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## Jefferson Cardiology Association Happenings

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### **Is Coffee Dangerous?**

A recent study from the Harvard School of Public Health evaluated the question about the risk of coffee drinking. The consumption of total, caffeinated and decaffeinated coffee and the risk of total and cause specific mortality was evaluated in 75,000 women and 40,000 men. Coffee consumption then was assessed using a questionnaire.

Compared to non coffee drinkers, coffee consumption of one to five cups daily was associated with lower risk of mortality. Those consuming over five cups daily had no increase in mortality compared to non coffee drinkers. These findings were seen in both those drinking caffeinated and decaffeinated coffee. Coffee drinkers had less cardiovascular disease, neurological disease and suicide. There was no association between coffee drinking and cancer.

### **Atrial Fibrillation and Dementia**

Atrial fibrillation affects more than 2 million Americans and increases with age. This is limited control with ablation and medications and frequent recurrences. Atrial fibrillation is associated with an increased risk of stroke, heart failure and death.

Two recent studies assess the association of atrial fibrillation with dementia. Dementia has been recognized 2 – 2.5 times more in patients with atrial fibrillation. There is concern that traveling blood clots related to atrial fibrillation, reduce brain blood flow and inflammation can cause reduced function of brain tissue.

For these reasons, doctors need to pursue effective blood thinning and avoid reduced brain blood flow due to low blood pressure or excessive slow heart rates. Aspirin could be a problem by causing

increased bleeding when combined with blood thinners.

### **Hidden Cost of War**

During the wars in Afghanistan and Iraq, 52,087 service members were wounded in combat. A study from the V.A. and military hospitals evaluated critically injured veterans and the subsequent development of high blood pressure, coronary artery disease, diabetes mellitus and chronic kidney disease.

Critically wounded personnel were included from February 1, 2002 to February 1, 2011. These patients were then followed until January 18, 2013. These persons were found over time to have increased rates of high blood pressure, coronary artery disease, diabetes mellitus and chronic kidney disease. It has already been established that combat injuries may be associated with post traumatic stress syndrome, substance abuse, functional limitations as well as changes in the immune system.

### **Support for More Aggressive Blood Pressure Reduction**

Earlier this fall, the results of the SPRINT study were published and reported in this newsletter. Recently, a study published in *Lancet*, a British medical journal had similar findings.

This study reviewed 123 previous studies involving over 600,000 participants. It was concluded that for every 10mm mercury reduction in systolic (top) blood pressure there was a relative risk reduction of major cardiovascular events by 20% and relative risk reduction of all cause mortality by 13%. This was noted for all levels of blood pressure and especially when systolic blood pressure was under 130mm mercury. These benefits were also seen in persons with prior

stroke, diabetes and chronic kidney disease.

Of the medications observed, beta blockers were inferior to other medications for the prevention of cardiovascular disease. Calcium channel blockers were superior in stroke protection and inferior in prevention of congestive heart failure. Diuretics were superior to other classes in prevention of congestive heart failure.

In short, this is another study supporting reduction of systolic blood pressure less than 130mm mercury in persons with a history of cardiovascular disease, coronary artery disease, stroke, diabetes, heart failure and chronic kidney disease.

### Staff News

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



### *Stir-Fried Shrimp with Garlic and Chile Sauce*

½ cup fat-free, less-sodium chicken broth	2 teaspoons cornstarch
1 teaspoon sugar	¼ teaspoon white pepper
2 teaspoons Shoaxing (Chinese rice wine) or dry sherry	1 tablespoon canola oil
2 teaspoons low-sodium soy sauce	2 tablespoons minced garlic
1 ½ pounds large shrimp, peeled and deveined	½ cup green onion slices
1 ½ teaspoons minced peeled fresh ginger	½ teaspoon dark sesame oil
1 jalapeno pepper, seeded and finely chopped	Cilantro sprigs (optional)

1. Combine chicken broth, cornstarch, sugar, Shoaxing or dry sherry, soy sauce, and white pepper in a small bowl, stirring with a whisk.

2. Heat a wok or large skillet over high heat. Add canola oil to pan. Add shrimp to pan; stir fry 1 minute or until shrimp begin to turn pink. Add garlic, ginger, and jalapeno, stir fry 1 minute. Stir in broth mixture; cook 1 minute or until shrimp are done and sauce is thickened, stirring constantly. Remove from heat; stir in onions and sesame oil. Garnish with cilantro sprigs if desired. Yield: 8 servings (1/2 cup servings).

Nutritional Facts: Calories 120; Fat 3.5g (sat 0.5g, mono 1.4g, poly 1.2g); Protein 17.7g; Carbs 3.4g; Fiber 0.3g; Cholesterol 129mg; Iron 2.2mg; Sodium 200mg; Calcium 53mg.

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**Alan D. Bramowitz, M.D. Michael S. Nathanson, M.D. Gennady Geskin, M.D.**

Jefferson Hospital Medical Building	Belle Vernon Office
Suite 464, Coal Valley Road	1533 Broad St Ext
P.O. Box 18285	Suite 200
Pittsburgh, PA 15236	Belle Vernon, Pa 15012

TEL:(412) 469-1500  
FAX:(412) 469-1531

E-mail: [contact@jeffersoncardiology.com](mailto:contact@jeffersoncardiology.com)

<http://www.Jeffersoncardiology.com>