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NEWS

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Cardiologist performs state's first LipiScan procedure *Scottsdale Healthcare is first in region with new infrared technology*

SCOTTSDALE, Ariz. (July 1, 2009) – Scottsdale Healthcare Cardiologist Dr. David Rizik has performed Arizona's first heart procedure using Infrared and fiber optic technology to detect hard to find artery blockage – similar to what may have contributed to the deaths of journalist Tim Russert and TV pitchman Billy Mays.

Scottsdale Healthcare is the first in the region to offer the LipiScan Coronary Imaging System, which uses an infrared catheter to identify lipid core-containing plaque. Such plaque cannot be detected by commonly used tests such as treadmill exams and coronary angiograms.

Lipid core-containing plaque is believed to be "vulnerable plaque" or fatty plaque that ruptures, forming dangerous blood clots. Vulnerable plaque is suspected of causing most sudden cardiac deaths, strokes and non-fatal heart attacks. Dr. Rizik performed the state's first procedure using the new technology last Friday at Scottsdale Healthcare Shea Medical Center.

The device works by placing a catheter equipped with a fiber-optic laser light into the artery. The LipiScan Coronary Imaging System 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 portion of the wall.

"The ability to detect vulnerable plaque may go a long way in providing information to help prevent heart attacks in the future," said David Rizik, MD, medical director of Invasive Cardiology at Scottsdale Healthcare Shea Medical Center.

The LipiScan Coronary Imaging System is used on heart patients undergoing cardiac catheterization. It enables physicians to see inside a blood vessel to assess the fat content of the plaque built up on the wall of the coronary arteries. Knowing the composition of the plaque can help physicians provide appropriate treatment for managing the patient's coronary artery disease.

"Currently, there is a real unmet medical need to identify lipid core-containing plaque presumed to represent vulnerable plaque in the coronary arteries. Before the LipiScan Coronary Imaging System, such detection was not possible," Dr. Rizik said.

About every 25 seconds, an American will have a coronary event, and about every minute someone will die from one, according to the American Heart Association.

Scottsdale Healthcare (www.shc.org) is the not-for-profit parent organization of Scottsdale Healthcare Osborn Medical Center, Scottsdale Healthcare Shea Medical Center, Scottsdale Healthcare Thompson Peak Hospital, Virginia G. Piper Cancer Center, Scottsdale Clinical Research Institute, TGen Clinical Research Services at Scottsdale Healthcare, Scottsdale Healthcare Home Health Services, Scottsdale Healthcare Community Health Services, NOAH Clinics and Scottsdale Healthcare Foundation. Scottsdale Healthcare ER wait times are updated every three minutes at www.fastERtimes.org.

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