

---

## Jefferson Cardiology Association Happenings

---

### **Dr. Bryan Schwartz**

It is with pride and excitement that we announce the arrival of Dr. Bryan Schwartz. Dr. Schwartz is proving to be a strong addition to our practice and has been well received by those who have met him. He brings strong personal skills, compassion and professional expertise to our practice.

### **New Hope for Heart Failure Patients**

The FDA just fast tracked a new drug for patients with heart failure name Entresto. This drug is the first of its class and acts on a new pathway. This drug combines a previously prescribed drug Valsartan, Diovan, with the new agent sacubitril. Dramatic benefits caused the FDA to act quickly.

Specifically, in a study of 8,000 heart failure patients there was a 20% reduction in cardiovascular death, heart failure hospitalizations and all cause mortality when compared to the currently prescribed drug enalapril, Vasotec. The Canadian Heart Failure guidelines have been updated to include this new drug. Heart failure experts are predicting that this new drug may replace such drugs as lisinopril, captopril, losartan and irbesartan that have been used in recent years.

The side effect of the new drug include low blood pressure in 14%, high potassium in 4%, reduced kidney function in 3.3% and cough in 11%. The drug does not make people feel better but prolongs life and reduces hospital admissions. It is just a matter of time before it is locally available.

### **FDA Warning About NSAIDs**

Newspaper headlines currently reported the Food and Drug Administration intensified warnings about use of drugs

called NSAIDs. These drugs include Advil, Motrin and Aleve. It was reported that there is conclusive evidence that these agents increase the risk of heart attack and stroke even with short term use of 10 days or less. Increased risk for heart failure was also observed.

Because of these findings, the FDA will be asking manufacturers to revise the labels of these medications to state that these drugs cause an increased risk of heart failure. The labels already state that NSAIDs may cause an increased risk of heart attack and stroke.

### **Benefits of Being Fit and Fat**

It is well recognized that obese persons have a greater risk of developing atrial fibrillation. A recent study involving obese people evaluated whether physical fitness would reduce the risk of recurrent atrial fibrillation. Three hundred eight obese subjects were evaluated by treadmill testing to assess the role of fitness on recurrent episodes of atrial fibrillation. It was observed that those subjects who demonstrated better levels of fitness had less frequent recurrence of atrial fibrillation.

### **Staff News**

We would like to wish a very Happy Birthday to all of our staff members celebrating this month. They include Tonya Fohr, our business manager, Susan Myers, medical assistant Tina Mankin. Best wishes to all of you!

Happy 4<sup>th</sup> of July to All for JCA!  
Have a happy and safe Holiday!



### *Lemon Pepper Shrimp Scampi*

1 cup uncooked orzo	2 tablespoons chopped fresh parsley
½ teaspoon salt, divided	7 teaspoons butter, divided
1 ½ lbs peeled and deveined jumbo shrimp	2 teaspoons bottles minced garlic
2 tablespoons fresh lemon juice	¼ teaspoon black pepper

1. Cook orzo according to package directions, omitting salt and fat. Drain. Place orzo in a medium bowl. Stir in parsley and ¼ teaspoon salt; cover and keep warm
2. While orzo cooks, melt 1 tablespoon butter in a large nonstick skillet over medium heat. Sprinkle shrimp with remaining ¼ teaspoon salt. Add half of shrimp to pan; sauté 2 minutes or until almost done. Transfer shrimp to a plate. Melt 1 tablespoon butter in pan. Add remaining shrimp to pan; sauté 2 minutes until almost done. Transfer to plate
3. Melt remaining 1 tablespoon of butter in pan. Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice, and pepper; cook 1 minute or until shrimp are done. Yields 4 servings (serving size: ½ cup orzo and about 7 shrimp).

---

*A publication of Jefferson Cardiology Association*

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

Jefferson Hospital Medical Building  
Suite 403, Coal Valley Road  
P.O. Box 18285  
Pittsburgh, PA 15236

Belle Vernon  
1533 Broad St. Ext  
Suite 200  
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>