

MID-ATLANTIC SURGICAL ASSOCIATES

MAZE PROCEDURE FOR ATRIAL FIBRILLATION

RESTORING THE PACE OF THE HEART
TO A HEALTHY RHYTHM

WHO'S AT RISK FOR ATRIAL FIBRILLATION?

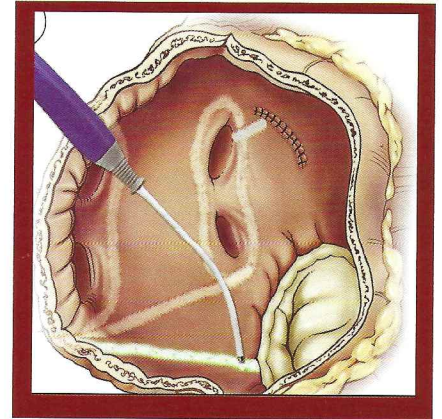
Once considered more of an annoyance than a health issue, atrial fibrillation is now known to be a dangerous disorder that greatly increases the risk of stroke and congestive heart failure. And the number of cases of atrial fibrillation in the United States are startling.

According to the American Heart Association:

- More than 2 million Americans suffer from the heart rhythm disorder called atrial fibrillation
- Three to five percent of people who have this disorder are 65 and older
- As people age, the likelihood of developing atrial fibrillation increases

The odds of developing this disorder increase further for people with:

- A history of heart problems, including mitral valve damage or a history of heart attacks
- Other chronic health conditions, such as thyroid problems, high blood pressure, or sleep apnea
- A history of alcohol abuse, especially binge drinking
- A family history of atrial fibrillation disorder



The Cardioblade® pen above is used to create lesions on the heart to block irregular signals and restore the normal rhythm.

RESETTING THE RHYTHM WITH THE MAZE PROCEDURE

In many cases, the atrial fibrillation corrects itself and a normalized heart rate returns. When the heart beat does not correct itself, the disorder may be remedied or regulated with a combination of blood thinners, rate control drugs, and/or an electrical cardioversion.

In more extreme cases, when the patient is not responding to other treatments and also requires open heart surgery for coronary artery bypass grafting or mitral valve replacement or repair, our doctors perform the Maze Procedure to correct atrial fibrillation.

WHAT TO EXPECT

The purpose of the Maze Procedure is to create electrical barriers in the heart that direct the channel of electricity, avoiding the chaotic atrial fibrillation and resetting a normal conducted rhythm. We create the electrical barriers using radiofrequency ablation.

This technique is performed with very little additional morbidity, unlike the traditional cut and sew method that yields high morbidity and mortality rates.

When successful, the Maze Procedure:

- Eliminates the need for anticoagulation medication
- Reduces the chance of stroke
- Improves overall heart function

IN 75 - 80% OF THE TIME, THE HEART RATE IS RETURNED TO NORMAL AFTER SURGERY.

To learn more about Atrial Fibrillation and the Maze Procedure, please call us at **732-776-4618**, or visit our Web site at **www.heartsurgeons.com**.