed her residency in internal medicine at Monmouth Medical Center, and fellowships in invasive/nuclear cardiology, preventative cardiology, cardiovascular medicine, and advanced cardiovascular imaging.

3

ESTABLISHING A PULMONARY EMBOLISM RESPONSE TEAM

According to the Centers for Disease Control and Prevention (CDC):

- As many as 900,000 people could be affected by deep vein thrombosis (DVT) or pulmonary embolism (PE) each year
- An estimated 60,000-100,000 mortalities occur as a direct result of DVT/PE each year

In a collaborative effort to immediately engage multiple specialists in the treatment and care of patients diagnosed with venous thromboembolism (VTE), including DVT and PE, Valley's interventional cardiology team has recently partnered with the vascular surgery team to establish a multi-disciplinary Pulmonary Embolism Response Team (PERT).

The PERT provides advanced treatment for patients with both acute and chronic pulmonary embolism. Specialists from Valley's interventional cardiology and vascular surgery teams will provide rapid care for emergency PE cases and long-term follow-up care after discharge from The Valley Hospital.

A SITE FOR PE RESEARCH

The Valley Hospital was the only site in New Jersey to participate in the FlowTriever All-Comer Registry for Patient Safety and Hemodynamics (FLASH) Registry study, led by principal investigator Mitul Patel, MD, vascular surgeon. The study, sponsored by Inari



Medical, aimed to evaluate the safety and effectiveness of the FlowTriever® System — an FDA-cleared device designed to treat PE by removing blood clots from blood vessels — for use in the removal of emboli from the pulmonary arteries in the treatment of acute PE.

The Valley Hospital plans to begin enrollment for an additional clinical trial designed to evaluate outcomes among patients with moderate risk for PE soon.



RECOGNIZED FOR CT IMAGING QUALITY

Valley's Advanced Cardiovascular Imaging Program, led by Himanshu Gupta, MD, Director of Cardiac Imaging, serves as the foundation of Valley's general and interventional cardiology, cardiac surgery, electrophysiology, and structural heart programs, providing state-of-the-art diagnostic imaging for the detection and treatment of underlying cardiac conditions.

Using the patient's existing computed tomography (CT) scan, without additional imaging, Valley's cardiac imaging team

4

uses HeartFlow® fractional flow reserve CT (FFRCT) analysis to evaluate the physiological significance of coronary stenosis. HeartFlow® Analysis creates a digital 3D rendering of the patient's coronary arteries and uses powerful computer algorithms to simulate blood flow to assess the impact of blockages.

Comprehensive coronary phenotyping and physiological evaluation provides physicians with an accurate map of the severity of coronary artery disease. This approach allows the team to develop a personalized treatment plan for each individual.

Valley's Advanced Cardiovascular Imaging Program has earned the HeartFlow® CT Quality Award for Q3 2023, the eleventh quarter in a row. The Valley Hospital is cited by HeartFlow® as both a regional and national leader, placing among the top 2% in the northeast region and top 5% nationally, based on HeartFlow's 2023 data.

ADVANCED CARDIOVASCULAR SURGICAL CAPABILITIES AT VALLEY

Valley stands at the leading-edge of cardiovascular surgical procedures, offering a comprehensive range of interventions to address complex heart conditions. With a commitment to innovation and patient-centered care, the cardiovascular surgery team excels in many advanced techniques.



Thoracic Endovascular Aortic Repair (TEVAR): Valley's expertise in TEVAR showcases proficiency in treating thoracic aortic

aneurysms and dissections using minimally invasive techniques. Patients benefit from reduced recovery times, decreased risk of complications, and improved long-term outcomes due to the precision and effectiveness of this procedure.



The Ross Procedure: Valley is one of the few centers in the United States offering the Ross procedure in adults. The Ross procedure is an advanced surgical technique to replace a

diseased aortic valve with the patient's own pulmonic valve. It offers patients durable long-term outcomes without the need for blood thinners



Hypertrophic Cardiomyopathy (HCM)

Treatment: Over the past two years, Valley has worked to establish a dedicated team to diagnose and surgically treat patients with

HCM, including leading-edge dynamic cardiac imaging. This integrated approach allows patients to access world-class treatment in their local community.



Left Ventricular Assist Device (LVAD)

Implantation: For patients with end-stage heart failure, Valley will soon offer LVAD implantation, a life-saving intervention providing mechanical circulatory support. The LVAD program, launching in 2024, will provide comprehensive pre-, peri-, and post-operative care to optimize patient outcomes and enhance quality of life.

