

News Release University Imaging

For Immediate Release

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DR. STEVEN FESTA EARNS CERTIFICATION IN CORONARY CTA TO DETECT HEART BLOCKAGES QUICKLY AND PAINLESSLY

UNIVERSITY IMAGING, WAYNE, NOVEMBER 1, 2010 – Steven Festa has always enjoyed the challenge of learning new things. It led him to become a doctor of radiology. It led him to University Imaging, Wayne's newest radiology center. And most recently, it led him to earn his certification in Cardiac CT Angiography.

Cardiac CT Angiography takes pictures of the heart and its arteries to help determine if there are blockages. If left untreated, these areas of build-up can lead to fatigue, shortness of breath, chest pain and even heart attack.

"In the past, the only way to make similar diagnoses was to perform a cardiac catheterization, an invasive procedure that requires a catheter, or small tube, to be threaded into the coronary arteries," Dr. Festa explains. "That procedure involved potential complications, a level of discomfort and more patient recovery time."

Cardiac CT Angiography is completely non-invasive and is performed in the brand new University Imaging offices on the front grounds of St. Joseph's Wayne Hospital. According to Dr. Charles I. Whang, University Imaging's medical director, "It is made possible by a new generation of low-radiation-dose CT scanners that produce high quality images of the coronary arteries within minutes."

"Technology moves so fast, you really have to keep up with it," said Dr. Festa, who earned his certification in Coronary CTA studying under Dr. David Dowe. Dr. Dowe is one of the nation's leaders in Coronary CTA and has been performing them for more than 16 years.

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People who stand to benefit from Coronary CTAs are those who have no symptoms of heart disease or chest pain but who are in a “high risk” category.

“Examples of high risk categories include people with a family history of heart disease, high cholesterol, hypertension, diabetes, and so on,” Dr. Festa said. “Patients should always consult their family doctor first.”

If testing detects any narrowing of the arteries, further testing may be required and lifestyle changes and possibly medication are discussed.

“Most radiology centers still don’t provide Coronary CTA, but University Imaging is committed to staying at the forefront of medical technology, which is one of the reasons I was attracted to it,” Festa said.

A third generation Passaic County resident, Steven Festa was born in Paterson and attended Don Bosco Technical School, taught by the Salesians of Don Bosco. He attended both college and medical school on a full academic scholarship, graduating Summa Cum Laude from Seton Hall in 1990 and, later, from the University of Medicine and Dentistry of New Jersey in 1994.

One of three boys in his family, he was inspired at a young age to become a doctor by his godfather, Dr. Hooshang Kipiani, a very well known area surgeon who was always “like family.”

After interning at Georgetown University Medical Center, Dr. Festa served for four years as a Radiology resident at University Hospital in Newark. He completed his fellowship in Vascular and Interventional Radiology at Cornell Weill Medical Center (now New York Presbyterian), which included time at Memorial Sloan Kettering Cancer Center.

Like all his colleagues at University Imaging, Festa has many years of experience. As part of Point View Radiology prior to University Imaging, he read radiology results for inpatients, outpatients and emergency room patients of St. Joseph’s Wayne Hospital and for outpatient imaging centers in Randolph and Morristown before that.

Festa was married in 1998 after meeting his wife, an endoscopy nurse, at University Hospital. The couple has two children, a son, 8 and a daughter, almost 3. When they are not reading radiology reports or assisting endoscopies, they enjoy spending time with their children, traveling, skiing in the winter and watching sports all year round.

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Steven Festa

It is the challenge of learning something new, of trying something different that has always motivated him. Keeping up with technology and life's challenges are what gives him the greatest sense of professional reward.

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