

GW Heart and Vascular Institute e-Newsletter: April 2023

A busy month of community service, research, and education

Hypertension Screening in the community



The students track the community participants progress in blood pressure control and are planning to expand community volunteer activities with many more GW medical students.

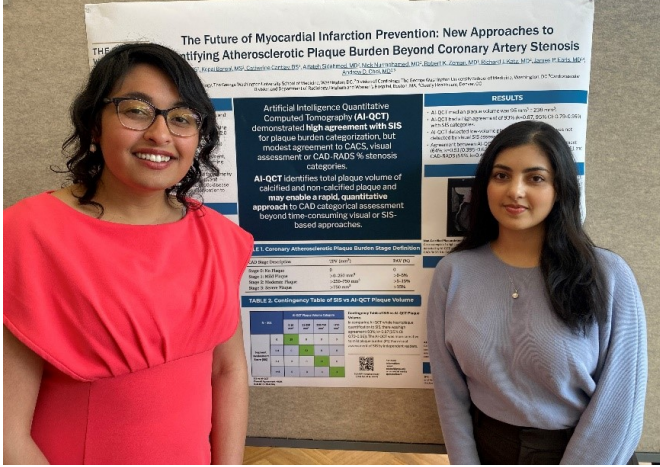


GW first year medical students, Jacob Hands, Brij Kathuria, and William Rienas, under the mentorship of Richard Katz, MD, Director of the GW Heart and Vascular Institute, partnered with the Rodham Institute with a series of community blood pressure screening events. So far this spring the students participated at the Kingdom of Care Senior Village on March 29 in Southeast, DC, and at the All Nations Worship Assembly: Triumph Fit on April 15 in Capitol Heights, MD.

These are just the first of many screening events the students plan to attend. The GW team provides local residents free blood pressure devices and education on blood pressure measurement technique, blood pressure goals, self-tracking blood pressure skills, BP treatments, lifestyle modification techniques, and how to interact with his/her medical team.

GW Student Research Day: April 26

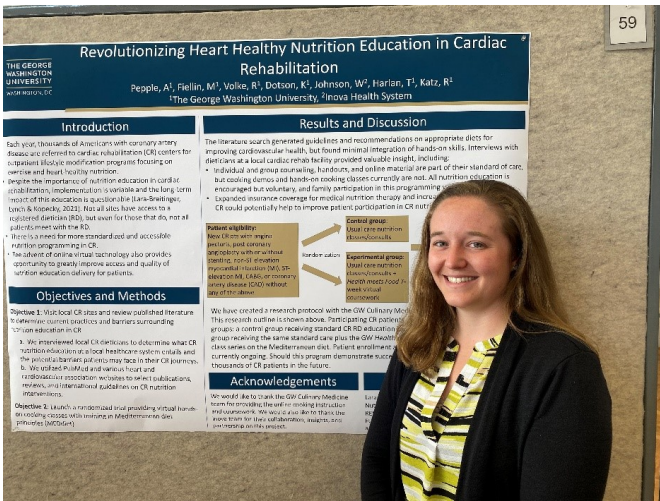
**The Future of Myocardial
Infarction Prevention: New
Approaches to Quantifying
Atherosclerotic Plaque Burden
Beyond Coronary Artery
Stenosis**



Hufsa Khan, Kopal Bansal, Catherine Cantlay, Alfateh Sidahmed, Nick Nurmohamed, Robert K. Zeman, **Richard J. Katz**, James P. Earls, **Andrew Choi**

Artificial intelligence guided quantitative computed tomography (AI-QCT) provides a more sensitive, and standardized approach to categorizing atherosclerotic disease burden. By quantitating atherosclerotic burden,

not just stenosis severity, this innovative imaging approach, can activate early and intensive preventive care intervention to reduce the incidence of acute cardiac events.



