

Dr. Anne-Marie Feyrer-Melk with Cutting Edge Heart Health

Written by Story by Melissa Larsen

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With her new concierge cardiac care practice, Scottsdale's Dr. Anne-Marie Feyrer-Melk uses cutting-edge technology and an evidence-based model to take patients' health to heart.



ONCE DR. ANNE-MARIE Feyrer-Melk's concierge cardiac care Scottsdale facility opened in May, many Valley residents started breathing easier. Via Heart of Arizona Optimal Cardiac Care, the cardiologist is instituting a brand-new revolutionary model that works on prevention of disease and incidents like heart attack, stroke and diabetes using testing and evaluations that aren't readily available in many classic healthcare practices. "We concentrate on offering the necessary laboratory studies, cardiovascular tests and substantive time to help identify and eradicate risks. The trial and error of traditional heart care does not provide the diagnostic tools necessary to discover hidden health issues," says Dr. Feyrer-Melk. In fact, Heart of Arizona is one of only seven such concierge cardiac care practices in the nation; it's the only one of its kind in Arizona.

Cold, hard numbers demonstrate why people should put their focus—and dollars—on achieving the utmost cardiac care: 50 percent of women and 65 percent of men die from heart disease. In an attempt to change these stats, Dr. Feyrer-Melk provides her patients state-of-the-art programs (and complete access to her at all times), many of which are not covered by insurance but are inclusive in Heart of Arizona's concierge program.

Upon completing an orientation and a physical exam, Dr. Feyrer-Melk conducts a Discovery Phase in which patients undergo genetic testing, body composition testing, periodontal disease screening and many other forwardlooking evaluations. "After the Discovery Phase, I spend a great deal of time creating ongoing, genetically personalized prevention plans. The key is, rather than simply prescribing drugs, we are now able to more finely tune treatments and target cardiac health risks before they emerge."

Dr. Feyrer-Melk is even looking at patients that she's treated for more than a decade with a fresh eye. "No amount of any disease is ever normal. I drill down and look under the microscope for invisible signs of heart disease anywhere I can find it. I am as thorough as the technology and research allows me to be. We can ward off heart attack and strokes before they ever arise. People need to know if they're at risk and manage it. It's the No. 1 killer."

MYTH BUSTING

Dr. Anne-Marie Feyrer-Melk debunks common cardiac myths.

Cholesterol causes heart attacks.

"Cholesterol is a culprit but it is not the main villain. Half of patients who have heart attacks have normal cholesterol levels at the time of their heart attack."

A stress test will determine your risk of a heart attack.

"They are great for critical blockages [more than 70 percent blocked] but the problem is that almost 90 percent of heart attacks...happen in intermediate blockages, the 40 to 50 percenters."

Mild disease is OK.

"I would contend to say that it is never normal to have disease in your arteries. Our society is OK with this—that our bodies are just too mysterious to understand. But I contend differently that we can diagnose the patients very early and apply whatever prevention measures that they require."

See our one-on-one interview with Dr. Feyrer-Melk with Daily 60 video reporter, Sona Patel:

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Heart of Arizona Optimal Cardiac Care

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