

ASEEM DESAI, MD

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WORK EXPERIENCE

2005 – present
Mission Viejo,
United States of America

Co-Director, Heart Rhythm Center
Mission Heritage Medical Group
Cardiac Electrophysiologist

07/2003 – 07/2005
Chicago,
United States of America

Director, Implantable Device Therapy
The University of Chicago Hospitals and Health System
Assistant Professor of Medicine
Attending Physician, Cardiac Electrophysiology

EDUCATION

07/1995 – 07/2003
Stanford, United States

Postgraduate Training
Stanford University
Internship, Residency, Chief Residency, Cardiology Fellowship, Electrophysiology Fellowship

09/1991 – 07/1995
Chicago, United States

Doctor of Medicine, High Distinction
Northwestern University Medical School

09/1988 – 07/1991
Evanston, United States

Philosophy | BA, Highest Distinction
Northwestern University

SKILLS

Robotic heart surgery
Professional

Catheter ablation of complex arrhythmias
Professional

Pacemaker and ICD implantation
Professional

Medical technical writing
Professional

Brand development and marketing
Professional

Published author
Professional

ACHIEVEMENTS

Fellow, Heart Rhythm Society
Academic Keys Who's Who in Medical Sciences Education
Chief Medical Resident, Stanford
Alpha Omega Alpha
Phi Beta Kappa
Mortar Board Honor Society

STRENGTHS

Perseverance Responsibility Compassionate Logical thinking Dependability Independence

AWARDS

- 09/2023
Top Doctors
Castle Connolly/Modern Luxury
<https://www.castleconnolly.com/top-doctors/aseem-d-desai-cardiac-electrophysiology-128cc201594#section03>
- 09/2019
Top Doctors
Orange Coast Magazine
https://issuu.com/orangecoastmag/docs/orange_coast_health_2019
- 09/2018
Top Doctors
Orange Coast Magazine
https://issuu.com/orangecoastmag/docs/oc_health_2018-sm
- 07/2002
Dean's Fellowship Grant Award
Stanford University Medical School
Use of Cardiac MRI to Characterize Scar-Mediated Ventricular Tachycardia

CERTIFICATES

- 11/2023
Clinical Cardiac Electrophysiology
American Board of Internal Medicine
- 05/2023
Cardiovascular Medicine
American Board of Internal Medicine
- 06/2000
California Medical License
Medical Board of California
- 12/2020
Montana Medical License
Board of Medical Examiners

PUBLICATIONS

- 02/2024
Countdown to the Meltdown: How to Use Your Head and Heart When Parenting in Crisis Moments
Psychology Today
<https://www.psychologytoday.com/us/blog/mindful-beats/202402/countdown-to-the-meltdown>
- 02/2024
The Brain-Heart Connection: A Critical Interplay of Mental and Cardiac Health in Achieving Optimal Wellness
Psychology Today
<https://www.psychologytoday.com/us/blog/mindful-beats/202402/the-brain-heart-connection>
- 01/2024
Bridging the Divide: Evolving Landscape of Mental Health
LinkedIn
<https://www.linkedin.com/pulse/bridging-divide-evolving-landscape-mental-health-desai-md-fhrs-wy2sc/>
- 08/2023
A Sight Unseen: Near Syncope While Driving From Ventricular Tachycardia Untreated by External Defibrillator Vest
J Am Coll Cardiol EP
<https://www.jacc.org/doi/abs/10.1016/j.jacep.2023.01.017>
- 02/2023
12 Natural Ways to Lower Your Blood Pressure
Forbes Health
<https://www.forbes.com/health/blood-pressure/how-to-lower-blood-pressure/>
Interview with Jessica Booth

PUBLICATIONS

- 03/2021 **The Hidden Heart Problem That's Claiming Men's Lives Now: It's All About Rhythm**
Mens Health
<https://www.menshealth.com/health/a35471520/atrial-fibrillation/>
Interview with Julie Stewart
- 02/2021 **Pandemic Challenges in Patients with Heart Disease**
Medpage's Today's KevinMD
<https://www.kevinmd.com/2021/01/pandemic-challenges-for-patients-with-heart-disease.html>
- 10/2020 **Restart Your Heart**
Greenleaf Book Group
978-1626347083
Book
- 05/2020 **Make Compassion Go Viral**
Thrive Global
<https://community.thriveglobal.com/make-compassion-go-viral/>
Wellness article
- 05/2020 **Building a Resilience Toolbox**
Heart Rhythm Matters
<https://draseemdesai.com/building-a-resilience-toolbox/>

SOCIAL MEDIA



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You Tube @draseemdesai

AUDIO/VIDEO PUBLICATIONS

Expert Medical Guest. "Let's Make Compassion Go Viral." The Podcast by Kevin MD. Hosted by Kevin Pho, MD. 2020 Nov 14. <https://www.kevinmd.com/blog/2020/11/lets-make-compassion-go-viral-podcast>.

Expert Medical Guest. "AFib – The Electrical Epidemic." Raise the Line podcast by Osmosis.org. Hosted by Rishi Desai, MD. 2020 Sept 17. <https://www.osmosis.org/raisethelinepodcast/afib-the-electrical-epidemic-dr-aseem-desai-cardiac-electrophysiologist>.

Expert Medical Guest. "Heart Disease Prevention and Treatment." Saddleback HD2 Radio Jazz 88.5FM. Hosted by Dawn Kamber. 2020 Feb 4. <https://www.jazz885.org/collage/2020/2/4/heart-disease-prevention-amp-treatment>.

Expert Medical Guest. "Interview on Heart Health with Dr. Aseem Desai." KLAA Community Cares Radio. Hosted by Tammy Trujillo. 2015. <https://soundcloud.com/aseem-desai-944737082/sets/klaa-community-cares-radio-interview-on-heart-health-with-dr-aseem-desai>.

Expert Medical Guest. "Ultrasound Technology to Perform Ablation." Real Orange news broadcast. 2007. <https://www.youtube.com/watch?v=XKelsYJ9WrA&feature=youtu.be>.

PRESENTATIONS

2022 Orange County Bar Association. *Beyond the Brain: A Holistic Approach to Cognition.*

2021 Ending Physician Burnout Global Summit. *Be Still My Beating Heart - Essential Skills for Regulating and Calming the Nervous System.*

2021 Mended Hearts National Organization. *Restart Your Heart - A Holistic Approach to the Prevention, Diagnosis, and Treatment of AFib.*

2021 Instagram Live. *Suicide Prevention: Stories and Strategies - Getting to the Heart of the Matter with Cardiologists.*