5

CARE LIKE NO OTHER IS MOVING TO PARAMUS ON APRIL 14, 2024

Alley's cardiovascular service line is excited to provide everything medicine can do and a few things medicine can't at The Valley Hospital in Paramus, the anchor of a 40-acre health and wellness campus, which will unite acute patient care with a range of outpatient services.

The Valley Hospital in Paramus has been designed with the needs of patients and families as the top priority, featuring singlepatient rooms, a vastly expanded Emergency Department, and enhancements to our cardiovascular facilities, including:

- An interventional platform that will include stateof-the-art cardiac catheterization laboratories, electrophysiology laboratories, and cardiac operating suites;
- Two dedicated elevators from the Emergency Department that lead directly to the hybrid operating rooms, cardiac catheterization labs, and electrophysiology labs;
- A dedicated cardiac floor encompassing two towers, including a dedicated cardiac intensive care unit;
- Advanced cardiac imaging located on campus; and
- A dedicated space for the cardiac clinical trials team, which is conveniently located adjacent to cardiovascular interventional rooms.







MATERNAL HEALTH AND CARDIOVASCULAR DISPARITIES



Featured in photo (from left to right): Tia Welsh, MD, Chair, Women's Services, Valley Medical Group; Suneet Mittal, MD, Chair, Cardiovascular Service Line, Valley Health System; Rachel M. Bond, MD, FACC, Program Presenter; Marcus Williams, MD, cardiologist; and Gerald Sotsky, MD, Associate Chair, Cardiac Services, Valley Medical Group.

On Thursday, November 16, The Valley Heart and Vascular Institute presented the second annual cardiovascular lecture on healthcare disparities. Keynote speaker, Rachel M. Bond, MD, FACC, a women's heart health and prevention specialist, presented a lecture titled "Cardiometabolic Health of Women Before, During, and After Pregnancy – Addressing Health Disparities to Improve Outcomes." The presentation discussed the inequalities in cardiovascular health among women and emphasized strategies to enhance outcomes for all.

7



THE LATEST CARDIOVASCULAR CLINICAL TRIALS AT VALLEY

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

BACKBEAT: BradycArdia Pacemaker with AV Interval Modulation for Blood Pressure Treatment

The purpose of this study is to evaluate the safety and effectiveness of a novel atrioventricular interval modulation (AVIM) algorithm downloaded into a previously implanted Dual-Chamber Medtronic Astra/Azure pacemaker system for the treatment of patients with uncontrolled high blood pressure despite the use of medications.

Principal Investigator: Suneet Mittal, MD, Chair, Cardiovascular Service Line, Valley Health System

8

RECENT PUBLICATIONS



Gupta, H., Spanopoulous, B., Lubat, E., Krinsky, G., Rutledge, J., Fortier, J.H., **Grau, J.B.**, & **Tayal, R.** (2023). **Real-world approach to comprehensive artificial intelligence-aided CT evaluation of coronary artery disease in 530 patients: A retrospective study.** *HELIYON*, *9*(9). https://doi.org/10.1016/j.heliyon.2023.e19974

Krzowski, B., Kutyifa, V., Vloka, M., Huang, D.T., Attari, M., Aktas, M., Shah, A.H., **Musat, D.**, Rosenthal, L., McNitt, S., Polonsky, B., Schuger, C., Natale, A., Ziv, O., Beck, C., Daubert, J.P., Goldenberg, I., & Zareba, W. (2023). Sex-related differences in ventricular tachyarrhythmia events in patients with implantable cardioverterdefibrillator and prior ventricular tachyarrhythmias. *JACC: Clinical Electrophysiology*. Advance online publication. https://doi.org/10.1016/j.jacep.2023.09.028 Mittal, S. (2023). REINFORCING the clinical utility of an antibacterial envelope to prevent infection following a cardiac implantable electronic device implant procedure. *EP Europace, 25*(11). https://doi.org/10.1093/europace/euad260

Patel M.S. (2024). Novel percutaneous mechanical thrombectomy device for treating upper extremity deep vein thrombosis in patient with paget-schroetter syndrome. Vascular and Endovascular Surgery, 58(2), 235–239. https://doi.org/10.1177/15385744231203752

To view additional publications, please visit ValleyHealth.com/CardiologyPublications or scan the QR code.





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