

A Heart for Patient Care

Empathy, ease, and access to care have grown Cardiovascular Consultants into Arizona's largest heart provider.



The heart is the human body's lifeline, fueling the brain and extremities with essential blood and nutrients. When there's trouble with the heart, a trusted cardiologist is an integral member of a patient's care team. In Arizona, hundreds of patients turn to Cardiovascular Consultants, LTD.

Founded in 1986, Cardiovascular Consultants has grown exponentially over the past three decades, thanks to referrals, successful outcomes, and the continual improvement of best practices.

"We practice high standards and patient-centric care," says practice founder Dr. Andrei Damian, who has treated second, third, and even fourth generations of patients throughout his tenured career.

With eight locations and over 20 physicians, Cardiovascular Consultants' large size and deep history form a foundation for consistent, high-quality care. Services range from general cardiology (including murmurs and palpitations) to electrophysiology, interventional procedures, bypass

surgery, and valve procedures. The practice also covers arterial and venous disease.

Ease and Access

A centralized call center with multiple receptionists means patients can schedule appointments efficiently. A triage service even assists in directing patients immediately to the hospital, if deemed necessary. "We invest in these types of services because they improve the efficiency and quality of patient care," says Dr. Damian.

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Dr. Andrei Damian

A Qualified Team

As the Cardiovascular Consultants team continues to grow with increased patient demand, Dr. Damian notes the importance of bringing on physicians with not just impressive resume credentials but also with a proven track record of quality, empathetic care. "We hire doctors who strive for excellence in patient care," he says.

In a medical specialty where a patient's health condition may be ongoing over 10 or 20 years—or more—and may require regular management with a medical professional, it's crucial to build an open, trusting relationship between patient and provider. An emphasis on face-to-face evaluations, even amid enhanced COVID-19 precautions, reflects the practice's commitment to bringing a personal touch to all patient services.

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Cutting-Edge Interventions

The medical subspecialty known as interventional cardiology employs minimally invasive techniques to treat and diagnose many facets of heart disease.

The WATCHMAN™ device, for example, is an alternative to medication for patients managing non-valvular AFib. The one-time, minimally invasive procedure implants a small device that regulates the heart's blood flow, prevents blood clots from escaping the heart, and reduces the risk of stroke.

Another niche service within Cardiovascular Consultants is arterial disease management and amputation prevention. Peripheral arterial disease (PAD) is the narrowing of arteries that can lead to leg pain, feet discomfort, and non-healing wounds. In its worst iteration, PAD can become critical limb ischemia (CLI), which if left untreated, may result in limb amputation.

"Our goal is to diagnose and manage these symptoms early so the disease does not progress to the point of amputation," says Dr. Kethes Waram, an interventional cardiologist at Cardiovascular Consultants. "We're one of the few practices in the region qualified to perform limb-salvaging procedures, which are very complex and challenging. But they're worth it to try to save a patient's limb."

Patients at highest risk of PAD and CLI are typically smokers and those living with diabetes or kidney disease. "This is an underserved patient population. PAD and CLI patients are often elderly, and their symptoms may go unnoticed and undiagnosed until the condition has reached advanced stages. We want to catch the disease early, relieve the symptoms, and salvage their limbs so we can preserve their quality of life," says Dr. Waram.

Though Cardiovascular Consultants' providers have access to multiple healthcare systems, patients may also be candidates for receiving surgical treatment in an outpatient surgical center. "At these state-of-the-art surgery centers, we can provide the same and sometimes even better, more efficient, and more economically beneficial care to patients," says Dr. Waram.

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Locations in Phoenix, Scottsdale, Glendale, Peoria, and Fountain Hills, with one in Litchfield Park coming soon.

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**CARDIOVASCULAR
CONSULTANTS, LTD.**

Women and Heart Disease

Women often take the weight of the world on their shoulders.

Sometimes that means their health—and subtle signs that something might be off—is put on the backburner. "Women are often slower to recognize the signs of heart disease," confirms Dr. Kethes Waram.

That's in part because women's heart symptoms can manifest differently than men's. While men often present with the classic signs of chest pain and chest heaviness, women are sometimes more likely to experience a gradual and unusual level of increasing fatigue. From pregnancy to postpartum, menopause, and beyond, women's varying life seasons can trigger different cardiac symptoms.

Notably, heart disease is the leading cause of death among American women*. Nearly twice as many women die of heart disease and stroke than from all forms of cancer combined, including breast cancer. Awareness and healthy lifestyle choices are an empowering place to start preventive measures.

"Cardiology is an extremely data-driven field," concludes Dr. Waram. "It's rewarding to see significant improvement to a patient's life, and their family's life, by following the proven guidelines for caring for their heart."

*Centers for Disease Control and Prevention. Underlying Cause of Death, 1999–2018. CDC WONDER Online Database.