



# Place your cardiac care in the safest of hands

Our team of leading cardiac specialists offer comprehensive services and exceptional care.





## Caring for your heart

Heart Centre (2003) Ltd specialises in caring for your heart and blood vessels.

We believe that you, the people we care for, come first and aim to provide attentive personal care in partnership with you so that you get the best care at the right time.

Our highly trained specialist health professionals provide care using the most advanced equipment available and recognised as being amongst the best in the world.

Our clinicians have outstanding credentials and achievements in their fields of expertise and are at the forefront of world-leading health care innovations.

We have partnered with St George's Hospital, an accredited medical facility in central Christchurch dedicated to excellence, so that our care is provided in world-class facilities and we can offer immediate access to complex surgical and medical procedures.

We also have a relationship with Christchurch Radiology Group, part of Pacific Radiology Group (PRG) which is the largest radiology group in New Zealand. This enables us to have the expertise of radiologists at hand so we can provide the best care possible.



## Services

Our professionals have been recruited from New Zealand and overseas to make certain that all our staff have the highest levels of training and experience in the provision of the following services:

### Cardiology

- **Angiography** - direct injection of the heart arteries.
- **PCI: Angioplasty and stents** - to open narrowed coronary arteries.
- **EP: Electrophysiology and ablation** - using catheters to diagnose and treat abnormal heart rhythms.
- **Structural heart disease:**
  - TAVI** - inserting a new aortic valve via a tube from your leg.
  - PFO/ASD closure** - closing holes in the heart via a tube from your leg.

### Surgery

- **Cardiac surgery**
  - Coronary artery bypass grafting
  - Heart valve surgery
- **Thoracic surgery**
  - Lung cancer
  - Trauma
  - Chest wall deformity





## Diagnostic services

The Heart Centre team provides a broad range of services that enable us to diagnose and treat conditions related to the heart and blood vessels.

### Cardiac assessments

All our cardiologists have the expertise to undertake treadmill exercise tests, heart ultrasound or echocardiography, holter monitoring and blood pressure monitoring. These tests enable us to see what kind of physical stress your heart can cope with, whether the electrical and nervous impulses that make your heart work are firing properly, how well the heart muscle and valves are working, and identify the effect of blood pressure on your heart and your overall health.

To gain a complete picture of your heart, cardiologists can take pictures of it using a procedure called a coronary angiography, nuclear medicine techniques, or with a CT scanner. All these tests require highly specialised equipment and some require the joint skills of cardiologists and radiologists so they are not performed in the cardiologists rooms.

Once the data from all these tests is collected and collated, our cardiologists are able to precisely identify and understand any problems you may be having. This means, they can, for example, identify if the cause of the problem relates to your heart muscle, its nerves, its valves, or the blood vessels supplying the heart with oxygen (the coronary arteries). They can also identify if the problem lies with the blood vessels in the rest of the body. They then go on to examine any problems in detail. For example, in the case of coronary arteries they go on to identify exactly which specific part of the coronary arteries are damaged.

## Angiography: Taking pictures of the heart and blood vessels

Taking pictures of the heart requires sophisticated technology so Heart Centre has made a commitment to making sure our clinicians have access to the best equipment available. Heart Centre has invested in an advanced Cardiac Catheterisation Laboratory (Cath Lab), which is located at St George's Hospital. This machine enables our cardiologists to obtain high-resolution images of the heart and its coronary arteries and other blood vessels around the body including those in the brain. This also enables us to perform angioplasty procedures to fix any problems that they find.

We have entered into a relationship with the Christchurch Radiology Group (CRG), now Pacific Radiology Group (PRG), so that our cardiologists can use their staff and CT scanner, a \$2.2m Siemens Somatom definition, to get highly detailed three-dimensional pictures of the heart (CTCA). This is similar to having an x-ray. You simply lie on a table and the scanner takes pictures of your heart. The PRG radiologists make sure the pictures are of the highest quality. Heart Vision now also provides cardiac magnetic resonance imaging of the heart.





## Treatment

Once the cardiologists have the data about the extent and severity of your heart disease they can identify the most appropriate treatment options and discuss these with you.

### Medical treatment

We will present the treatment options available so you can make informed decisions.

### Nutrition and exercise

Our clinicians offer a wide variety of treatment options to patients. In the first instance, they provide advice about your diet and the amount and type of exercise you need to improve the health of your heart.

### Drug treatment

As well as using a range of drugs to help your heart beat more effectively, they can also use them to control blood pressure.