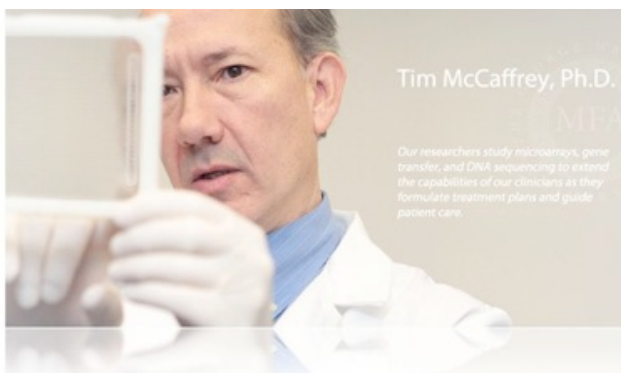
Revolutionizing Heart Healthy Nutrition Education in Cardiac Rehabilitation

Ashley Pepple, Maya Fiellin, Kerri Dotson, Rachael Volke, Wendy Johnson, Tim Harlan, **Richard Katz**

Patients with coronary artery disease are referred to cardiac rehabilitation centers for outpatient lifestyle modification programs focusing on exercise and heart-healthy nutrition. However, current

nutrition education in cardiac rehabilitation provides only limited access to dietitians with modest impact. In conjunction with the GW Culinary Medicine Center and the ANOVA cardiac rehab sites, we have designed and launched an in-depth virtual hands-on online virtual cooking class series to greatly improve access and quality of nutrition education delivery for patients.

GW Cardiac Genomics Team publishes their groundbreaking work on new genetic markers of coronary artery disease



Tim McCaffrey, PhD, Professor of Medicine, Director, Division of Genomic Medicine, Board member of the GW Heart and Vascular Institute was the lead author on the publication:

RNASeq Profiling of Blood From Patients with Coronary Artery Disease: Signature of a T-Cell

Imbalance. **Timothy McCaffrey**, Ian Toma, Zhaoqing Yand, **Richard Katz**, **Jonathan Reiner**, **Ramesh Mazhari** et al. Journal of Molecular and Cellular Cardiology Plus

Genomic technology is one of the main tools for identifying disease mechanisms. Dr. McCaffrey's lab is exploiting the most advanced DNA and RNA sequencing platforms to provide unprecedented views of the changes in gene expression in blood during various disease states. This study evaluated the blood of patients presenting with chest pain identifying new genetic markers associated with coronary artery disease.

Understein Memorial lecture- April 24, 2023

Pharmacoequity: Equitable Access to Atrial Fibrillation Treatment

The Understein Memorial lecture was established by the family of Jack Understein in 1976 in gratitude of the cardiology care provided at George Washington University. Mr. Understein was a Certified Public Accountant in Washington DC. A Washington native, Mr. Understein served on the boards of directors of the Hebrew Home of Greater Washington, the Sickle Cell Anemia Institute, the advisory board of Century National Bank, and the finance committee of the Corcoran Gallery. He also served as a financial advisor to the presidential campaign of Senator Edmund Muskie.

A special thanks to Norman Understein, son of Jack Understein, who attends these annual lectures and continues to support the GW Heart and Vascular Institute.



This year's speaker was Utibe Essien, MD, MPH, Assistant Professor, and Associate Vice Chair of Equity, Diversity, and Inclusion in the Department of Medicine at UCLA. He is a health disparities researcher at the VA Center for the Study of Healthcare Innovation, Implementation, and Policy focusing on racial and ethnic disparities in the use of novel medications and technologies, especially for treating heart diseases. In 2021, he coined the term "pharmacoequity" to describe the goal of ensuring that everyone, regardless of race or social class, has access to life-saving medicines. He has been awarded over \$1 million in grants and national recognition including a 2019 National Minority Quality Forum 40 under 40 Leaders in Minority Health Award, a 2020 "30 Leaders under 40 Transforming Healthcare" by Business Insider, and the AAMC Herbert W. Nickens Award in 2021.

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