

GW Heart and Vascular Institute e-Newsletter: January 2023

Gurusher Panjrath appointed Associate Director of the GW Heart and Vascular Institute

Gurusher Panjrath, Professor of Medicine, has been appointed as the Associate Director of the GW Heart and Vascular Institute. Dr. Panjrath is a board-certified advanced heart failure and transplantation cardiologist. He serves as Director of Heart Failure and Mechanical Circulatory Support Program at George Washington University Hospital and Director of Infiltrative Cardiomyopathy Center. Dr. Panjrath set up a comprehensive heart failure program and championed innovative strategies involving mobile health, food security and community navigators to improve care and nutrition of an underserved, economically disadvantaged population in Washington DC. These efforts have led reduced hospital readmissions. He is immediate past chair of the American College of Cardiology Heart Failure and Transplant section helping create an international working group on heart failure. He has served on multiple committees of the American College of Cardiology and the Heart Failure Society of America contributing to the national guidelines on the diagnosis and treatment of heart failure. He is on the editorial board of prominent heart journals, served as co-editor of the nationally recognized Heart Failure Self - Assessment Program (HFSAP) and is a contributor to the ABIM/ACC Collaborative Maintenance Pathway (CMP) product. At the hospital and medical school, he has served on quality improvement committees, readmission committees, diversity, equity and inclusion committee and is the cardiovascular section lead for preclinical medical student education. Dr. Panjrath's commitment to medical education, research, and community service makes him an ideal addition to the GW Heart and Vascular Institute.

Drs. Richard Katz and Tim Harlan Launch a Study to Revolutionize Cardiac Rehabilitation Nutrition Education



Dr. Richard Katz



Dr. Tim Harlan

Cardiac rehabilitation is a long-standing nation-wide activity for patients with coronary artery disease, especially after recovering from a heart attack, coronary artery stenting, or coronary artery bypass surgery. Traditional Cardiac Rehab comprises supervised exercise sessions 3 times a week over 10 weeks. Included in the Cardiac Rehab experience is education about a heart-healthy diet, however, even at sites with an on-site registered dietician, the nutrition information often is minimal with little long-term impact. This month Drs. Richard Katz in GW Cardiology and Tim Harlan, Director of the GW Culinary Medicine program, are launching an innovative randomized trial at 4 cardiac rehab sites in the Inova Hospital system comparing usual Cardiac Rehab nutrition education versus usual dietician education plus Dr. Harlan's established cooking classes focusing on the Mediterranean diet. This program comprises a series of 7 once a week 2 ½ hour virtual, on-line, hands-on classes emphasizing cooking skills and incorporation of vegetables, legumes, fruits and nuts, cereal and whole grains, fish, oils and fats, and dairy into daily meals. Already licensed at many sites nationally, Dr. Harlan's Culinary Medicine program has the potential to supplement Cardiac Rehab programs across the USA.

2023: Looking forward to another year of GW Heart and Vascular Institute Programs

Thank you to the over 100 grateful patients and the regional GW community individuals who contributed to our end of the year GW Heart and Vascular Institute fund raising. This will enable us to commit to another year of diverse educational, research and community service activities.

The HVI Heart-Healthy Recipe of the Month: Pan-Seared Fish with Citrus Pesto

Ingredients: 4 to 6

For the Pesto

- ½ cup toasted pistachios or slivered almonds
- 2 teaspoons drained and rinsed capers
- Kosher salt
- 2 cups mint or basil leaves (or a combination)
- 1 tablespoon lemon, tangerine or grapefruit zest plus 3 tablespoons juice
- ⅓ cup extra-virgin olive oil, plus more as needed

For the Fish

- 4 (6-ounce) fish fillets, such as arctic char, striped bass or salmon, skin on or off
- Salt
- Extra-virgin olive oil, for greasing

Preparation:

To make the pesto, add the pistachios, capers and 1 teaspoon salt to a food processor and process until coarsely chopped. Add the herbs, citrus juice and a pinch of salt and pulse until the herbs are finely chopped and the nuts are about the size of sesame seeds. Add the olive oil and pulse just until combined. Stir in 1 teaspoon of citrus zest. Taste, then continue to add more zest and salt until the pesto is citrusy and punchy. Thin with 2 to 3 more tablespoons of olive oil until it's the consistency of a loose paste. Taste, and adjust seasonings as needed.

To make the fish, season it all over with salt and oil. Working in batches if necessary, add the fish (skin-side down, if your fillets are skin-on) to a large (12-inch) nonstick skillet, then heat over medium. Cook until the flesh is opaque $\frac{3}{4}$ of the way up the sides, 6 to 12 minutes, depending on the thickness of the fish. If the fish is buckling, press it down with a spatula so it makes contact with the skillet. Flip and cook until cooked through, 1 to 2 minutes. Transfer to plates, skin-side up if serving skin-on fish, and eat with a spoonful of pesto.

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