

ASEEM DESAI, MD, FHRS

Cardiac Electrophysiology and Cardiology
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WORK EXPERIENCE

- 7/05-present **Mission Heritage Medical Group**; Mission Viejo, CA
Co-Director, Heart Rhythm Center
Cardiac Electrophysiologist
- 2003-2005 **The University of Chicago Hospitals and Health System**; Chicago, IL
Director, Implantable Device Therapy
Assistant Professor of Medicine
Attending Physician, Cardiac Electrophysiology

EXPERTISE

- Ablation of complex supraventricular and ventricular arrhythmias
- Robotic catheter ablation with Stereotaxis
- Implantation of pacemakers, defibrillators, biventricular devices, and loop monitors
- Electrical cardioversion and tilt table testing
- Consultative cardiology and electrophysiology
- Principal investigator for clinical research studies
- Medical brand development and marketing
- Medical technical writing
- Medical expert witness

EDUCATION

- 1991-1995 **Northwestern University Medical School**; Chicago, IL
Doctor of Medicine, High Distinction, Alpha Omega Alpha
Honors Program in Medical Education, June 1995
- 1988-1991 **Northwestern University**; Evanston, IL
Bachelor of Arts in Philosophy, Highest Distinction, Phi Beta Kappa
College of Arts/Sciences, June 1991

POSTDOCTORAL TRAINING

- 2001-2003 **Stanford University Medical Center**; Stanford, CA
Fellow, Cardiac Electrophysiology
Program Director: Ruey Sung, MD
- 1999-2001 **Stanford University Medical Center**; Stanford, CA
Fellow, Cardiovascular Medicine
Program Director: Edwin Alderman, MD

- 1998-1999 **Stanford University Medical Center**; Stanford, CA
Chief Resident, Internal Medicine
Program Director: Kelley M. Skeff, MD, PhD
- 1995-1998 **Stanford University Medical Center**; Stanford, CA
Intern and Resident, Internal Medicine
Program Director: Kelley M. Skeff, MD, PhD

CERTIFICATIONS

- 2003-present Board Certified, Clinical Cardiac Electrophysiology
2002-present Board Certified, Cardiovascular Medicine
1998-2008 Board Certified, Internal Medicine
1996 Diplomat, National Board of Medical Examiners

LICENSURE

- 2020-present Montana Medical License
2000-present California Medical License
1999-present Drug Enforcement Administration Certificate

HONORS

- 2023 **Top Doctors, Castle Connolly/Modern Luxury**
2019 **Top Doctors, Orange Coast Magazine**
2018 **Top Doctors, Orange Coast Magazine**
2005 **Fellow, Heart Rhythm Society**
2005 **Fellow, American College of Cardiology**
2005 **University of Chicago Hospitals**; Chicago, IL
• Academic Keys Who's Who in Medical Sciences Education
1995 **Northwestern University Medical School**; Chicago, IL
• Alpha Omega Alpha Medical Honor Society
• Beatrice Tucker Award
1988-1991 **Northwestern University**; Evanston, IL
• Phi Beta Kappa Honor Society
• Mortar Board Honor Society
• Dean's List (all quarters)

AFFILIATIONS

- 2003-present Fellow and Member, Heart Rhythm Society
2005 Member, American Heart Association, Council on Clinical Cardiology
2003-2013 Member, American College of Cardiology
1996-2000 Member, American College of Physicians

ACTIVITIES

- 2021-present **Mended Hearts National Organization**
• Member, Medical Advisory Council
2021 **EP Lab Digest**
• Course Director, *Great Debates and Updates in Electrophysiology*

- 2018-2019 **St. Joseph Health System**
 • Physician Instructor, *Own It* Initiative
- 2017-2018 **St. Joseph Health System**
 • Member, Physician Well Being Task Force
- 2006-present **Medtronic National Strategic Advisory Board**
- 2012-2014 **Robotic Electrophysiology Society, Founding Member**
- 2011-2014 **Stereotaxis National Strategic Advisory Board**
- 2007 **Heart Rhythm Society Scientific Sessions; Denver, CO**
 • Chairman, Debate Session on Device Complications and Challenges
- 2006 **Heart Rhythm Society Scientific Sessions; Boston, MA**
 • Chairman, Debate Session on ICD Indications
- 2005 **The University of Chicago Hospitals and Health System; Chicago, IL**
 • Faculty Advisor, Cardiac Arrest Committee
- 2005 **The University of Chicago Hospitals and Health System; Chicago, IL**
 • Cardiology Fellowship Selection Committee
- 1999 **Stanford University Medical Center; Stanford, CA**
 • Intern Selection Committee, Internal Medicine Residency Program
- 1991-1995 **Northwestern University Medical School; Chicago, IL**
 • Admissions Committee, Honors Program in Medical Education
- 1988-1991 **Northwestern University; Evanston, IL**
 • Vice-President, Alpha Phi Omega Community Service Organization

