

GW Heart and Vascular Institute e-Newsletter: November 2022

2022 Annual Mid-Atlantic Chapters of the American College of Cardiology (ACC) meeting

On Saturday 11/19, GW cardiology fellows attended the 2022 FIT (Fellows in Training) Forum. This program focused on non-clinical competencies not taught in fellowship; including career path options, social media best practices, and finances. In addition, Our GW cardiology 3rd year fellows Ian Barrows, Pedro Covas, and 1st year fellow Malik Ghawanmeh competed in the ACC Jeopardy contest. On Sunday 11/20 there were a series of clinical lectures with **Dr. Mardi Gomberg** providing an Update on Pulmonary Hypertension.

A special addition to this educational program was participation of 4 British cardiology trainees sent to this meeting in celebration of the 100th anniversary of the founding of the British Heart Association. These young British physicians also visited the GW campus meeting with the GW fellows exchanging challenging cases and learning about GW's advanced cardiac imaging testing procedures from **Drs. Andrew Choi and Andrew Bradley**.

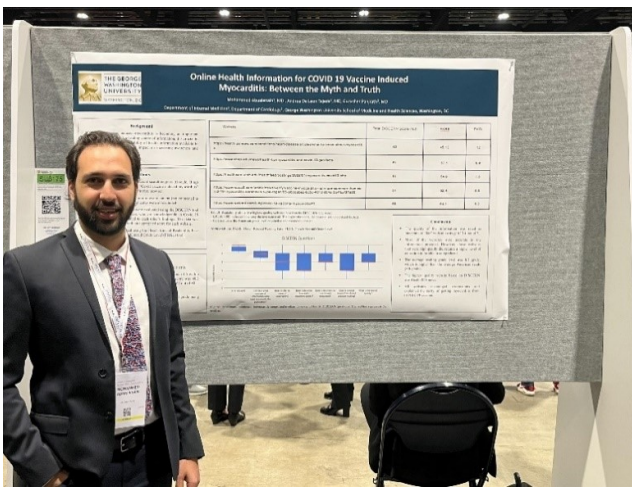


GW Faculty, Fellows and Residents presented 13 posters, oral presentations, and lectures



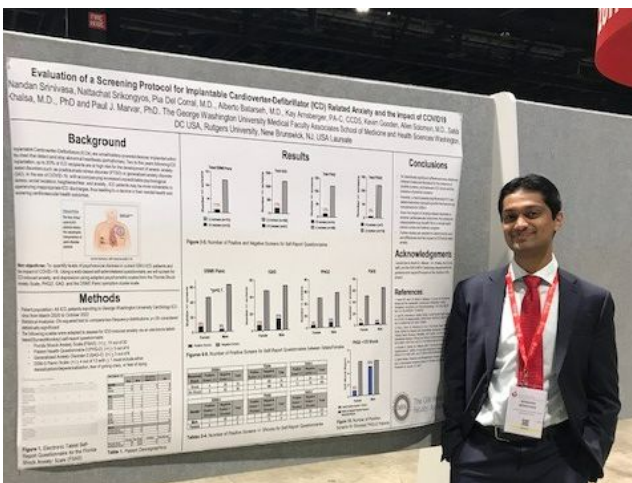
GW Division Director, **Cynthia Tracy** was an invited speaker presenting 2 talks: *“Being a Woman Electrophysiologist- Work Life Harmony”* and *“No Lead, No Problem: Advances in Leadless Pacing and Defibrillation”* In addition she was a moderator on a panel *“Early Career Electrophysiology.”*

GW American Heart Association Abstracts:



Online Health Information for COVID 19 Vaccine Induced Myocarditis: Between the Myth and Truth.

Mohammed Abualenain, Andrea De Leon Tejada, Gurusher Panjra.



Evaluation of a screening protocol for implantable ICD: related to anxiety and the impact of COVID 19.

Nandan Srinivasan, Pia Del Corral, Kay Arnsberger, Kevin Gooden, Allen Solomon, Paul Marvar.

Symptoms and Outcomes are Not Related to Regurgitant Severity in Guideline Directed Mitral Valve Surgery by Cardiac MRI: Uretsky S, Biederman RW, Han Y, Jacob RM, Choi AD, et al.

