
Jefferson Cardiology Association Happenings

Top Cardiology Stories for 2015

The American College of Cardiology listed what leaders believe to be top stories for 2015. Among these stories is the newly introduced forms of technology that persons can wear to monitor their health. The Apple Watch measures pulse rate and can track the length and type of exercise an individual performs. These devices can also be used to transmit information to the patient's doctor.

More complete stenting will be advocated for heart attack victims. Two recent studies have shown benefit of stenting all significantly blocked arteries when treating heart attack victims.

New recommendations will be coming out in 2015 for sports participation for young athletes. This will provide recommendations for athletes with heart conditions as to eligibility to participate in competitive athletics. There will also be discussion about performance enhancing substances as well as dietary supplements and testing strategies.

Of great interest is the expansion of minimally invasive heart repair procedures. Beginning in 2011 for inoperable patients and 2012 for high risk patients, a procedure has been available to insert a new heart valve without surgery for persons with severe aortic stenosis, severe narrowing of the heart valve through which blood leaves the heart. In 2013, the MitraClip was introduced to treat severe leakage of the mitral valve without surgery. To date, these procedures are only available to high risk individuals. Over time these procedures may be available to more patients.

A new drug, edoxaban, may be approved by the Food and Drug Administration in 2015. This will be the fourth

new blood thinner that may be an alternative to coumadin. These drugs have mainly been used to prevent strokes resulting from atrial fibrillation and have research studies demonstrating superiority to coumadin. Atrial fibrillation now affects more than 2.5 million people in the U.S. and the number is expected to grow in the aging population.

Another exciting development will be the release of PCSK9 inhibitors. This is a new type of cholesterol reducing medication with dramatic results. This can be used with statins or in statin intolerant people. One company has already applied for FDA approval and another company is preparing to apply. It is possible that this drug could be available by the summer of 2015. This will be of particular benefit to persons with a genetic tendency for severe cholesterol elevation.

There will be expanded efforts to promote lifestyle management to reverse cardiovascular disease. Research has shown that cardiac rehabilitation reduces mortality in patients after suffering a heart attack. Diet and exercise have been shown to treat such risk factors as high blood pressure, insulin resistance, obesity as well as glucose and triglyceride elevations.

There will be growth of team-based care. For years, there has been collaboration between cardiologists and cardiac surgeons to informally work together. Now at a number of academic centers these teams have become more formalized as are other physician led team-based models.

There is speculation that state legislatures may address the growing abuse of energy drinks by children and scholastic athletes. Emergency rooms are now

seeing more young people with resulting increased heart rates, abnormal heart rhythms, anxiety and sleep deprivation. There is a lack of research to determine whether these drinks may cause long term health problems. This interest has been stimulated by the number of young people experiencing problems after consuming energy drinks. Bills have been introduced in several states to address sales and marketing of energy drinks to minors.

We would like to wish a very Happy Birthday to Nancy Carlin and Chrissy Falk! Hope you both enjoy your special day!

Happy New Year!!

All of us here at Jefferson Cardiology would like to wish all of you and your families a very happy, safe and prosperous new year.



Staff News

Fudgy Brownies

- ½ cup unsweetened cocoa
- ½ cup sugar
- 1/3 cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ cup apple butter
- ½ cup frozen egg substitute
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- Vegetable cooking spray

1. Combine first five ingredients in a medium bowl, stirring well. Combine apple butter, and next three ingredients in a large bowl. Gradually add cocoa mixture to apple butter mixture. Stir with a wire whisk.
 2. Pour batter into an 8 inch square pan coated with cooking spray. Bake at 350 degrees for 25 minutes or until toothpick comes out clean. Let cool completely on a wire rack. Cut into squares.
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