## PCI: Angioplasty and stents

When this is appropriate, our interventional cardiologists, Dr Clive Low, Assoc Prof John Elliott, Dr Dougal McClean, Dr David Smyth, Dr James Blake and Professor Michael Williams, are able to repair the blood vessels of the heart. They have special expertise in widening the coronary arteries and inserting stents (tiny wire tubes) into them.

## TAVI: Transcatheter aortic valve implantation

This minimally invasive surgical procedure repairs the valve without removing the old, damaged valve. The new valve is inserted via a tube passing from your leg artery up into your chest and expanded inside your old valve. This avoids the need for open heart surgery for treatment of aortic stenosis.. Dr James Blake and Dr David Smyth are specialists in this procedure.

## EP: Electrophysiology

An electrophysiology (EP) study is a test performed to assess your heart's electrical system or activity and is used to diagnose abnormal heartbeats or arrhythmia. These procedures allow cardiac electrophysiologists to treat heart rhythm disorders such as supraventricular tachycardia and atrial fibrillation. The test is performed by inserting catheters and then wire electrodes, which measure electrical activity, through blood vessels that enter the heart. Dr Iain Melton and Dr Matt Daly are specialists in this procedure.

## Heart Surgery

Not all heart problems can be treated with even the best advice, medication or stents. Some people need open-heart surgery. Heart Centre's cardiac surgeons, Mr Harsh Singh and Mr David Shaw have trained extensively both in New Zealand and overseas and provide care that is the best available internationally.

They have perfected the skills that enable them to repair the heart without stopping it beating. This means less trauma and complications for patients than is the case when the heart is stopped during surgery, and their success rate is amongst the best in Australasia.

They operate in the theatres at St George's Hospital. Patients recover from this surgery in the Heart Centre intensive care unit located there. Dr David Bowie is our intensive care physician.

*For more information about cardiac conditions and procedures visit the Heart Centre website: [heartcentre.co.nz](http://heartcentre.co.nz)*



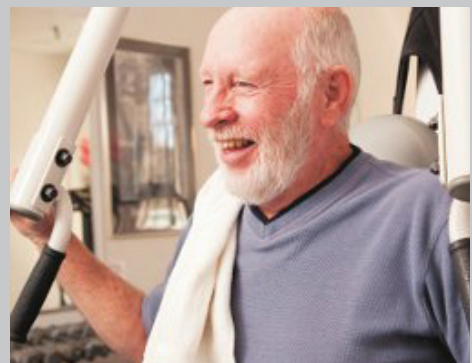


## Recovery and rehabilitation

Our team of cardiologists and cardiac surgeons provide advice on the best way patients can recover from a cardiac event and reduce the risk of any others.

## Care and prevention

As well as providing intensive care and in-patient post-operative recovery care our cardiologists advise on what is known as cardiac rehabilitation - how to resume a normal life after a cardiac event and minimise the chances of this happening again.



# Our Cardiologists

## Christchurch



### Dr Clive JS Low (Chair)

MB ChB FRACP FCSANZ

Clive is an experienced general and interventional cardiologist who is experienced in all forms of angioplasty and he works fulltime in private cardiology practice. In addition to his interventional work he has special expertise in heart rhythm disturbances, hypertension, heart failure and preventative cardiology.

Clive trained in Christchurch, Dunedin, St Mary's and Hammersmith Hospitals in London and the Mid America Heart Institute in Kansas City and worked as a consultant interventional cardiologist at Dunedin Hospital from 1993 to 2000, when he returned to Christchurch where he and his colleagues set up Heart Specialists, Heart Centre (2003) Ltd., and Heart Centre @ St George's.



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### Assoc Prof John M Elliott

BMedSc MB ChB PhD FRACP FCSANZ FACC

John is a General and Interventional cardiologist with expertise in the investigation and treatment of angina, myocardial infarction, high blood pressure, and abnormal lipids. He holds joint appointments as an interventional cardiologist at Christchurch Hospital, Associate Professor of Medicine in the University of Otago Christchurch School of Medicine and has been in part-time private practice since 1996.

John trained in Dunedin, Flinders Medical Centre, Adelaide, Green Lane Hospital, Auckland, and the Cleveland Clinic, Cleveland, Ohio. He helped establish the angioplasty program at Christchurch Hospital, undertakes clinical audits, and research into novel cardiovascular medications and coronary stents. He has been the Chairman of the New Zealand Committee of the Cardiac Society of Australia and New Zealand.



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### Dr David Smyth

MB BS MD FRACP FRCP (London) FCSANZ

David Smyth has experience in all forms of heart conditions and expertise in Interventional Cardiologist (stents) and Structural Heart Disease (Transcatheter Valves – TAVI). He trained at St Bartholomew's Hospital Medical College and Kings College Hospital, London, before coming to New Zealand.