INVITED LECTURES

- 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”
- 2020 **Mission Regional Medical Center; Mission Viejo, CA**
 “A Patient’s Journey from Arrhythmia Diagnosis to Treatment and Recovery”
- 2018 **Mission Regional Medical Center; Mission Viejo, CA**
 “Rhythm Control in Atrial Fibrillation – Modern Treatments for a Better Tomorrow”
- 2017 **Mission Regional Medical Center; Mission Viejo, CA**
Cardiovascular Symposium
 “Curing an Electrical Epidemic: New Advances in Arrhythmia Treatment”
- 2007 **Hemet Valley Medical Center; Hemet, CA**
 “Case Studies in Device Therapy”
- 2006 **St. Agnes Hospital Medical Center; Fresno, CA**
Heart and Vascular Symposium
 “Catheter Ablation of AFib and Implanting CRT and ICD’s
- 2005 **The University of Chicago Hospitals and Health System; Chicago, IL**
Heart Failure CME Symposium
 “Next Generation of Device Therapy for CHF – More than ICD and CHF”

- 2004 **The University of Chicago Hospitals and Health System;** Chicago, IL
Chicago Medical Society Midwest Clinical Conference CME
“Cardiac Channelopathies – Brugada and Long QT Syndromes”
- 2003 **The University of Chicago Hospitals and Health System;** Chicago, IL
Atrial Fibrillation CME Symposium
“Rhythm Control versus Rate Control”
- 2002 **The University of Chicago Hospitals and Health System;** Chicago, IL
Cardiovascular Medicine Grand Rounds
“Update on Cardiac Resynchronization Therapy”
- 2001 **Stanford University Medical Center;** Stanford, CA
Department of Medicine Grand Rounds
“Neurocardiogenic Syncope”
- 1999 **Stanford University Medical Center;** Stanford, CA
Department of Medicine Grand Rounds, Medical Chief Resident Lecture
“Transitions in Medical Education”

RESEARCH

- 2010 **Mission Internal Medical Group;** Mission Viejo, CA
Principal Investigator
“S-ICD System IDE Clinical Study (Subcutaneous Implantable Cardioverter-Defibrillator)”
- 2007 **Mission Internal Medical Group;** Mission Viejo, CA
Co-investigator
“Prevalence of AT/AF in the CRM Device Population: RATE Registry”
- 2005-2006 **Mission Internal Medical Group;** Mission Viejo, CA
Co-investigator
“Pacemaker Patient Profile (P3) Registry”
- 2005-2006 **Mission Internal Medical Group;** Mission Viejo, CA
Co-investigator
“OMNI ICD utilization study”
- 2004-2005 **The University of Chicago Hospitals and Health System;** Chicago, IL
Principal Investigator
“Use of Portable Hand-held Echocardiography to Identify LV dysfunction in a University Pacemaker Clinic”
- 2004-2005 **The University of Chicago Hospitals and Health System;** Chicago, IL
Principal Investigator
“Complete Automatic Pacing Threshold Utilization Recorded by EnPulse,”
Medtronic, Inc.
- 2004-2005 **The University of Chicago Hospitals and Health System;** Chicago, IL
Principal Investigator
“Reducing Episodes by Septal Pacing Efficacy Confirmation Trial,”
Medtronic, Inc.
- 2003-2005 **The University of Chicago Hospitals and Health System;** Chicago, IL
Principal Investigator
“Limiting Chronotropic Incompetence for Pacemaker Recipients,” Guidant Corp.

GRANT AWARDS

- 2002-2003 **Stanford University Medical School**; Stanford, CA
Dean's Fellowship Grand Award
"Use of Cardiac MRI to Characterize Scar-Mediated Ventricular Tachycardia in Patients with Ischemic and Dilated Cardiomyopathy"

POSITIONS HELD AS JOURNAL EDITOR/REVIEWER

- 2020-present **Journal of Interventional Cardiac Electrophysiology**, Manuscript Reviewer
2018-present **EP Lab Digest**, Contributing Editor
2004 **Krames Health and Safety Education**; Expert Contributor

BOOKS

- Desai AD**. *The Masks We Wear: A Doctor's Story*. Unpublished manuscript.
- Desai AD**. *Restart Your Heart: The Playbook for Thriving with AFib*. Greenleaf Book Press. Publication date September 1, 2020.

