

# IT'S YOUR HEALTH



## Looking Forward

Heart attack survivor James Lau has a bright future thanks to Henry Mayo's cardiac care team.

**INSIDE:** Our highly skilled, collaborative team brings advanced cardiovascular services to the greater Santa Clarita Valley community.

# Heart Matters



According to American Heart Association News, more than 130 million adults, or 45.1% of the U.S. population, will have some form of cardiovascular disease by 2035. Heart disease and stroke are the first and fifth

leading causes of death in the United States. Healthy lifestyle changes, such as quitting smoking, becoming more physically active, and losing weight, can help prevent heart disease. But when a cardiac event occurs, the team in our Roberta G. Veloz Cardiovascular Center is ready to provide the very best care.

In this issue, you'll read about a new technology, CoroFlow, used to detect blockages in the small blood vessels that carry 90% of the blood flow to the heart. You'll also read about our collaboration with UCLA Health to facilitate stabilizing and transporting critically ill cardiac patients. At Henry Mayo Newhall Hospital, we frequently work with other healthcare organizations to provide the very best care to our patients. For example, we collaborate with Keck Medicine of USC to bring world-class cancer care to the Santa Clarita Valley. Finally, on Page 6, you'll meet heart attack survivor James Lau and learn about his post-heart attack recovery in our cardiac rehabilitation program. Today, he continues to keep in top condition by exercising regularly at our beautiful Henry Mayo Fitness and Health club.

Be assured that if you, your family members, and your friends or neighbors ever need cardiac services, our team will give you the very best care.

Yours in good health,

Kevin A. Klockenga  
President & CEO

# Your Home for Cardiac Care

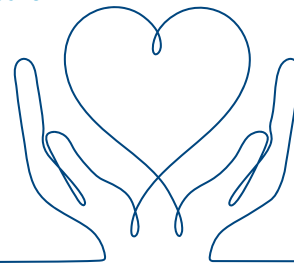
Our Roberta G. Veloz Cardiovascular Center has expanded to include a broad range of cardiovascular services. From diagnostic evaluation through minimally invasive interventions to open-heart surgery and cardiac rehabilitation, our team of cardio specialists put their hearts into ensuring the best cardiovascular care is available right here in our community.

The team at the Roberta G. Veloz Cardiovascular Center consists of cardiologists, cardiothoracic surgeons, registered nurses specializing in cardiovascular care, nurse navigators, and radiology technologists. This experienced team can quickly determine the extent of cardiac damage and carefully craft and navigate a patient's care plan so damage can be mitigated or reversed.

In addition to cardiac catheterizations, our team has performed thousands of open-heart surgeries, including coronary artery bypasses, valve repairs and replacements, and aneurysm repairs. Our patients have access to the full range of cardiac services, including prevention education, noninvasive testing such as diagnostic catheterization or interventional cardiology, electrophysiology, structural heart, surgical procedures, and our Cardiac Rehabilitation program.

The Roberta G. Veloz Cardiovascular Center team has the right skills, technology, and expertise to care for your heart. Fast diagnosis and rapid intervention help us prevent, treat, or even reverse some types of heart damage.

To learn more about our cardiac services, please visit [henrymayo.com/heart](http://henrymayo.com/heart).



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Under the governance of our community-based Board of Directors, and in partnership with our compassionate physicians, staff and volunteers, our purpose is to:

Be the trusted regional leader to inspire and deliver optimal health and wellness.

Together we share the following values:

Quality, Safety, Teamwork,  
Accountability, Integrity, Respect.



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# WELCOME TO THE TEAM

MEET FOUR NEW MEMBERS OF THE HENRY MAYO NEWHALL HOSPITAL CARDIAC CARE TEAM.



**GREG HARO, MD, HAS SEVERAL AREAS OF INTEREST, INCLUDING THORACIC ONCOLOGY, GASTROESOPHAGEAL REFLUX DISEASE, AND CHEST WALL DEFORMITIES.**

Dr. Haro received his degree in medicine from the University of Texas Southwestern Medical Center in Dallas, Texas. He completed his general surgery residency at the University of California, San Francisco, followed by an advanced training in clinical research certificate program and a postdoctoral research fellowship. He then completed his thoracic surgery residency at the University of California, Los Angeles.

Dr. Haro is board-certified in general surgery and has lectured about thoracic oncology and surgical skills. His extensive research in thoracic oncology has been published in numerous peer-reviewed publications.



**RAFFI KOTOYAN, MD, IS A CARDIOTHORACIC SURGEON WHO SPECIALIZES IN SURGICAL PROCEDURES INVOLVING THE HEART, LUNGS, ESOPHAGUS, AND OTHER PARTS OF THE CHEST.**

Dr. Kotoyan received his degree in medicine from the University of Louisville School of Medicine. At the University of Nevada, Las Vegas, he completed his surgical residency, a general surgery residency, an internship in general surgery, and served as chief resident of the general surgery residency program. Dr. Kotoyan then completed his fellowship in cardiothoracic surgery at Spectrum Health at Michigan State University.