David works at Christchurch Hospital where he is also the Chief of Medicine and works part time in private practice.



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## Dr Sue O'Malley

MB ChB (Otago) FRACP FRCP (London) FCSANZ

Sue is a cardiologist with expertise in adult cardiology, echocardiography, CT coronary angiography, selective coronary angiography, and nuclear cardiology. Sue manages the care of patients with hypertension, heart failure, valvular heart disease and ischaemic heart disease. She trained in Dunedin, London and Melbourne and returned to Christchurch in 2003.

Sue was appointed Clinical Leader in Nuclear Medicine at Christchurch Public hospital at the end of 2011 and developed the nuclear cardiology and nuclear medicine services.

Sue continues to work at Christchurch Hospital and in part-time private practice. She also holds weekly cardiology clinics in Wellington.



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## Dr James Blake

MB ChB FRACP FCSANZ

James is a General and Interventional Cardiologist who trained at the University of Otago, Green Lane Hospital in Auckland, Christchurch Hospital, and William Beaumont Hospital in Michigan, USA. In addition to part-time private practice, James is a Consultant Cardiologist at Christchurch Hospital.

James has expertise in the diagnosis and management of anginal coronary artery disease and aortic stenosis/valvular heart disease. He has sub-specialty training in coronary angioplasty/stenting and structural heart interventions including TAVI (trans-catheter aortic valve implantation), PFO (Patent Foramen Ovale) Closure, and ASD (Atrial Septal Defect) Closure. He also has additional training in the diagnosis and interventional management of peripheral arterial disease.



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## Dr Iain Melton

MBChB FRACP FCSANZ

Iain is a consultant cardiologist and cardiac electrophysiologist with expertise in general cardiology, medical and interventional management of heart rhythm disorders including atrial fibrillation, investigation of palpitations, ablation of abnormal heart rhythms, cardiac pacing/device therapy, and the management of syncope. He trained in Dunedin, Christchurch Hospital, and MCV Hospitals in the United States. He is a specialist consultant at Christchurch Hospital and works part-time in private practice.



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## Dr Matt Daly

MB CHB 2002 (OTAGO) FRACP 2010

Matt is a consultant cardiologist and cardiac electrophysiologist at Christchurch Hospital and in part-time private practice.

He completed general cardiology training in Christchurch and L'hôpital cardiologique du Haut-Lévêque de Bordeaux-Pessac in France. In addition to general cardiology, Matt is a heart rhythm specialist whose interests include the investigation and treatment of abnormal heart rhythms, unexplained syncope, palpitations, cardiac pacing and cardiac devices. He has a particular interest in catheter ablation of abnormal heart rhythms.



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## Dr Dougal McClean

MB ChB FRACP MD FCSANZ

Dougal McClean is an interventional and general cardiologist working at Christchurch Hospital and in private practice.

He trained at Christchurch Hospital, King's College Hospital, London, and Cedars-Sinai Medical Centre, Los Angeles, USA.

Dougal specialises in investigation of chest pain and angina with coronary angiography proceeding to stent(s), and new interventional devices and techniques to treat calcium or branch (bifurcation) lesions, and chronic total occlusions (CTO), as an alternative to Bypass Surgery. Dougal is involved in multi-centre interventional trials of next generation drug eluting stent designs, fully dissolving stents, dedicated branching stents, and intra-coronary imaging to guide stents.



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# Cardiologists

## Dunedin



### Professor Michael Williams

MD FRACP FACC FCSANZ

Michael trained in Dunedin and Massachusetts General Hospital – Boston, USA. He specialises in diagnosing and treating chest pain and provides cardiovascular risk assessments including exercise ECG and echocardiography stress testing, Holder monitoring, event monitoring, 24 hour ambulatory blood pressure monitoring and echocardiography. Michael specialises in performing angioplasty and stent implants at the Mercy Heart Centre and is an affiliated provider to Southern Cross. He also holds clinics in Invercargill, Gore and Central Otago one day a month.



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### Dr Belinda Green

MBChB, MRCP, MMed (UCT), FCP(SA), FRCP(Edin), FRACP, MBA

Belinda is a general cardiologist with widespread experience in all aspects of cardiology including the investigation and management of ischaemic heart disease, valvular heart disease and cardiac rhythm disturbances. She works in private practice and provides a full range of investigations, angiography and pacemaker implantation at Mercy Hospital. Belinda also holds private clinics in Invercargill, Queenstown, Cromwell, Oamaru and Dunedin.



