

# *The Hypertrophic Cardiomyopathy (HCM) Center*

Comprehensive HCM management  
**from a team you can trust**





**AN INTERNATIONALLY RECOGNIZED**

**Center of Excellence** in the diagnosis and  
treatment of HCM

**THE MOST ADVANCED  
TREATMENT OPTIONS**

including access to novel therapies through  
leading-edge research and clinical trials

**UNWAVERING COMMITMENT**

to patient education and empowerment

**UNPARALLELED COLLABORATION  
AND COMMUNICATION**

with referring physicians

**IT'S ALL HERE.**

**Tufts** Medical  
Center  
*The CardioVascular Center*

**W**hen you partner with Tufts Medical Center in the care of your patients with hypertrophic cardiomyopathy (HCM), you can feel confident that they'll receive the best of care from an exceptional team of specialists in this complex disease.

*As part of the CardioVascular Center, the Hypertrophic Cardiomyopathy Center at Tufts Medical Center is the largest and most comprehensive HCM treatment and research facility on the east coast of the United States. It is considered a Center of Excellence by the Hypertrophic Cardiomyopathy Association (HCMA), and is one of only four such centers in the world to earn the HCMA's "most preferred" status. This objective, third-party recognition is a testament to the comprehensiveness of the Center's services, as well as the depth and breadth of our specialists' experience, in treating patients with HCM.*

# What Sets Us Apart

**W**hile we are among the highest-volume HCM centers in the nation, we don't just diagnose and treat this disease. We take time to educate patients and their families, empowering them to live comfortably and confidently with HCM. We also are one of the world's most respected research centers for this inherited heart disease — giving your patients access to the most up-to-date knowledge of HCM as well as novel treatment options through clinical trials.

## *Did you know?*

*The CardioVascular Center at Tufts Medical Center has a comprehensive team of advanced heart failure and cardiac transplant cardiologists who perform more heart transplants than any other hospital in New England.*

Equally important, we're collegial and collaborative. We believe that a world-class medical center should give patients, families and their referring physicians the care and attention they need, when they need it. This means your patients are seen without delay. Each and every patient is initially evaluated by the director of our Center, Martin S. Maron, MD, an internationally renowned expert

in HCM, with treatment tailored to the patient's individual needs in a multidisciplinary team environment. And as the referring physician, you remain a valued and informed member of this team throughout the entire care process.

## *Comprehensive Subspecialty Expertise*

Our HCM team is made up of outstanding cardiologists with extensive experience in medical management, cardiac surgery, device implantation, septal ablation and cardiac transplantation. Their talents are complemented by experts in cardiac imaging, genetic testing, and basic and clinical research — giving your HCM patients all the subspecialty expertise they need, all in one place.

For information on referrals to the HCM Center,  
call 617-636-8066 or visit [www.tuftsmedicalcenter.org/HCM](http://www.tuftsmedicalcenter.org/HCM)

## *Collaboration and Communication*

Collaboration is Tufts Medical Center's hallmark. It's how we work with each other, with the physicians who refer patients to us, and with the patients and families we are privileged to care for. Communication is the linchpin that makes this collaboration possible — open, timely and responsive communication that informs, reassures and empowers.

## *Leading-edge Research*

In addition to caring for patients and their families, the HCM Center is involved in leading-edge research on this genetic disease. Our work has contributed to the current understanding of the diagnosis and treatment of HCM and continues to do so — giving your patients access to the latest HCM advances as well as novel treatment options.

## *A Commitment to Patient Education*

HCM is a complex disease that can create a great deal of fear, confusion and uncertainty for patients and families. We believe that an informed patient is an empowered patient, and that's why we have a dedicated Nurse Practitioner, Noreen Dolan, NP, to help provide additional education to patients and their families during clinic visits.

## *Partner with Experience in the Care of Your HCM Patients*

There is tremendous peace of mind – for you and your patients – when you can refer them to renowned, trusted specialists in HCM. And this is exactly what you'll find at the HCM Center at Tufts Medical Center. If you have a specific patient you'd like to discuss or schedule for evaluation, or if you have any questions about our program, please let us hear from you at (617) 636-8066 or email: [mmaron@tuftsmedicalcenter.org](mailto:mmaron@tuftsmedicalcenter.org).

# Our Services and Specialties

The HCM Center at Tufts Medical Center offers a full range of the most advanced diagnostic and treatment options for hypertrophic cardiomyopathy, as well as extensive multidisciplinary support services:

## Comprehensive Evaluation

Martin S. Maron, MD, is Director of the HCM Center at Tufts Medical Center and an expert in the diagnosis and treatment of this disease. He personally evaluates each patient who is referred to the Center. Through this thorough and careful diagnostic workup, we develop an optimal treatment strategy tailored to each patient, as well as recommendations regarding lifestyle, physical activity limitations and family screening.

## Did you know?

*The HCM Center at Tufts Medical Center is one of only four institutions in the United States (and the only one on the East Coast) recognized as a Center of Excellence by the Hypertrophic Cardiomyopathy Association (HCMA), the pre-eminent organization providing support, advocacy and education to patients and their families, the medical community and the public about HCM.*

## Diagnostic Resources

We've invested in cardiac imaging technology that is truly state of the art, ensuring timely, accurate diagnosis and treatment planning. The modalities we offer include:

- ▶ Cardiac MRI and CT
- ▶ 3-D echocardiography
- ▶ Exercise echocardiography
- ▶ Cardiac catheterization
- ▶ ECG and Holter monitoring

## *Patient Education*

We consider one of our primary roles to be patient education. Many of our patients travel far to see us, so when they're here we take all the time necessary to answer questions, address concerns and allay fears about managing their disease, ensuring that they feel comfortable, informed and empowered about their personal decision regarding treatment. And between visits, we're easily accessible via phone and e-mail.