PUBLISHED PAPERS IN PEER REVIEWED JOURNALS

- Desai AD**, Ellenbogen K. A Sight Unseen: Near Syncope While Driving From Ventricular Tachycardia Untreated by External Defibrillator Vest. *J Am Coll Cardiol EP*. Published online July 2023.
- Desai AD**. A Robot Can Do Better: Perspectives During a Case of Atrial Tachycardia. *EP Lab Digest*. Published online May 2020.
- Desai AD**. Steps for Performing the Convergent Procedure: Experience at Mission Hospital. *EP Lab Digest*. Published online April 2018.
- Ghani SN, Kirkpatrick JN, Spencer KT, Smith GL, Burke MC, Kim SS, **Desai AD**, Knight BP. Rapid Assessment of Left Ventricular Systolic Function in a Pacemaker Clinic Using a Hand-Carried Ultrasound Device. *J Interv Card Electrophys*. Published online October 19, 2006
- Desai AD**, Burke MC, Hong TE, Kim S, Salem Y, Yong P, Knight BP. Predictors of Appropriate Defibrillator Therapy Among Patients with an Implantable Defibrillator that Delivers Cardiac Resynchronization Therapy. *J Cardiovasc Electrophys* 2006. Published online February 3, 2006. doi: 10.1111/j.1540-8167.2006.00367.x.
- Desai AD**, Yaw TS, Yamazaki T, Kaykha A, Chun S, Froelicher V. Prognostic Significance of Quantitative QRS Duration. *Am J Med* 2006;119:600-6.
- Burke MC, Morton J, Lin AC, Tierney S, **Desai AD**, Hong T, Kim S, Salem Y, Alberts M, Knight BP. Implications and Outcome of Permanent Coronary Sinus Lead Extraction and Re-implantation. *J Cardiovasc Electrophys* 2005;16:1-8.
- Knight BP, **Desai AD**, Burke M, Hanlin J, Amundson D, Blankenship L, Ferguson TB. A Novel Transparent Electrode that Permits Direct Imaging During Radiofrequency Catheter Ablation. *Heart Rhythm Journal* 2005;5:S73.
- Desai AD**, Knight BP. Editorial Commentary – Effect of Atrial Fibrillation on Chamber Dimensions. *Heart Rhythm Journal* 2005;2:25-27.
- Desai AD**, Burke MC, Hong TE, Kim S, Salem Y, Knight BP. Termination of Epicardial Left Ventricular Tachycardia by Pacing without Global Capture. *J Cardiovasc Electrophys* 2005;16:92-94.
- Knight BP, **Desai AD**, Coman J, Faddis M, Yong P. Long-Term Retention of Cardiac Resynchronization Therapy. *J Am Coll Cardiol* 2004;44:72-77.

TEXTBOOK CHAPTERS, INVITED ARTICLES, AND REVIEWS

- Desai AD.** 7 Holistic Strategies to Supercharge Your Cognition: Insights from a Cardiologist's Experience. In: *Psychology Today*, 2024.
- Desai AD.** Countdown to the Meltdown: How to Use Both Your Head and Your Heart When Parenting in Crisis Moments. In: *Psychology Today*, 2024.
- Desai AD.** The Brain-Heart Connection: A Critical Interplay of Mental and Cardiac Health in Achieving Optimal Wellness. In: *Psychology Today*, 2024.
- Desai AD.** Bridging the Divide: Evolving Landscape of Mental Health. In: *LinkedIn*, 2024.
- Desai AD.** Normal Blood Pressure by Age and Gender. Interview by Jessica Booth. In: *Forbes Health*, 2024.
- Desai AD.** 12 Natural Ways to Lower Your Blood Pressure. Interview by Jessica Booth. In: *Forbes Health*, 2024.
- Desai AD.** The Hidden Heart Problem That's Claiming Men's Lives Now: It's All About Rhythm. Interview by Julie Stewart. In: *Mens Health*, 2021.
- Desai AD.** Extreme Athleticism and the Risk of Atrial Fibrillation. In: *MedpageToday's KevinMD.com*, 2021.
- Desai AD.** Pandemic Challenges for Patient. In: *MedpageToday's KevinMD.com*, 2021.
- Desai AD.** Make Compassion Go Viral: Thriving with Mutual Aid During the COVID-19 Pandemic. In: *ThriveGlobal.com*, 2020.
- Desai AD.** Building a Resilience Toolbox. In: *HeartRhythmMatters.com*, 2020.
- Desai AD.** The Connection Between Atrial Fibrillation and Burnout. In: *MedpageToday's KevinMD.com*, 2020.
- Desai AD.** In the Heart of the Pandemic. In: *ThriveGlobal.com*, 2020.
- Desai AD.** Premature Ventricular Contraction. In: *eMedicine* 2008.
- Desai AD, Arnsdorf MF.** Implantable Cardioverter-Defibrillators: Clinical trials-Primary and Secondary Prevention. In: *UpToDate*, Rose BD (Ed), UpToDate, Wellesley, MA, 2005.
- Desai AD, Knight BP.** Techniques of Prediction of Arrhythmia Occurrence and Stratification for Sudden Cardiac Death. In Wang P, Naccarelli G, Rosen M, Estes M, Hayes D, Haines D, editors. *New Arrhythmia Technologies, 1st ed.* Blackwell Publishing (UK), 2005.
- Desai AD, Knight BP.** Pharmacologic Treatment of Atrial Fibrillation. *Eur Heart J* 2005 (in press).
- Desai AD, Chun S, Sung R.** The Role of Intravenous Amiodarone in the Management of Cardiac Arrhythmias. *Ann Intern Med* 1997;127:294-303.