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## Auckland



### Assoc Prof Patrick Kay

PhD FRACP FCANZ FSCAI FESC

Dr Patrick Kay trained in medicine and cardiology in New Zealand and the Netherlands. He has expertise in angioplasty, stenting and all major investigations and consults broadly on all areas of adult cardiology.

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## Cardiac Surgeons

### Christchurch



#### Mr Harsh Singh

MBBS MS FRCS(UK) CTS FRACS

Harsh trained in India, the UK and Ireland. He works at as a Consultant Cardiac and Thoracic Surgeon Christchurch Hospital, where he helped establish the Cardiothoracic Unit, and St George's Hospital. Harsh has held and continues to hold a number of executive positions in clinical governance organisations and is involved in medical staff training through the University of Otago. Harsh specialises in adult cardiac and thoracic surgery, cardiac tumours, video assisted thoracic surgery, chest trauma and chest wall reconstruction surgery.

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#### Mr David Shaw

MB ChB BMedSc FRACS

David is a consultant surgeon. He trained in Dunedin, Auckland and Brigham and Women's Hospital in Boston and has practiced in Australia and Dunedin before coming to Christchurch. David specialises in Cardiac surgery with a special interest in Off pump Coronary surgery. Heart Valve surgery and Aortic Root surgery. He is also a general thoracic surgeon. David works at Christchurch Hospital and privately at St George's Hospital.

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## Intensive Care

### Christchurch



#### Dr David Bowie

Intensive Care Specialist  
MBChB FANZCA FCICM

David is a specialist in Intensive Care Medicine and Anaesthesia. He graduated from Otago Medical School in 1978 and obtained specialist qualifications in Anaesthesia and Intensive Care. He has practiced in Dunedin and Christchurch where he established the Christchurch Cardiac Unit. He has a special interest in the intensive care management of patients who have had cardiac surgery and anaesthetics. He is the Clinical Leader of the Canterbury Air Retrieval Service and Chairs the New Zealand Flying Doctor trust.

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We provide services for patients throughout New Zealand and work with all the District Health Boards to support them in meeting the needs of the people in their regions.

## Cardiac Clinics

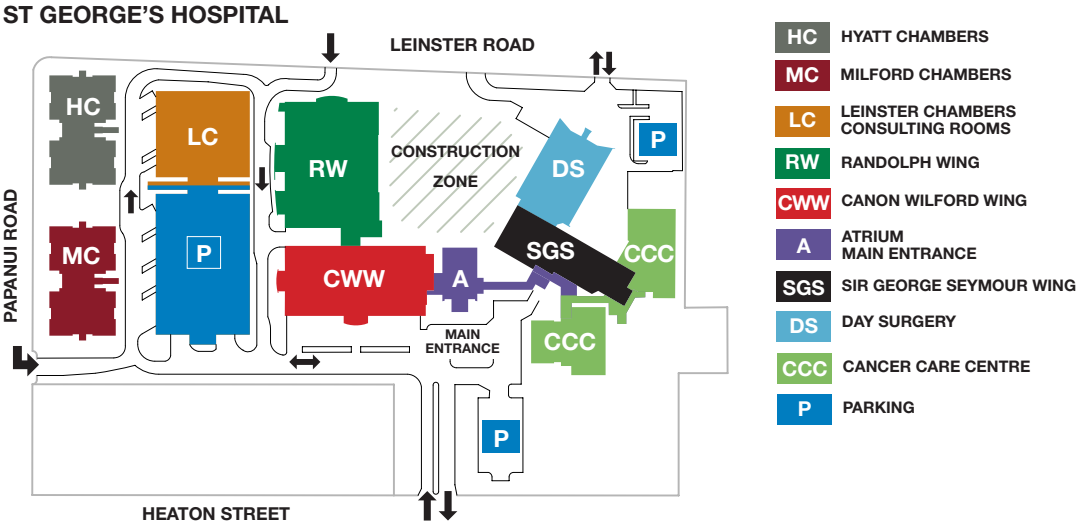
Cardiac clinics are provided in Christchurch, Dunedin, Invercargill, Queenstown, Timaru, Cromwell and Gore.

## Interventional Services

Angiograms, angioplasty, stents (cardiac), TAVI, PFO Closure, ASD Closure, and endovascular coiling (neurological surgical), are performed in our state-of-the-art Cath Lab, located at St George's Hospital in Christchurch.

## Cardiac Surgery

Cardiac surgery is provided in the operating theatre and intensive care unit located at St George's Hospital in Christchurch.



Please contact us through our clinicians or email us at [heartcentre@xtra.co.nz](mailto:heartcentre@xtra.co.nz)  
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