Dr. Kotoyan is board-certified in surgery and cardiothoracic surgery.



**JAY PATEL, MD, IS A CARDIOLOGIST WHO SPECIALIZES IN THE PREVENTION AND MANAGEMENT OF ALL TYPES OF HEART DISEASE.**

Dr. Patel received his undergraduate degree from the University of Illinois and his medical degree from the University of Illinois College of Medicine at Chicago. He continued with his internal medicine residency at the Stanford University School of Medicine. He completed fellowships for interventional cardiology and cardiovascular disease at the UCLA David Geffen School of Medicine.

Dr. Patel is board-certified in cardiovascular disease and internal medicine. In addition to Henry Mayo Newhall Hospital, he practices at UCLA Health in Santa Clarita and is affiliated with Ronald Reagan UCLA Medical Center and UCLA Santa Monica Medical Center.



**MUHAMMAD SHUAIB, MD, IS AN INTERVENTIONAL CARDIOLOGIST.**

Dr. Shuaib received his medical degree from Morehouse School of Medicine in Atlanta, Georgia, and earned a master's degree in public health from Touro University in Vallejo, California. Dr. Shuaib then completed an internal medicine residency and general cardiology fellowship at Harbor-UCLA Medical Center, followed by an interventional cardiology fellowship from the Harbor-UCLA Medical Center/PIH Health Good Samaritan Hospital.

A member of the American College of Cardiology, Dr. Shuaib has given a number of presentations on coronary artery disease, cardiovascular disease, and other cardiovascular illnesses. In addition to Henry Mayo Newhall Hospital, he is affiliated with Harbor-UCLA Medical Center.

**To learn more about our cardiac services, please visit [henrymayo.com/heart](https://henrymayo.com/heart).**





# The CoroFlow Solution

OUR NEW INTERVENTIONAL  
CARDIOLOGY PLATFORM IS A HEART  
HEALTH GAME-CHANGER.

One of the many advanced technologies available in Henry Mayo Newhall Hospital's Roberta G. Veloz Cardiovascular Center is the Coroventis CoroFlow cardiovascular system.

With 90% of blood flow to the heart moving through small blood vessels instead of major arteries, a blockage in one of them can cause significant health issues. The CoroFlow cardiovascular system focuses on these tiny blood vessels, known as the coronary microvasculature. Poor function in these vessels can lead to angina (pain caused by reduced blood flow to the heart), even without significant blockages in the larger arteries. Coronary microvascular dysfunction (CMD), a specific form of this condition, affects the heart's blood vessels and is associated with angina.

Approximately 50%–65% of patients with angina and non-obstructive coronary artery disease may be suffering from CMD, meaning the small blood vessels that supply oxygen and nutrients to the heart muscle are not working properly. Of patients with blockages in small arteries, 60% are women.

## HOW IT WORKS

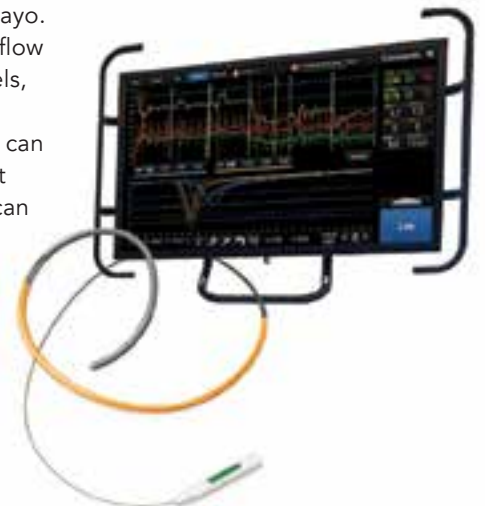
The CoroFlow system works with Abbott Vascular's wireless PressureWire X Guidewire, a leading-edge tool designed to detect microvascular dysfunction blockages. It delivers extremely accurate measurements of cardiovascular function.

This allows the cardiovascular team to obtain a clear diagnosis and develop an effective treatment plan for patients experiencing inadequate blood flow in small blood vessels, minimizing the need for additional tests and imaging.

While the PressureWire X Guidewire doesn't remove blockages, its sophisticated early detection of blood flow issues can make it possible for the cardiovascular team to manage the condition through medication and lifestyle changes.

"We are pleased to have such a cutting-edge device at Henry Mayo for our patients," says Jennifer Whitcomb, Director of Cardiovascular Services at Henry Mayo.

"Inadequate blood flow in small blood vessels, which is especially common in women, can be difficult to detect and treat. Now we can offer this effective therapy to our community."



# A BREATH OF HOPE

IN CRITICAL MOMENTS WHEN A PATIENT'S HEART AND LUNGS CAN'T DO THEIR JOB, SPECIALIZED EQUIPMENT CAN PROVIDE LIFESAVING SUPPORT FOR HENRY MAYO PATIENTS.

