

# FIRST COAST CARDIOVASCULAR INSTITUTE:

## Vaqar Ali, M.D.

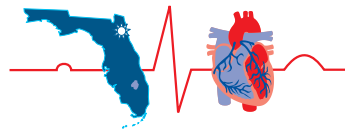
### Taking Interventional Cardiology to the Next Level



Board certified in internal medicine and skilled at performing coronary and peripheral interventions, **Vaqar Ali, M.D.** is the most recent addition to the First Coast Cardiovascular Institute team. Following residencies in Pakistan and New York, Ali completed fellowship training at the University of Kentucky's Gill Heart Institute. He is a member of the American College of Cardiology and the American College of Physicians.

#### First Coast Cardiovascular Institute offers:

- ✓ "Triple-A" Service: Our doctors are Affable, Available, Able, and Accountable
- ✓ Physicians Board-Certified in Interventional Cardiology, Nuclear Cardiology, and Clinical Cardiology
- ✓ State-of-the-Art Vascular Lab
- ✓ Coronary Angioplasty Stents
- ✓ Carotid Angioplasty Stents
- ✓ Vascular Angiography and Intervention
- ✓ State-of-the-Art Cardiac Echo Lab
- ✓ State-of-the-Art Nuclear Lab
- ✓ EP Electrophysiology Services
- ✓ EP Consults
- ✓ AICD-BIV-AICD Implantation
- ✓ PPM Implantation



The next step in Ali's pursuit of a career in cardiology was Lexington, Kentucky, where he became the chief cardiology fellow at the University of Kentucky - Gill Heart Institute. He completed his interventional cardiovascular training at that institute earlier this year.

"Among my mentors at the University of Kentucky were doctors John Gurlley and David Booth," says Ali. "Working with them, I gained extensive experience with both coronary and peripheral endovascular interventions. I also learned some of the most advanced therapies, including PFO closures – closing holes between the chambers of the heart with a patch type device. We also performed alcohol septal ablations for treating obstructions in the blood flow. Another new technique I learned there was transjugular renal biopsy, which not many people have an opportunity to do." Ali's advanced training also included 2-D echo, TEE, nuclear cardiology, permanent pacemaker implantations, Endomyocardial biopsy and IVC filter placement.

While in Kentucky, Ali was co-investigator for an ongoing MAPPS pilot study to assess the prevalence of PFO in patients with migraine headache. He also performed research in transjugular placement of an inferior vena caval filter using intracardiac ultrasound guidance.

Medical care in the U.S. differs a great deal from that available in Pakistan, notes Ali. "Not only is the health care here much more advanced, it's far more accessible. For people who don't live in a major metropolitan area, it can be a two-day journey just to get access to medicines, hospitals or even paramedical staff. Here, you don't have to live in a big city to get good health care – even small towns have access to good care. And even if health care in this country can be expensive, insurance is available, which isn't the case in Pakistan."

Ali is board-eligible in interventional and general cardiology and board-certified in internal medicine. He has been the author or co-author of several articles published in peer-reviewed journals. Among the topics he has written about are the prevalence of sleep-disordered breathing and the use of beta blockers in heart failure patients.

Drug-eluting stents and PFO patch devices are some of the most exciting new developments in the field of interventional cardiology, says Ali. "When I began using stents, we had only the bare metal stents. The drug-eluting stents are a huge advance. In addition to the PFO patch device, we're seeing another device on the horizon that will allow us to take people off a lifelong regimen of blood thinner. Another procedure now being tested, the ALFERIO procedure, involves use of a ring to prevent mitral valve regurgitation. It has already been presented at several conferences in the U.S. We're also looking at aortic valve replacement in which a valve can be deployed in a stent, saving patients from having their chests cracked. The newest carotid interventions are also showing a great deal of promise."

Ali has a simplified way of explaining interventional cardiology which patients can easily understand. "It's the science in which we can open or change the shape of arteries by placing balloons and stents, to improve the supply of blood to critical areas of the body – heart, legs, arms, brain, neck and kidneys. It's different from other areas of cardiology in which a patient has to wait for medications to take effect. With interventional cardiology we can offer immediate results and instantly relieve symptoms."

At FCCI, Ali will be working with a team of aggressive interventional cardiologists whose goal is to offer the most advanced care that gives cardiovascular patients an improved quality of life.



**Dr. Ashchi and Dr. Yazan Khatib** are at the very forefront for treating a wide range of heart and circulatory problems, especially the most difficult cases. Board-certified in cardiology and interventional cardiology, the professionals of First Coast Cardiovascular Institute bring advanced knowledge and skill to their care and treatment of patients.

**"EXCELLENCE IS NEVER AN ACCIDENT, IT IS OUR LIFELONG COMMITMENT."**

Main Office: 3900 University Blvd. S., Jacksonville, FL 32216  
Mandarin Office: 9765 San Jose Blvd., Suite 5, Jacksonville, FL 32257  
Beach Office: 14444-28 Beach Blvd., Suite 405, Jacksonville, FL 32250  
Fleming Island/Orange Park Office: 1681 Eagle Harbour Pkwy. East, Suite B,  
Orange Park, FL 32003 • (904) 644-0092

**First Coast Cardiovascular Institute, P.A.**

**(904) 493-3333**

[WWW.FIRSTCOASTCARDIO.COM](http://WWW.FIRSTCOASTCARDIO.COM)