

RWJUH and New Brunswick Cardiology Group Electrophysiologist Named to Robotic Ablation 'Expert Club'

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NEW BRUNSWICK, N.J. - Robert Wood Johnson University Hospital (RWJUH) electrophysiologist Subhashini Gowda, MD, FACC, recently was named to the Stereotaxis 'Expert Club,' recognizing the top robotic ablation experts throughout the United States.

There are only 15 electrophysiologists from the United States on this prestigious list. Gowda is an expert in the use of the Stereotaxis Remote Navigation System, which delivers a flexible, robotically delivered catheter to destroy small areas of heart tissue responsible for arrhythmias.

Gowda, who is part of the New Brunswick Cardiology Group, has been an electrophysiologist at RWJUH for more than eight years. She has performed several hundred ablations using various mapping systems, including more than 200 procedures on the robotic ablation system.

Stereotaxis' advanced computer-controlled technology allows physicians to treat common and complex cardiac arrhythmias with a great degree of safety, precision, and efficiency. The physician uses sophisticated software to draw a highly detailed 3-D map of the diseased cardiac tissue and drive powerful magnets positioned near the patient. Following the map, the magnets lead a soft catheter gently through the patient's cardiac anatomy by guiding the catheter's magnetic tip. As a result, the patient is exposed to up to 60 percent less damaging X-ray radiation. There's also a 10 times less chance of major complications such as perforation of the heart.

"This is one of many cutting-edge technologies available at a comprehensive cardiac center like Robert Wood Johnson," said Gowda. "We have been able to make tremendous advances, achieving unparalleled levels of success and safety for our patients."

More than five million people in the United States currently suffer from abnormal heart rhythms, known as arrhythmias or irregular heartbeats. Atrial fibrillation is one of the most common arrhythmias, affecting about 2.6 million people in the United States. People with this condition are five to seven times more likely to have a stroke, and also may suffer from permanent damage to the heart, such as congestive heart failure and dilated heart chambers. A growing number of complex cardiac interventional procedures are driving the need for new technology that enables physicians to confidently treat areas of the heart previously unreachable or potentially unsafe with manual techniques.

About Robert Wood Johnson University Hospital

Robert Wood Johnson University Hospital (RWJUH) is a 600-bed academic medical center and the principal hospital of Robert Wood Johnson Medical School in New Brunswick, N.J.

RWJUH is an innovative leader in advancing state-of-the-art care. Its Centers of Excellence include cardiovascular care, from minimally invasive heart surgery to transplantation; cancer care; and women's and children's care, including The Bristol-Myers Squibb Children's Hospital (BMSCH) at RWJUH (www.bmsch.org).

The hospital is a Level I Trauma Center and serves as a national resource in its ground-breaking approaches to emergency preparedness.

RWJUH has earned significant national recognition for clinical quality and patient safety. It ranks among "America's Best Hospitals," according to U.S. News & World Report's 2012 survey; it is the sixth consecutive year that RWJUH has achieved this prestigious ranking. In 2012 and 2013, U.S. News &

World Report ranked BMSCH among the nation's "Best Children's Hospitals." The American College of Surgeons' (ACS) Commission on Cancer has rated RWJUH among the nation's best comprehensive cancer centers, and, in 2013, the Commission awarded to RWJUH its Outstanding Achievement Award, making RWJUH one of only two National Cancer Institute-designated cancer programs in the nation to achieve this honor. The Leapfrog Group rated RWJUH among the 50 exceptional U.S. hospitals, as published in Consumers Digest, and has given the hospital an "A" grade for safety and quality. Harvard University researchers, in a study commissioned by The Commonwealth Fund, identified RWJUH as one of the top 10 hospitals in the nation for clinical quality. RWJUH is a four-time recipient of the prestigious Magnet Award for Nursing Excellence, and in 2011 and 2012, RWJUH won the American Nurses Association's Outstanding Nursing Quality Award, making it the first academic medical center in the nation to receive the award two years in a row.

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Robert Wood Johnson University Hospital. One Robert Wood Johnson Place, New Brunswick, NJ, 08903 • (732) 828-3000
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