

GW Heart and Vascular Institute e-Newsletter: March 2023

March 30th is National Doctor's Day!
Help the GW Heart and Vascular
Institute Celebrate Your Doctor

Donate Here to Support your
Doctor

2023 Jacob Varghese Cardiology Grand Rounds



Drs. Gurusher Panjrath, Jacob Varghese, Jared Butler,
Marco Mercader

On March 22, 2023 the GW Heart and Vascular Institute sponsored the annual Jacob Varghese Cardiology Visiting Professor Grand Rounds organized by Drs. Marco Mercader and Gurusher Panjrath. This year's speaker was Jared Butler, MD President of the Baylor Scott and White Research Institute, Dallas Texas. Dr. Butler presented "Implementation of Evidence-Based Medicine" with a focus on chronic care management of heart failure. Attending the lecture, in person as well as virtually, were several former GW Cardiology fellows across the globe from Jordan to Hawaii and several USA cities in between.

GW Cardiologists Co-Author Major National Research

Dr. Mardi Gombert was a co-author on a ground breaking new treatment for pulmonary hypertension published in the New England Journal of Medicine

Phase 3 Trial of Sotatercept for Treatment of Pulmonary Arterial Hypertension

Marius M, Hoeper, David Badesch, Ardeschir Ghofrani, J Simon Gibbs, Mardi Gombert Maitland, et. al. for the STELLAR Trial Investigators. **New England Journal of Medicine** March 6, 2023

Drs. Andrew Choi and Andrew Bradley, along with GW medical students and research staff, published a lead article on the new role of AI-quantitative coronary artery CT to detect and assess the severity of coronary artery disease.

Atherosclerosis Imaging Quantitative Computer Tomography (AI-QCT) to guide referral to invasive coronary angiography in the randomized controlled CONSERVE

**GW Cardiologists Present 18 Research and Heart Disease Updates
at the Annual Scientific Sessions of the American College of Cardiology,
New Orleans, March 3-5th**



Drs. Mardi Gomberg and Andrew Choi at the ACC meeting

Abstracts/Case Presentations:

Acute Coronary Occlusion due to Granulomatosis with polyangiitis in a young adult. Malik Ghawanmeh, **Andrew Bradley**, **Ramesh Mazhari**

AI-QCT Demonstrates Superior Accuracy For The Diagnosis Of Obstructive Cad By Qca Standard Compared To Core Lab CCTA Interpretation. Nick Nurmohamed, Ruurt Jukema, Roel Driessen, Michiel Born, Ruben Willem De Winter, Raif Sprengers, Alexander Na^p, Alfateh Sidahmed, James Min, James Earls, **Andrew Choi**, Paul Knaapen, Ibrahim Damad

High Diagnostic Accuracy Of Ai-Ischemia In Comparison To PET, FFR-CT, SPECT and Invasive FFR: PACIFIC SUB-STUDY. Nick Nurmohamed, Ibrahim Damad, Ruurt Jukema, Roel Driessen, Michiel Born, Ruben Willem De Winter, Raif Sprengers, Alexander Nap, **Richard Katz**, Catherine Cantlay, Juhani Knuuti, James Min, James Earls, **Andrew Choi**, Paul Knaapen.

Quantitative Plaque Staging System Predicts Long-Term Cardiovascular Outcomes In Patients At Risk For Atherosclerotic Cardiovascular Disease. Nick Nurmohamed, Michiel Born, Ruurt Jukema, Roel Driessen, Michiel Born, Pepijn Van Diemen, Raif Sprengers, James Min, James Earls, Ibrahim Danad, **Andrew Choi**, Paul Knaapen.

