

## GW Heart and Vascular Institute e-Newsletter: November 2024

### Education

**GW HVI supports DMV wide fellows education program on prevention and nutrition- a critical and emerging area. This was in partnership with Washington DC Chapter of American College of Cardiology**

GW HVI supported a new and recurring program lead by Dr. Richard Katz (past director of HVI) in partnership with Dr. Timothy Harlan and Washington DC Chapter of ACC. This program aims to provide DMV wide cardiology trainees with a four part series of heart healthy cooking classes in the GW SEVA Kitchen 1810 K street NW, DC. The first two classes started in October and will be followed by two additional classes this winter. The class accommodates up to sixteen trainees from four cardiovascular fellowship training programs cooking in each session. The goal is to expand this to a broader network of trainees and serve as a pilot for others around the country. Based on the success, it will be expanded to include cardiologists as well as cardiovascular advanced practice providers.



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### GW HVI Supports Development of Online and In-person Resources to Foster Healthy Lifestyle Change

The chronic diseases of hypertension, hyperlipidemia, cardiovascular disease, atrial fibrillation and heart failure are caused, and exacerbated, by an unhealthy lifestyle. In the past decades, cardiovascular disease prevention and treatment have provided limited emphasis and resources for patients to understand and address lifestyle changes that can impact cardiovascular health. In order to

make meaningful lifestyle changes, people need three things: 1) the *knowledge* of what change would most positively impact their particular health situation, 2) *motivation* and the right attitude to change, and 3) the *practical knowledge* of how to go from where they are to where then need to be.

**Lifestyle Medicine** is a growing field that provides patients practical behavioral information that allows patients to favorably impact cardiovascular disease. During the 2023-2024 academic year the GW Heart and Vascular Institute was pleased to support Brad B Moore, MD, MPH, FACP, Director of the growing GW Lifestyle Medicine program. Dr. Moore has led a team of GW medical and public health students in developing online resources and offering in-person consultations to support members of the community seeking to increase physical activity, improve sleep, decrease tobacco and alcohol use and improve their diet, factors which contribute to, and exacerbate, a range of chronic cardiovascular diseases. The product of this work can be accessed at: <https://gwdocs.com/specialties/lifestyle-medicine>

Phase one of this project, which is now complete, focused on the practical tools needed to make change in the areas of physical activity, sleep, diet and limiting harmful substances. Phase two, which is ongoing, will develop additional online information connecting hypertension, hyperlipidemia, ASCVD, atrial fibrillation and heart failure with the specific lifestyle behaviors the evidence shows improves outcomes.

## Cardiology Events

GW Heart and Vascular Institute hosted **Dr. Michael Salerno, Professor of Medicine and Radiology at Stanford University** as cardiac imaging Visiting Professor to discuss updates in cardiac MRI imaging through quantitative mapping techniques. These approaches, also part of the approach to heart failure at GW through Radiology collaboration with Dr. Zeman, allow for precise identification of heart function disorders. Dr. Salerno met with the fellows for mentoring advice and faculty including Drs. Bradley and Andrew Choi to exchange ideas and best practices.



From Left to Right: Dr. Andrew Bradley (GW faculty), Dr. Roy Taoutel (GW fellow), Dr. Michael Salerno (Visiting Professor), Dr. Andrew Choi (GW faculty), Dr. Max Eggers (GW fellow), Dr. Malik Ghawanmeh (GW fellow), Dr Fotios Gkargkoulas (GW fellow), Dr. Ashley Govi (GW fellow)



Dr. Maitland-Gomberg and Good Morning Washington Co-Host Kid O'Shea

In honor of Pulmonary Hypertension Awareness Month, Dr. Gomberg-Maitland was featured on ***Good Morning Washington*** to discuss pulmonary hypertension (PH). Dr. Gomberg-Maitland explained how PH is diagnosed and treated and why it is important to be seen at a PHA-accredited comprehensive care center.

## Community Service

### GW HVI supports annual Honduras Mission

Over the past twelve years, GW Brigade continues to provide life-saving pacemakers and defibrillators to patients with limited access to healthcare at Centro Medico Comayagua Colonial, Comayagua, Honduras. The team has successfully implanted a total of 475 devices, including 313 pacemakers and 110 defibrillators. In just two weeks, our team contributes half of Honduras' annual need for these critical devices. This year, the GW brigade under leadership of Drs. Cynthia Tracy and Dr. Marco Mercader continued their remarkable work, implanting 52 devices over the course of 2 weeks. They also performed 250 evaluations, including 94 echocardiograms, device interrogations, and consultations. Team members included Maria Fernanda (Engineer), internal medicine resident- Dr. Andrew Steven Baez Rivera, Cardiology Fellow- Dr. Dorys Chavez and GW Staff: Elias Sevilla, Fernando Najera



Drs. Mercader and Tracy and team during the 2024 Honduras Mission

## Publications

Jaatinen K, Shah P, Mazhari R, Hayden Z, Wargowsky R, Jepson T, Toma I, Perkins J, McCaffrey TA. RNAseq of INOCA patients identifies innate, invariant, and acquired immune changes: potential autoimmune microvascular dysfunction. *Front Cardiovasc Med.* 2024 Jun 24;11:1385457. doi:

Cheng Y, Poon AN, Ling Y, Wu WC, Ahmed A, Vasaitis TS, Panjrath G, Edberg M, Gomberg-Maitland M, Yin Y, Nelson SJ, Zeng-Treitler Q. Heart Failure Among Asian American Subpopulations. *JAMA Netw Open.* 2024 Sep 3;7(9):e2435672. doi: 10.1001/jamanetworkopen.2024.35672. PMID: 39325451; PMCID: PMC11428018.

Ghofrani HA, Gomberg-Maitland M, Zhao L, Grimminger F. Mechanisms and treatment of pulmonary arterial hypertension. *Nat Rev Cardiol.* 2024 Aug 7. doi: 10.1038/s41569-024-01064-4. Epub ahead of print. PMID: 39112561.

Fauvel C, Gomberg-Maitland M, Benza RL. Risk Stratification in Pulmonary Hypertension: We Need to "GoDeeper"! *Chest.* 2024 Sep;166(3):420-422. doi: 10.1016/j.chest.2024.05.020. PMID: 39260943.

Nurmohamed NS, Gaillard EL, Malkasian S, de Groot RJ, Ibrahim S, Bom MJ, Kaiser Y, Earls JP, Min JK, Kroon J, Planken RN, Danad I, van Rosendael AR, Choi AD, Stroes ESG, Knaapen P. Lipoprotein(a) and Long-Term Plaque Progression, Low-Density Plaque, and Pericoronary Inflammation. *JAMA Cardiol.* 2024 Sep 1;9(9):826-834. doi:

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