

CVC Cardiologist Performs Transradial Catheterization: A Technique That Results in Fewer Risks for Patients

Takoma Park, Maryland, January 2011 -- **David M. Brill, M.D., FACC**, Interventional Cardiologist at Cardiovascular Consultants, P.A., now performs transradial cardiac catheterization in Maryland. Transradial catheterization requires a higher level of training and skill and is performed by very few interventional cardiologists in this area. The technique is beginning to emerge in the United States and offers significant benefits over the cardiac catheterization approach traditionally used to diagnose and treat coronary artery disease.

Cardiac catheterization is used to evaluate the heart's function and to improve blood flow to the heart by placing a thin tube into an artery that is then fed through the body's circulatory system up to the heart. Using the transradial technique, the cardiologist accesses the body through a small artery located in the wrist called the "radial artery." With traditional "femoral catheterization," access is made through the groin and patients are required to lie flat for hours to avoid risk of bleeding. In comparison, the transradial approach results in less pain for patients, mobility immediately after the procedure, and a significantly reduced risk of bleeding. In addition, reduced complications can translate into potential cost savings for our healthcare system.

Although the transradial technique has been widely used in Europe for years, it is relatively new in the United States with fewer than 5% of interventional cardiologists using the approach nationwide. The technique is currently used around 8% of the time, up from less than 2% in 2008, according to a study published in the *Journal of the American College of Cardiology*.¹ However, not all patients are suited for this method. Dr. David Brill states, "Patients with arm access for dialysis or who have had heart bypass surgery may not be good candidates for transradial catheterization procedures." However, he says the vast majority of patients are suitable for transradial catheterization.

Dr. Brill is a practicing interventional cardiologist at Cardiovascular Consultants, P.A., a full service cardiology practice in Takoma Park and Rockville, Maryland, and is the Director of the Cardiac Catheterization Laboratory at Washington Adventist Hospital. He received his medical degree from Harvard Medical School and completed his Internal Medicine residency at Michael Reese Hospital and Medical Center in Chicago. Dr. Brill is board certified in Cardiovascular Disease and Interventional Cardiology.

For more information, contact Suzanne Quesada at 240-788-0788, or email at info@CVCHearCare.com. Be sure to visit our website at www.CVCHearCare.com to view our new "Patient Education Series" on video. Coming soon...Cardiac Catheterization and the Transradial Approach, Parts I and II.

1. "Wrist May Be Route to Safer Heart Treatment," *Wall Street Journal*, February 8, 2011.