**E**xtracorporeal membrane oxygenation (ECMO) is used to help patients whose heart and lungs are struggling. ECMO uses an external machine to keep blood circulating and maintain the right levels of oxygen and carbon dioxide, giving respite to the heart and lungs.

When facing severe trauma, infection, cardiac arrest, lung failure, or heart failure, doctors may recommend ECMO intervention. The technology becomes a stabilizing force for critically ill patients, offering support while diagnoses are determined and treatments initiated. ECMO also plays a pivotal role in preparing patients for heart or lung transplants, creating a bridge to survival.

## ADVANCED TECHNOLOGY

ECMO is used when patients are under sedation. Thin tubes called cannulas are inserted into major veins and arteries in the leg, chest, or neck. These cannulas establish the vital connection to the ECMO machine. One tube carries blood out of the body, guiding it through the ECMO machine, which takes over the heart's function. Adjusted to the patient's needs, the machine increases the level of oxygen in the blood and helps eliminate carbon dioxide, mimicking the role of the lungs.

As blood passes through an artificial lung within the machine, known as a membrane oxygenator, it undergoes the essential

exchange of gases. At the same time, a ventilator with a breathing tube may be employed to further support the patient. As the final steps in this intricate process, the blood travels through a heat exchanger and is then returned to the body at normal temperature through another large tube.

## EXPANDING UTILIZATION

Typically administered in intensive care units, ECMO treatment is closely monitored by caregivers. More recently, advanced technology allows for its use in mobile settings, thus enabling safe transport for patients being transferred to another facility. Through collaboration with UCLA Health, Henry Mayo Newhall Hospital patients who require ECMO can be conveyed from Henry Mayo to Ronald Reagan UCLA Medical Center in a special van that's fully equipped to handle the patient's needs during the move. Specially trained teams—which may include surgeons, nurses, respiratory therapists, perfusionists, and EMTs—ensure the continuity of ECMO support during transit.

"Our collaboration with UCLA Health allows us to make this lifesaving technology available to critically ill Henry Mayo patients," says Jennifer Whitcomb, Director of Cardiovascular Services at Henry Mayo. "It's a great example of healthcare organizations working together for the good of our community."



Members of Henry Mayo's cardiac care team



Jennifer Whitcomb, Director of Cardiovascular Services at Henry Mayo



# A JOURNEY BACK TO HEALTH



James Lau was driving home on a March day in 2017 when he suddenly felt a pain in his chest that radiated down his arm. As a sheriff's deputy trained to respond to health emergencies, he recognized that his symptoms could indicate a heart attack.

First responders brought James to Henry Mayo Newhall Hospital, where he was diagnosed with a blockage in his left anterior descending artery, a condition often referred to as a "widow-maker" heart attack because that artery provides 50% of the heart muscle's blood supply. Immediate treatment is crucial for any heart attack but especially critical for the kind James experienced.

James immediately underwent a procedure at the Roberta G. Veloz Cardiovascular Center at Henry Mayo to place a stent in his artery. A stent is a short, wire-mesh tube used to keep the artery open and blood flowing.

After this procedure, James started a long road to recovery that brought him to Henry Mayo's Cardiac Rehabilitation Center, where he began a supervised exercise program to rebuild his heart muscle and his confidence.

## NEW HABITS FOR A BETTER LIFE

James always considered himself an active person who ate sensible foods. However, cardiac rehab classes taught him how much more there was to learn about ways to improve his exercise routine and diet.

"I started to look at the labels on foods and scale back on exercises when they became too strenuous," James says. "The nurses in the cardiac rehab unit taught me to begin with small exercises and build up to more strenuous ones."

James "graduated" after 36 cardiac rehab sessions and came away convinced of the importance of continuing the new habits that helped him recover from his heart attack.

James signed up for a membership at Henry Mayo Fitness and Health, where he maintains a regular exercise routine and meets with a personal trainer to help support his heart health. He takes advantage of other offerings at the club,

such as a mobility class that focuses on improving balance and preventing falls.

"Everyone here is so knowledgeable," James says. "They guide you and let you know when you're doing something wrong. They know what's best for you. I thought I was a healthy person, but I had a heart attack. Now I know the importance of maintaining good cardiac health. No one should think maintaining heart health is a waste of time."

For more information about Henry Mayo Fitness and Health, visit [henrymayofitness.org](http://henrymayofitness.org).



Scan the QR above to see James describe his heart attack recovery journey and how he stays in good physical condition at Henry Mayo Fitness and Health. You can also see the video at [henrymayofitness.org/membership](http://henrymayofitness.org/membership).

# Philanthropy will always be at the Heart of our great outcomes.



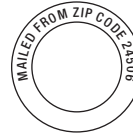
## Roberta G. Veloz Cardiovascular Center

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