

STATE OF THE HEART

Using top-level experience and cutting-edge technology, Regional Heart Center Cardiology partners with patients to treat cardiovascular disease—or prevent it entirely.



In more than three decades as a board-certified cardiologist, David Aliabadi, M.D., of Regional Heart Center Cardiology, has witnessed a sea change in his chosen field.

“This is such an exciting time in the field of cardiology, with many new medications and treatments,” he says.

And Regional Heart Center Cardiology is keeping pace, helping patients both prevent and treat cardiovascular diseases. Dr. Aliabadi and his colleagues see a range of patients, from those seeking preventive measures to those needing conservative or surgical treatments.

As the field progresses (more and more cardiac procedures can now be performed through vessels in the groin, often eliminating the discomfort and long recovery of open-heart surgeries), maintaining partnerships with top area hospitals ensures the center stays at the forefront of heart care.

“Our close relationship with and proximity to Los Robles Regional Medical Center is not only convenient for



FROM LEFT TO RIGHT: Saibal Kar, M.D.; Asma Hussaini, P.A.; David Aliabadi, M.D.

patients, but it also enables our participation in groundbreaking research,” says Dr. Aliabadi. “I’m currently co-investigator on many trials with world-renowned structural interventional cardiologist Saibal Kar, M.D., testing new minimally invasive techniques for all cardiac valve repairs.”

A PREVENTIVE APPROACH

Many of Dr. Aliabadi’s patients are health-conscious people proactive about their heart health.

“A man approaching 50 came to me because his dad had a heart attack at 50. He had no symptoms, but he wanted to learn if he was at risk,” Dr. Aliabadi recalls. “Fortunately, there’s so much we can do to calculate those risks.”

Testing can be as simple as a coronary calcium scan, a quick CT scan that measures calcium in the coronary arteries. “This test can help us predict a patient’s risk for heart disease,” says Dr. Aliabadi. “Patients may have a perfectly normal stress test, but that doesn’t mean there’s nothing wrong.”

Though men may be more likely to develop cardiovascular disease, women are also at risk, and their symptoms—including upper back or jaw discomfort, shortness of breath, and fatigue—can differ from men’s symptoms. “Many women may present with coronary microvascular dysfunction, in which small vessels in the heart spasm, reducing blood flow and sometimes triggering a heart attack,” Dr. Aliabadi says.

KNOWLEDGE IS POWER

Regional Heart Center Cardiology patients have access to a full array of diagnostic testing available right in the facility, including a new PET scan machine that all but eliminates false images that can lead to incorrect or incomplete diagnoses. But interpreting, analyzing, and explaining the results is key.

Armed with deeply granular data and each patient’s health history, bloodwork, lifestyle, and genetic profile, Dr. Aliabadi then uses the Multi-Ethnic Study of Atherosclerosis (MESA) scoring system to determine a patient’s risk of developing coronary heart disease in the next decade.

“This powerful information allows us to formulate a comprehensive plan to keep patients’ hearts healthy well into old age. That’s my goal,” he says.

Regional Heart Center Cardiology offers the latest services, treatments, and diagnostic technologies, including:

- Abdominal Aortic Ultrasound
- Arrhythmia and Carotid Monitoring
- Echocardiogram
- Electrocardiogram
- Nuclear Stress Test
- On-Site Laboratory
- Pacemaker Monitoring
- Stress Echocardiogram



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