

# Q & A

## Your Questions Answered



*Our specialists address leading-edge treatment for atrial fibrillation and what men need to know about prostate cancer screening*

**Q** What advances are being made in the treatment of atrial fibrillation?

One of the most exciting is a new procedure called ArcticFront cardiac cryoballoon ablation. The type of arrhythmia known as atrial fibrillation, or A-fib, frequently results when heart tissue near the pulmonary veins sends abnormal electrical signals. This causes the two small upper chambers of the heart—the atria—to quiver instead of beat effectively. Those with A-fib are at significantly increased risk of stroke and heart failure.

Where prior treatments for this condition used extreme heat produced by a burst of radiofrequency energy, the ArcticFront system uses a special ballooning catheter to freeze the entire circle of tissue responsible for the disruptive signals. This new technology delivers faster, more efficient and more comprehensive treatment and is a potentially safer alternative to radiofrequency ablation.

While St. Anthony Hospital is the first in the region to provide the new procedure, the technology is well proven. U.S. clinical trials were completed two years ago. To date, more than 15,000 patients in more than 200 centers worldwide have benefited from ArcticFront cardiac cryoballoon ablation. I encourage you to visit [stanthonyhosp.org/heart](http://stanthonyhosp.org/heart) for more information on the condition and procedure.



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**Q** Every pro football game seems to have a public service announcement on prostate cancer screening. Is it really that important?

*Yes.* Which is why the NFL has taken the lead in the Know Your Stats campaign. To learn more, visit [knowyourstats.org](http://knowyourstats.org).

Prostate cancer is the most common non-skin cancer affecting men in the United States. It's most treatable when it's caught early, which is why the American Urological Association recommends that men age 40 and older talk with their doctor about prostate cancer testing. That conversation will allow you to share family history and other factors that might affect your personal prostate health plan.

There's a simple blood test for obtaining prostate-specific antigen (PSA) scores. Having a baseline test at age 40 gives your doctor more information going forward.

The other good news in prostate health is that we have more and better treatments today than ever, should cancer be detected. One of these is minimally invasive surgery using the da Vinci Surgical System. It's extremely precise, which reduces the risk of cancer cells being left behind, and delivers nerve-sparing advantages. For most prostatectomy patients, this means a more rapid return of continence. For select patients, it also means that potency can be preserved. You can find a short video explaining this procedure at [stanthonyhosp.org/davinci](http://stanthonyhosp.org/davinci).



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