

GW Heart and Vascular Institute e-Newsletter: September 2022

Lifestyle Medicine Program Launches at GW

This month the GW Heart and Vascular Institute has established a collaboration with the new GW Lifestyle Medicine Curriculum led by **Dr. Brad Moore**, Associate Professor of Medicine and Healthcare Policy. Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease. This program has a major overlap with both primary and secondary prevention of cardiac disease. The Heart and Vascular Institute will help support and grow the Lifestyle Medicine activities at GW, develop on-line Lifestyle Medicine resources for learners, patients and community members, utilize our Heart Institute nutritionist Kelli Metzger, and expand our relationships with Food and Friends and DC Greens.



Dr. Brad Moore (second from left first row) launching the Lifestyle Resident Medical Curriculum Program

6th Annual GW Cardiovascular Medicine Symposium

The GW Cardiology Division, with support from the GW Heart and Vascular Institute, held an all day educational conference on 9/24/22. Organized by GW Cardiologists **Drs. Marco**

Mercader, Ramesh Mazhari, and Andrew Choi, the symposium provided updates in prevention, diagnosis, and management of cardiovascular disease. Sessions included: Heart Failure and Pulmonary Hypertension (**Drs. Panjra, Gomberg, Bradley, and Katz**), Cardiac arrhythmias (**Drs. Mercader, Tracy, and Solomon**), Interventional and Structural Heart Disease (**Drs. Mazhari, Reiner, Nagy, Najam and A. Choi**), and Cardiovascular Prevention and Innovation (**Drs A. Choi, B. Choi, Lewis, and Borden**). This hybrid conference educated attendees in person from the DC metropolitan region and via virtual nationally and internationally including Brazil, Honduras, the Dominican Republic, Jordan and Kazakhstan.



Top: Structural Heart Team Panel discussion with Drs. Nagy, Reiner, Najam, A. Choi and Mazhari.
Above: Course Co-Directors, Drs. A. Choi, Mazhari and Mercader.
Right: Dr. Mercader leads the symposium

GW hosts an Advanced Cardiac Imaging Research Fellow

The GW Heart and Vascular Institute welcomes Dr. Nick Nurmohamed as a one year advanced cardiac imaging research fellow. After earning his MD at the University of Amsterdam, Dr. Nurmohamed is finishing his PhD research training in cardiology and has joined **Dr. Andrew Choi** to focus on investigations in novel imaging of heart plaque through artificial intelligence and CT to enhance prevention through work being done in both Amsterdam and at GW in Washington, DC. This fellowship is collaboratively funded by Dr. Nurmohamed's home institution, the Amsterdam Medical Center, and the GW Heart

and Vascular Institute and a grant from Cleerly, Inc.



GW HVI Textile Museum Event & Private Tour

Please join the GW cardiac physicians on **October 29th from 1:30pm- 3:30pm** at the GW Textile Museum for an update on the GW Heart and Vascular Institute activities and a private tour of the new Korean Fashion from Royal Court to Runway exhibit.

RSVP to Frances Mulhall at 202-994-0148 or fmulhall@gwu.edu

The HVI Heart-Healthy Recipe of the Month: Orzo Salad With Lentils and Zucchini

Ingredients: 4 to 6 servings

- Kosher salt
- 1cup green or brown lentils
- 1cup orzo
- ½cup extra-virgin olive oil
- ¼cup lemon juice (from 2 lemons)
- ¼cup sliced pickled pepperoncini (about 6 to 8 peppers)
- Black pepper
- 1pound zucchini or summer squash, or a combination, small to medium, trimmed
- ⅔cup raw pistachios or walnuts, coarsely chopped
- 3scallions, thinly sliced
- 1cup firmly packed whole herb leaves, such as basil, mint, dill, parsley, tarragon, oregano or a mix



Preparation:

Step 1: Bring a large pot of salted water to a boil. Add the lentils and cook for 9 minutes,

then add the orzo and cook until the lentils and orzo are cooked through, another 10 to 12 minutes.

Step 2: In a large bowl, stir together the oil, lemon juice and pepperoncini. Season with ½ teaspoon each salt and pepper. If using small or medium zucchini, halve them lengthwise, then slice crosswise into ¼-inch-thick half-moons. (If using large zucchini, quarter them lengthwise first, then slice crosswise into ¼-inch-thick triangles.) Add to the dressing and stir to combine.

Step 3: Drain the lentils and orzo, then add to the zucchini, along with the pistachios and scallions. Stir to combine, then season to taste with salt and pepper. Stir in the herbs just before serving. Eat warm or at room temperature.

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