ABSTRACTS

- Knight BP, **Desai AD**, Burke MC, Hanlin J, Blankenship L, Amundson D, Ferguson TB. A Novel Transparent Electrode that Permits Direct Imaging During Radiofrequency Catheter Ablation. *Oral Presentation, Heart Rhythm Society 2005 Scientific Sessions, New Orleans, LA.*
- Hong TE, Sugeng L, Weinert L, Mor-Avi V, **Desai AD**, Burke MC, Lang R, Knight BP. Real-Time Three-Dimensional Echocardiographic Index of Ventricular Dyssynchrony Identifies Long-Term Responders to Cardiac Resynchronization Therapy. *J Am Coll Cardiol* Feb 1 2005;264A (Poster, ACC 2005).
- Gauri AJ, Davis A, Hong T, **Desai A**, Burke MC, Knight BP. Influence of Race and Gender on the Use of Implantable Defibrillator Therapy among Medicare Beneficiaries. *J Am Coll Cardiol* Feb 1 2005;110A (Poster, ACC 2005).

- **Desai AD**, Lauer MR, Han J, Young C. Long-Term Success Rate of Alternative Pulmonary Vein Ablation Procedures in Patients with Paroxysmal Atrial Fibrillation. *Circulation* 2003;107:e131 (AHA-Asia Pacific Forum 2003).
- **Desai AD**, Han J, Lauer MR, Young C. Induction of AVNRT with Isuprel Washout. *Circulation* 2003;107:e131 (AHA-Asia Pacific Forum 2003).
- **Desai AD**, Chun S, Friday K, Rezaee M, Liem LB. Analysis of Factors Influencing Successful Coronary Sinus Cannulation During Implantation of Biventricular Pacing Systems. *Circulation* 2001;104:II-418 (Poster, AHA 2001).
- **Desai AD**, Liem LB, Chun S, Friday K. Accuracy of the Ritter Method in Determining Optimal AV Delay in Patients Undergoing Cardiac Resynchronization Therapy for Congestive Heart Failure. *PACE* 2001;24:665 (Poster, NASPE 2001).

AUDIO/VIDEO PUBLICATIONS

- **Desai, Aseem**. 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>.
- **Desai, Aseem**. 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>.
- **Desai, Aseem**. Expert Medical Guest. “Atrial Fibrillation and Other Heart Arrhythmias.” Outbreak News. Hosted by Robert Herriman. 2020 Nov 17. <http://outbreaknewstoday.com/atrial-fibrillation-and-other-heart-arrhythmias-33193>.
- **Desai, Aseem**. 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>
- **Desai, Aseem**. Expert Medical Guest. “Restart Your Heart with Dr. Aseem Desai.” The Dave Pamah Show. Hosted by Dave Pamah. 2020 Sept 3. <https://podcasts.apple.com/us/podcast/restart-your-heart-with-dr-aseem-desai/id1451413064?i=1000489926102>.
- **Desai, Aseem**. Expert Medical Guest. “Atrial Fibrillation Causes, Triggers, and Prevention.” Dr. Ruscio Radio. Hosted by Dr. Michael Ruscio. 2020 Sept 2. <https://podcasts.apple.com/us/podcast/dr-ruscio-radio-health-nutrition-and-functional-medicine/id983386815>.
- **Desai, Aseem**. 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>.
- **Desai, Aseem**. Expert Medical Guest. “Interview on Heart Health with Dr. Aseem Desai.” KLA 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>.
- **Desai, Aseem**. Expert Medical Guest. “Ultrasound Technology to Perform Ablation.” Real Orange news broadcast. 2007. <https://www.youtube.com/watch?v=XKeIsYJ9WrA&feature=youtu.be>.

REFERENCES

Available upon request.