High-Risk Low Density Non-Calcified Plaque Morphology by Artificial Intelligence : Malkasian S, Crabtree T, Molloy S, Marques H, Min JK, Chang HJ, Choi AD, Earls JP.

Early Atherosclerosis on Coronary CT Angiography: Insights from Artificial Intelligence Enabled Quantitative CT Analysis of Serial Scans: PARADIGM Trial:

Cordoso R, Min JK, **Choi AD**, Earls J, Blankstein R.

A migrated external iliac stent-To relieve or not to relieve? S Vellanki, P Shenoy
Open-heart surgery leading to an unexpected disease: A rare case of disseminated mycobacterium chimera. S Vellanki, M Lee.

Spontaneous hemopericardium after rivaroxaban. Shaadia Narwal, Haneen Ismail, Jannet Lewis.

DCPtfv1 Size is Associated with Development of Atrial Fibrillation in an Obstructive Sleep Apnea Cohort. Zachary Falk, Omowunmi Adedeji, Maximillian Lee, **Marco Mercader.**

Bodyweight Changes and the Incidence of Atrial Fibrillation in Individuals with Obstructive Sleep Apnea. Jeffery Turley, Nicolette Friedman, N. Maritza Dowling, Ian Barrows, Nicolette Friedman. Zachary Falk, Dorys Melendez, Vivek Jain, **Marco Mercader.**

2022 Heart Failure Society of America Annual Meeting: Washington, DC 9/30-10/3

Structural Valve Dysfunction As An Atypical Presentation Of Cardiac Sarcoidosis: Elizabeth Evans, Hina Patel, Dorys Chavez, **Gurusher Panjrath.**

The GW Heart and Vascular Institute and Blood Pressure Screening at 2022 V InterAmerican Congress On Heart Failure and Pulmonary Hypertension, Buenos Aires, Argentina (CIFACAH), 11/10/2022

Joint Session ACC/SIAC/FASC/SAC: Seeking better strategies in chronic heart failure: from diagnosis to treatment. **The Better Strategies to Optimize Treatment in HFrEF.** **Gurusher Panjrath.**

The HVI Heart-Healthy Recipe of the Month: Turkey Barley Soup

Ingredients: 4 to 6 servings

- 3 tablespoons unsalted butter or extra-virgin olive oil
- 2 medium carrots, peeled and sliced into ½-inch coins
- 2 celery stalks, thinly sliced
- 1 medium yellow onion, finely diced
- 3 garlic cloves, minced or finely grated
- 2 teaspoons finely chopped fresh sage leaves



- 2 teaspoons fine salt, plus more as needed
- ½ teaspoon freshly ground black pepper, plus more as needed
- ¼ teaspoon freshly grated nutmeg
- Pinch of cayenne
- 4 thyme sprigs
- 4 parsley sprigs, plus 1 cup coarsely chopped parsley leaves and tender stems, plus more for garnish
- 1 bay leaf
- 2 quarts turkey or chicken stock, preferably homemade
- ¾ cup pearled barley
- 2 to 3 cups shredded or chopped leftover turkey
- 1 lemon, halved

PREPARATION

Step 1: In a large soup pot over medium-high, melt butter, or heat the oil until shimmering. Add carrot, celery and onion, and cook, stirring occasionally, until lightly browned at the edges, 7 to 10 minutes. Stir in garlic and sage, and sauté for a minute, until fragrant. Stir in salt, pepper, nutmeg and cayenne.

Step 2: Add the thyme and parsley sprigs and the bay leaf to the pot.

Step 3: Add stock and barley and bring to a boil. Reduce to a simmer and cook until barley is almost done, about 30 minutes. Add turkey and cook until barley is tender, about 10 to 15 minutes longer.

Step 4: Remove from heat and remove the herbs. Squeeze the juice from half a lemon into the soup, and stir in chopped parsley. Taste and add more salt, pepper and lemon juice, if you like. Cut the remaining lemon half into wedges. Garnish soup with more parsley, and serve with lemon wedges.

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