

St. Joseph's is Offering a New Procedure that Cures a Common Heart Condition

St. Joseph's Hospital and Medical Center is offering the latest minimally invasive surgery to cure a progressive and debilitating heart arrhythmia. The new surgical approach is an option for patients with atrial fibrillation (Afib), a serious heart-rhythm problem that can lead to congestive heart failure and stroke. Afib is the most common of heart arrhythmias and the number one cause of stroke.

The mini-maze procedure is a stand-alone surgery that corrects Afib, eliminates a patient's need for anti-arrhythmia and blood-thinner medications, and significantly reduces a patient's risk for stroke. The surgery is done through very small incisions and involves a much less recovery time than previous procedures. By permanently eliminating the abnormal heart rhythm, the procedure restores the heart's normal function.

Atrial fibrillation is due to a malfunction in the heart's electrical system. Patients with Afib may experience an irregular heartbeat, a rapid heartbeat, or a quivering of the upper chambers of the heart. Afib can cause heart and valve diseases, sleep apnea, chronic fatigue, congestive heart failure and stroke.

It is estimated that more than five million Americans suffer from the progressive heart condition and St. Joseph's has the only multi-disciplinary Afib clinic in the Valley.