INNOVATIVE TREATMENTS

When medicines and lifestyle changes are no longer effective in helping patients suffering with AFib, the MemorialCare Heart & Vascular Institute at Saddleback Memorial will recommend minimally invasive treatment options that are most appropriate for the patient.

“We offer these minimally invasive AFib ablation treatment options, called Radiofrequency Ablation, Cryoablation and Robotic-Assisted Hybrid AFib Ablation, to stop irregular heart rhythm and help patients regain their lives,” says Dr. Drury. “These procedures are proven therapies, with less scarring and faster recovery times than open heart interventions.”

Radiofrequency Ablation normalizes abnormal heart rhythm. A thin, flexible catheter is inserted through the groin into a vein, and threaded up into the heart to produce heat and destroy problematic tissue. “Lonnie was an ideal candidate for this effective non-surgical intervention,” says Dr. Drury.

Cryoablation is an alternative procedure that instead uses extreme cold to freeze unwanted tissue. Robotic-Assisted Hybrid AFib Ablation is another option for restoring normal heartbeat. Medical director of minimally invasive and robotic-assisted cardiac surgery Jeffrey D. Lee, M.D., and medical director of cardiac electrophysiology Howard Frumin, M.D., are among the first in the nation with expertise in this two-part procedure.

“In the first session,” explains Dr. Frumin, “Dr. Lee directs robotic-assisted arms through small incisions in the chest and creates scars to block the signals that cause the heart to misfire. About a month later, I do a follow-up catheter procedure to touch up any remaining areas that could lead to irregular rhythms in the future. Since we began performing these procedures, our success rate compares favorably to any other technique.”

Dr. Lee adds, “Marty was one of the first patients who had Robotic-Assisted Hybrid AFib Ablation at Saddleback Memorial. It’s by far one of the biggest advances in this decade for curing heart disease and preventing stroke for AFib patients.”

SAVING GOOD HEALTH

After his procedure last October, Lonnie’s episodes of AFib immediately disappeared. He recalls waking up with no pain, and going home the next day. In less than a week, he was ready to return to work.

“I never felt better”, says Lonnie, who is grilling more than ever. For Marty, his life-limiting AFib is now behind him as well, thanks to his expert team of cardiac pioneers at Saddleback Memorial. Both of his procedures required just an overnight stay in the hospital.

“I feel alive again,” says Marty. “My recovery was surprisingly easy and my incisions were so small I barely knew they’re there. It feels wonderful to be back outdoors – camera in hand – without worrying about my heart.”

For a referral to a leading cardiac specialist, call 1-800-MEMORIAL (1-800-636-6742) or visit memorialcare.org/sbheart.

HEART OF THE COMMUNITY

Saddleback Memorial is celebrating heart health throughout 2015. The series of special days and events kick off during Heart Awareness Month in February. Saddleback Memorial will educate the community on making the healthy lifestyle choices while raising heart disease awareness. Learn ways to put your heart health in your hands while supporting Saddleback Memorial and the American Heart Association. For more information, visit memorialcare.org/sbheartevents or call 1-800-MEMORIAL (1-800-636-6742).

Put your Heart Health in your Hands