

## Jefferson Cardiology Association Happenings

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### **Guidelines Regarding Non Cardiac Surgery**

Years ago it was thought that persons undergoing major non cardiac surgery and a history of coronary artery disease or risk factors should be given a beta blocker medication before surgery to reduce cardiac risk. Beta blockers include such medications as metoprolol, atenolol, bisoprolol, nadolol, and carvedilol.

This practice was modified by Guidelines regarding patient evaluation prior to non cardiac surgery produced by joint committee from the American Heart Association. Guidelines were published in 2009 and again in 2014.

The 2009 Guidelines recommended that beta blocker medications be given to patients with cardiac disease or at increased risk prior to arterial surgery with adjusted dose for heart rate and blood pressure. Also it was advised that similar patients be considered for beta blocker for intermediate risk surgery such as major abdominal surgery.

More recent analysis of multiple research studies including 12,000 patients provided clarification of the role of beta blocker therapy. These findings revealed that beta blocker medications started on the day before surgery reduced non fatal heart attacks. However, starting this medication on the day before surgery was associated with increased rates of stroke, low blood pressure, slow heart rate and death. In short, this medication should be given to patients at risk and started well before surgery. Patients on chronic beta blockers

should be continued through the operative period.

Also, in the new Guidelines, tools have been made available to better assess surgical risk. Also, aspirin may be safely stopped before surgery. Patients with second or third generation coronary stents may only wait 6 months from the date of stent implantation for non cardiac surgery if the risks of delaying surgery outweigh the risks of stopping blood thinners. Up to now, these patients were told to wait one year after stent placement for non cardiac surgery to allow one year of blood thinners such as the combination of aspirin and Plavix.

### **Long Term Follow Up Comparing Carotid Stenting and Surgery**

A recent French study evaluated 527 patients followed over 7 years comparing the results of carotid surgery and stenting. After 7.1 years of follow up, death or stroke appeared in 30 patients in the stent group and 18 patients treated with surgery. The patients included had symptoms of mini stroke or stroke from their carotid disease.

It was concluded lower risk of stroke after surgery accounted for the difference in outcomes. Beyond the time of the procedure, both techniques had similar outcomes.

### **Benefits of Leisure Time Running**

The association of running and cardiovascular mortality was examined by a study of 55,137 persons between ages 18-100 years of age. People were followed up to 15 years. When compared with non-runners, runners had 30% reduction in all cause mortality and 45% lower risk for cardiovascular death.

Runners had improved outcomes including those with less intense workouts. Benefits were seen for those running less than 51 minutes per week, those running under 6 miles per week as well as those running only once or twice a week.

It was concluded that even 5-10 minutes of daily running at slow speed had survival benefits. The benefits of this study translated into an additional 3 years life expectancy. As running only once or twice weekly was beneficial, more capable should be able to fit this activity into their weekly schedule.

### **Staff Birthdays**

We would like to wish Dr. Inna Lamm, Chris Scott, billing supervisor, Debbie Lessman, receptionist extraordinaire, Denise Kowal, billing specialist, a very happy birthday! Happy birthday to all!!

### **Peach Crumb**

8 ripe peaches, peeled, pitted and sliced	Juice from 1 lemon
1/3 teaspoon ground cinnamon	1/4 teaspoon ground nutmeg
1/2 cup whole-wheat flour	1/4 cup packed dark brown sugar
2 tablespoons margarine, cut into thin slices	1/4 cup quick cooking oats

Preheat oven to 375 degrees. Lightly coat a 9-inch pie pan with cooking spray. Arrange peach slices in the prepared pie pan. Sprinkle with lemon juice, cinnamon and nutmeg.

In a small bowl, whisk together flour and brown sugar. With your fingers, crumble the margarine into the flour-sugar mixture. Add the oats and stir to mix evenly. Sprinkle the flour mixture on top of the peaches.

Bake until peaches are soft and the topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

Nutritional facts: Calories: 140; Protein: 2g; Carb: 26g; Cholesterol: 0mg; sodium: 40mg; Fiber: 3g; Fat: 3g; Sat Fat: trace; Potassium: 253mg; Calcium: 18mg

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*A publication of Jefferson Cardiology Association*

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