

GW Heart and Vascular Institute e-Newsletter: October 2022

GW Cardiology Fellows Educate Young Scholars How to "Image the Live Beating Heart in the Palm of your Hand"

As part of the **American College of Cardiology (ACC)** Camp Cardiac Program at ACC's Heart House in Washington, DC, GW cardiology fellows **Rachel Volke MD, Mohammed Shirazi MD, Ulweena Singh MD and Malik Ghawanmeh MD** with faculty **Andrew Choi MD** taught over 140 young scholars "*Imaging the live beating heart in the palm of your hand*" through **handheld echocardiography**. This was done in conjunction with world-renown cardiovascular pathologist **Dr. Renu Virmani** with talks on prevention and heart healthy habits. The GW Heart and Vascular was proud to support **ACC's Young Scholars Program** that aims to inspire talented high school and college student from diverse and underrepresented backgrounds from across the United States to careers in cardiovascular medicine.





GW Faculty National and International Academic Activities



Dr. Gurusher Panjra

Dr. Gurusher Panjra, was elected by the Washington DC cardiologists as the incoming Governor Elect for American College of Cardiology DC chapter. He will serve a 2 year term representing DC cardiologists nationally and locally advancing and coordinating the ACC's educational, research and community programs. He also served as the 2022 Chair of the ACC Heart House Round Table on "Heart Failure with Preserved Ejection Fraction."

In addition, this month Dr. Panjra was an invited speaker at the American College of Cardiology Middle/East Emirates Cardiac Society Congress in Dubai. He was Chair of the *Highlights of the 2022 ACC/AHA/HFSA Guidelines For Management of Heart Failure*, and the *Heart Failure with Preserved Ejection Fraction Sessions*. He also presented 4 lectures: *Challenging Clinical Cases in Heart Failure*, *Orchestration of Heart Failure Management Beyond Medical Therapy*, *Decision Making on Next Steps*, *Overcoming Diuretic Resistance (Vasopressors, Inotropes, or Hardware?)*, and *Identifying Advanced Heart Failure Patients*.

Dr. Mardi Gomberg

Dr. Gomberg was an invited speaker at the October annual meeting of the American College of Chest Physicians. She was a participant on a 3-physician panel called "Pardon the Interruption: Controversies in Pulmonary Hypertension. This discussion was a 1-2 min answer modeled after the ESPN Pardon the Interruption. Final question was to write a Haiku on Pulmonary Embolus. Dr. Gomberg was declared the winner of this contest. Dr. Gomberg also was a coauthor on *Contemporary risk scores predict clinical worsening*

Dr. Ramesh Mazhari

This month Dr. Mazhari, Interventional cardiologist and Director of the GW Coronary Care Unit attended the *Primary Unloading Delayed Perfusion in ST elevation Myocardial Infarction Study* investigator meeting in Orlando, FL. Dr. Mazhari is a coinvestigator for this multicenter trial which is evaluating an important new approach to treat patients with large heart attacks.

GW and the Textile Museum Korean Fashion Exhibit Tour Hosted by the GW Heart and Vascular Institute

On Saturday 10/29 fifty GW patients, families and friends toured the new GW Museum and the Textile the Museum Exhibit: Korean Fashion-From Royal Court to Runway. Dr. Richard Katz updated the visitors about the recent and current Heart Institute projects followed by a docent led tour.



The GW Heart and Vascular Institute and Blood Pressure Screening at the Clinton Baptist Church

The GW Heart and Vascular Institute partnered with the Rodham Institute Sunday 10/30/2022 The Rodham Institute provided Breast Cancer Mammogram screening and the GW Heart and Vascular Institute provided free blood pressure devices to congregants with hypertension.

THE CLINTON BAPTIST CHURCH



The HVI Heart-Healthy Recipe of the Month: One-Pan Shrimp Scampi With Crispy Gnocchi

Ingredients: 3 to 4 servings

- 3 tablespoons extra-virgin olive oil, plus more for serving
- 1 pound gnocchi (fresh, frozen or shelf-stable)
- 2 tablespoons unsalted butter
- 4 garlic cloves, finely grated or minced
- ½ cup dry white wine (or clam juice, or broth)
- Kosher salt and freshly ground black pepper
- ⅛ teaspoon red-pepper flakes, plus more for serving
- 1 pound large or extra-large shrimp, shelled and deveined
- 1 lemon
- ½ cup chopped parsley



Preparation:

Step 1: In a large, preferably nonstick skillet, heat 2 tablespoons oil over medium-high. Add gnocchi to the pan, breaking up any that are stuck together. Cook for 10 to 12 minutes, tossing every 1 to 2 minutes, so they get golden and crispy all over. Transfer to a bowl or plate.

Step 2: In the same skillet over medium-high, add remaining 1 tablespoon oil and all of the butter, letting it melt for a few seconds. Add garlic and sauté until fragrant, 30 seconds to 1 minute. Add wine, ½ teaspoon salt, ¼ teaspoon black pepper and all of the red-pepper flakes. Bring to a simmer, and let the wine reduce by half, about 2 minutes.

Step 3: Add shrimp and sauté until they just start to turn pink, 2 to 3 minutes, depending on their size.

Step 4: Return gnocchi to the pan and add another ¼ teaspoon salt. Using a Microplane or other fine grater, grate the zest from the lemon into the pan. Add parsley, tossing well. If the pan looks dry, add a splash of water, 1 tablespoon at a time, tossing to combine, then remove pan from the heat.

Step 5: Cut the naked lemon in two and squeeze in the juice from one half, gently tossing to combine. Cut the remaining lemon half into wedges for serving.

Step 6: Top with more olive oil and more red-pepper flakes, if you'd like, and serve with lemon wedges on the side.

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20037 US

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