Cardiac Tamponade as Initial Presentation in a Patient With Primary Cardiac Leiomyosarcoma. Tatiana Busu, **Andrew Bradley**, Mohammad Shirazi, Shaitalya Vellanki, Mustafa Hammudi, **Allen Solomon**, Robert Zeman, **Andrew D. Choi**

Inflamed to the Brink and Back: Non- Atherosclerotic STEMI from Ostial Left Main Disease in a 25-Year-Old Woman. Sowmya N. Swamy, Tatiana Busu, **Christian Nagy**, Robert Zeman, Esmā Akin, **Andrew Choi**

A rare case of constrictive pericarditis in the setting of esophageal ulcer. Shaitalya Vellanki, Jennifer Makoul, Mohammed Shirazi, **Andrew Bradley**

A Case of Arrhythmogenic Left Ventricular cardiomyopathy. Jessica Y. Huang, Sowmya N. Swamy, Ian R. Barrows, Jeffery S. Turley, **Cynthia Tracy**

Defibrillator Lead dislodgment post-CPR – The shocking or unshocking complication. Dorys Chavez, Shaitalya Vellanki, Arnaldo Rivera, Aaron Richardson, **Cynthia Tracy**

Scientific ACC Presentations and Session Moderators

Cardiovascular Point of Care Ultrasound (Echo): Current value and vision for the future use. Presentation and on-line publication of the American College of Cardiology Innovation Section. Partho Sengupta, Efstathia Andrikopoulou, **Andrew Choi**, et al.

“*Shocking Research about Cardiogenic Shock*” **Invited Panelists - Gurusher Panjrath, Steven Hsu**

“*Highlighted original research: Pulmonary Vascular Disease and the year in Review.*” **Co-Chair – Mardi Gomberg-Maitland**

“*Navigating Complex Clinical Scenarios in Pulmonary Arterial Hypertension – A ‘March Matchup’ session*”. **Invited Presenter and Panelist - Mardi Gomberg-Maitland**

“*Critical Care for PAH: Between a Rock and a Hard Place*” **Co-Chair – Mardi Gomberg-Maitland**

Can coronary imaging move the needle away from the artery? CT-FFR: Ready for Prime Time? **Presenter Andrew Choi**

Go with the Flow: Multimodality Imaging of Blood Movement. **Session moderator – Andrew Choi**

“*Putting it all together – Review of the 2019 ACC/AHA Focused Update on Management of Atrial Fibrillation*”. **Panelist - Cynthia Tracy**

The HVI Heart-Healthy Recipe of the Month: Lemony Orzo with Asparagus and Garlic Bread Crumbs

Ingredients: Yield: 4 servings

- Kosher salt and black pepper
- 1½ cup orzo
- 1 pound asparagus, trimmed and thinly sliced on a diagonal (about ¼-inch thick)
- 5 tablespoons extra-virgin olive oil
- 1 teaspoon lemon zest plus 3 tablespoons lemon juice, plus more as needed (from about 1 large lemon)
- ½ cup panko or homemade bread crumbs
- 1 small garlic clove, finely grated
- ¼ cup finely grated Parmesan, plus more for serving
- ½ cup fresh dill, mint or parsley leaves (or any combination), torn if large



Preparation:

Step 1: Bring a medium pot of salted water to a boil. Add the orzo and cook until al dente (about 7 minutes). Two minutes before the orzo is done, add the asparagus. Drain the orzo and asparagus. Wipe out and reserve the pot.

Step 2: While the orzo and asparagus cook, make the dressing: In a large bowl, stir

together 3 tablespoons oil and the lemon zest and juice; season to taste with salt and pepper. Add the drained orzo and asparagus and toss to coat. Set aside while you toast the bread crumbs.

Step 3: In the reserved pot, heat the remaining 2 tablespoons oil over medium. Add the panko and cook, stirring, until golden brown, 3 to 5 minutes. Remove from heat, then stir in the garlic and season with salt and pepper.

Step 4: Stir the Parmesan and herbs into the orzo, taste, then season with salt, pepper and additional lemon juice, if desired. Top with the toasted bread crumbs and more Parmesan if you like. Serve warm or at room temperature.

Support the GW Heart & Vascular Institute!

[DONATE NOW](#)

GW Heart & Vascular Institute | 2150 Pennsylvania Ave., NW 4th Floor | Washington, DC
20037 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!