

# Cardiologist uses new technology

By Diana Balazs

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A Scottsdale Healthcare cardiologist has performed the state's first heart procedure using new infrared and fiber-optic technology that could help prevent future heart attacks in patients.

The LipiScan Coronary Imaging System detects hard-to-find blockages, which can lead to sudden cardiac death. That is what happened to TV newsman Tim Russert in June 2008 and possibly TV pitchman Billy Mays last month.

On June 26, Dr. David Rizik, medical director of interventional cardiology at Scottsdale Healthcare Shea Medical Center, used the LipiScan Coronary Imaging System on an elderly female patient with coronary artery disease. The woman, who is more than 80 years old, underwent a stent procedure based on what the device detected. A stent is inserted into an artery to keep it open to improve blood flow.

Scottsdale Healthcare is the first in the

Southwest to use the technology, said spokesman Keith Jones.

An infrared catheter is used to identify fatty or lipid core-containing plaque, which cannot be detected by treadmill exams, coronary angiograms and other commonly used tests. Once detected, appropriate treatment can be performed.



**David  
Rizik**

Rizik said there are only a dozen of the devices in use worldwide.

The device works by placing a catheter equipped with a fiber-optic laser light into the artery. The device shines the near-infrared light through the blood to the artery wall, and measures the light reflected back from the artery wall, a technique called spectroscopy. The reflected wavelengths vary depending on how much fat and other substances are in the plaque in the illuminated area of the wall.