

## Jefferson Cardiology Association Happenings

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### **What's New in Cardiology**

Each spring, the American College of Cardiology holds its annual meeting. This meeting may be attended by more than 30,000 physicians, scientists and other medical personnel from all over the world. Each spring this newsletter offers some of the many new reports coming from this meeting. By doing so, we wish to inform our patients what is new in cardiology. Below will be listed a brief summary of some of the newsworthy reports from the meeting.

### **Obesity and Atrial Fibrillation**

It has long been known that there is a relationship between obesity and atrial fibrillation. Is it possible that weight loss may benefit atrial fibrillation patients?

Researchers studied 355 obese persons with atrial fibrillation to evaluate whether weight loss helps rhythm control.

It was found that persons losing more than 10% of their body weight had reduced symptoms of atrial fibrillation and longer periods free of atrial fibrillation compared to those losing less than 10% of body weight. This suggests the benefit of weight loss in atrial fibrillation patients.

### **Comparison of Surgical and NonSurgical Aortic Valve Replacement**

In recent years, a technique has been introduced to change narrowed aortic valve using a catheterization based nonsurgical approach. This technique was initially applied to high risk patients for whom the risks of surgical valve replacement was thought to be excessive.

Can this technique be applied to lower risk patients who wish to avoid surgery?

A study was recently reported comparing surgical and nonsurgical valve replacement in a population of patients with aortic stenosis, severely narrowed aortic valves, and this study included both high and low risk patients. A total of 180 patients were randomized to surgical or nonsurgical therapy.

These patients were then watched for one year after their procedures. After one year there was no significant difference between the two procedures in terms of death from any cause, stroke or heart attack. The surgically treated patients had more bleeding, acute kidney injury and atrial fibrillation at 30 days. The nonsurgical patients required more pacemakers and had more leakage of the aortic valve. After one year, 97% of both groups had either no limitations or mild reduction of their functional capacities.

This study would appear to open the door for low risk patients not wishing surgery to pursue nonsurgical aortic valve replacement.

### **Comparison of CT and Stress Testing**

Patients experiencing chest pain have been referred for several different types of tests to identify those with coronary artery disease. In recent years, a technique using CT scan to produce pictures of the coronary arteries has been developed, CT angiogram. Advocates of this technique proposed that this technique gave faster results and was more accurate than traditional stress tests.

To test this hypothesis, a study was developed to compare CT angio-

grams with conventional stress testing including nuclear and echo stress testing. A group of 10,000 patients was randomized to CT angiogram or stress testing. After being followed for two years, there was no difference in the outcomes of patients in either group. This test can reassure patients of the benefit of routine nuclear or echo stress testing

### Staff News

Please join us in wishing Kim Gray, receptionist, a very Happy Birthday. We hope you have a very special birthday.

**Happy Birthday**

### ***Beef and Bell Pepper Kebabs***

- ¼ cup lower sodium soy sauce
- 2 tablespoons orange juice
- 2 teaspoon honey
- 1 teaspoon minced garlic
- 1 teaspoon minced peeled fresh ginger
- ¾ teaspoon five-spice powder
- 1/8 teaspoon ground red pepper
- 2 (8-ounce) sirloin steaks, cut against the grain into ¼ inch thick strips
- 2 red or yellow peppers, seeded and cut into 1-inch pieces
- Cooking spray
- 1 teaspoon sesame seeds, toasted

1. Combine first 7 ingredients, stirring with a whisk. Add beef; let stand 15 minutes. Remove beef from marinade; discard marinade.
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add kebabs to pan; grill 3 minutes on each side or until desired degree of doneness. Sprinkle with sesame seeds.

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*A publication of Jefferson Cardiology Association*  
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