## *Family Screening*

Because HCM is a genetic disease, family screening is recommended when an individual patient is diagnosed. As part of our comprehensive care, Tufts Medical Center offers testing for specific gene mutations and genetic counseling.

## *Treatment Options*

Treatment for HCM is highly individualized, and depends on the condition of the patient's heart and the severity of symptoms. We offer a full range of treatment options at the HCM Center:

**Medical Therapy** The majority of HCM patients can be treated with pharmacological therapy. Treatment focuses on determining the appropriate drug treatment and dosing regimens to optimally manage the patient's symptoms.

**Cardiac Surgery** Patients with left ventricular outflow obstruction and symptoms that do not improve with medical management may be candidates for septal myectomy, an open-heart surgical procedure in which part of the overgrown septal muscle is removed to decrease the

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obstruction. We have one dedicated cardiac surgeon, Dr. Hassan Rastegar, who operates on all of our HCM patients and has one of the highest surgical volumes for this procedure in the U.S. — a depth of experience that is to your patients' advantage.

**Alcohol Septal Ablation** This technique is performed in the cardiac catheterization laboratory by an interventional cardiologist, who injects alcohol into the coronary artery supplying the portion of thickened heart muscle that is contributing to outflow obstruction. The alcohol destroys a small portion of the muscle, decreasing the degree of obstruction and improving symptoms. Our interventional cardiologist Dr. Carey Kimmelstiel was the first in New England to perform this procedure and today is one of the most experienced specialists in this advanced intervention.

**Device Implantation** Depending on a patient's symptom severity, age and other factors, an implantable cardioverter defibrillator (ICD) may be used to regulate heartbeat and/or restore a normal heart rhythm if a life-threatening arrhythmia occurs. Our cardiac electrophysiologist, Dr. Mark Link, is one of the most experienced experts in the world in placing these types of devices in patients with HCM at high risk of sudden death.

**Heart Transplantation** Patients who experience severe symptoms despite medical therapy and who have no evidence of left ventricular outflow obstruction may be candidates for heart transplantation. Tufts Medical Center has performed cardiac transplantation since 1985, and over the past two years has had the highest volume of heart transplantations in New England.

# Research

In addition to the comprehensive care we provide to HCM patients, the HCM Center at Tufts Medical Center is a major research center in this disease. Our physicians and scientists have contributed to the current understanding of HCM through their work on myocardial ischemia, the use of implantable cardioverter defibrillators (ICDs) to prevent sudden death, cardiac MRI in HCM diagnosis and prognosis, and the significance and treatment of left ventricular outflow tract obstruction.

Today we are involved in multiple research projects to advance the understanding of HCM. These include initiatives to improve methods of risk stratification of sudden death by using cardiac MRI, determining new genetic markers which influence disease expression, and exploring novel treatment options to decrease scarring in the heart muscle and improve symptoms.

The presence of such a robust research program ensures that your patients benefit from the most up-to-date knowledge about HCM, and it gives them access to innovative treatment options through clinical trials and research protocols that may not be available anywhere else.

## *Did you know?*

*The Hypertrophic Cardiomyopathy Center at Tufts Medical Center is one of the largest and most comprehensive HCM treatment and research facilities on the east coast of the United States.*

# *The CardioVascular Center*

**THE CARDIOVASCULAR CENTER** offers superb care for patients with cardiovascular disease through a wide array of multidisciplinary programs and services. Experts from Cardiology, Cardiac Surgery, Vascular Surgery and Interventional Radiology work together to treat patients with coronary artery disease, vascular disease, valvular heart disease, cardiac rhythm disorders, heart failure, congenital heart disease and more.

Our collaborative care model combines all heart and vascular services, ensuring that each patient is seen by the right specialists for his or her condition and has access to the latest research and most state-of-the-art medical and surgical procedures. As a result, the physicians and programs of the CardioVascular Center attract patients from throughout the region and across the country.

We also take great pride in the exceptional communication and collaboration that takes place between The CardioVascular Center and our primary care and specialist colleagues in New England and elsewhere. Unlike some large hospitals, Tufts Medical Center ensures that attending physicians are your patients' primary caregivers, not residents. Our patients know their doctors and nurses and value the informed, caring touch provided by all of our clinical and non-clinical staff members.



*Tufts Medical Center is the principal teaching hospital  
for Tufts University School of Medicine*

## COMPREHENSIVE Hypertrophic Cardiomyopathy (HCM) Services

- ▶ Fast, streamlined access to the Center for referring physicians and patients
- ▶ A recognized Center of Excellence in the diagnosis and treatment of HCM – and the only HCM Center of its caliber on the east coast
- ▶ Multidisciplinary collaboration to manage the most complex HCM cases
- ▶ State-of-the-art diagnostic testing and screening, including cardiac MRI, cardiac CT and genetic testing
- ▶ Extensive experience and excellent outcomes with septal reduction therapies including myectomy surgery and alcohol septal ablation
- ▶ A full array of the latest, most advanced treatment options from experienced subspecialists
- ▶ Exceptional commitment to the HCM patient and family education
- ▶ Timely, open communication with patients and their referring physicians
- ▶ Leading-edge research that offers novel treatment options

**Tufts Medical  
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*The CardioVascular Center*

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