



California
CHAPTER

American College of Cardiology

CARDIOLOGY

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President's Corner

Dear Colleagues,

As we turned the corner to 2022, our collective hope was for a new beginning, however the Omicron surge forced us to reset yet again. This surge turned out to be even more personal as so many of us and our loved ones were directly impacted. In our hospitals suddenly it was beyond patients coming in with COVID-19, this time we and our families were also getting sick. As I reflected about this on New Year's Eve, I felt we were being tested '**beyond resilience**' and the only word that came to mind for of us to continue was '**courage**'. Indeed, this "pandemic is a war between all of humanity and an invading virus" and as I read somewhere that "despair only worsens our chance of survival ... we must fight like we are something worth fighting for, because we are". As physicians and health care workers we tend to give ourselves less credit than is due and it is okay to recognize and celebrate each other as heroes!

On an optimistic note, during a rare pre-Omicron window in early December, California ACC was able to celebrate its 15th year of partnership with "Controversies & Advances in the Treatment of CV Disease" during an in-person meeting with Cedars-Sinai Heart Institute. I had the honor of giving the welcome address, which was a great opportunity to share all the amazing work California ACC team, committees and Catalysts have done for our members and patients despite all the personal and collective challenges. This was followed by our annual Award's dinner where we recognized:

- **Cardiologist of the Year:** Dipti Itchhaporia, MD, FACC, President ACC; Hoag Memorial Hospital Presbyterian.
- **Outgoing President Award:** Pranav Patel, MD, FACC, University of California, Irvine
- **Lifetime Achievement Award:** Nora Goldschlager MD, FACC Formerly UC San Francisco (retired)

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- **Distinguished Service Award:** Greg Thomas, MD, FACC; Memorial care Heart & Vascular Institute
- **Fellow of the Year:** Megan Pelter, MD, Scripps Health
- **Health Advocate of the Year:** Teresa Daniele, MD, FACC; University of California, Fresno
- **Educator of the Year:** Kalyanam Shivkumar, MD, FACC; UCLA
- **Cardiovascular Team Member of the Year:** Colleen Balias, RN; Hoag Memorial Hospital Presbyterian
- **Future Leader Award(s):** Janet Wei, MD, FACC; Cedars-Sinai Heart Institute ; Aditya Bharadwaj, MD, FACC; Loma Linda University

We owe our gratitude to all these awardees for their selfless efforts, and I feel they all embody the term **“Multipliers”** as author Liz Wiseman describes “leaders who use their intelligence to amplify the smarts and capabilities of the people around them”.

Next day we held our ‘hybrid’ Board Meeting to ensure participation of members across California. The Catalysts shared updates from, now established to be our four main streams of work: Advocacy & Operations; Inclusion, Innovation & Wellness; Partnerships & Future; Sub-specialties.

California ACC Vice President Dr. Anthony Hilliard spoke about a must read **“Intentional Togetherness, a Cure for Languishing”** followed by past ACC president Dr. Ralph Brindis discussion on “From CABG to TAVR: History& Future for CV Outcomes Reporting”. On an impromptu request, ACC president Dr. Dipti Itchhaporia graced us with her thoughts on Health Equity and the evolution of the “Quintuple Aim”.

On a personal note, I remain interested in research on disproportionate impact of COVID-19 on cardiovascular disease among minorities. It reflects ongoing disparities in access to health care, underlying structural racism and systematic inequities in social determinants of health. I continue to reach out to current and future stars in our field to ensure a robust pipeline of leaders, so please reach out. Look out for an exciting initiative that we will be sharing from our Early Career Catalysts Drs. Celina Yong & Aditya Bharadwaj.

I am excited to share some of the highlights of our ongoing and future work, it is not a complete list -much more is happening that I will certainly be updating you on in future communications.

- Innovations Catalyst Dr. Evan Muse is going to host an important session on **“Equity in Digital Health Care and Research”** in March with Dr. Fran Ayalasomayajula, Dr. Julia M. Vogel and Dr. Fatima Rodriguez who is the recipient of this year’s ACC Douglas P. Zipes Distinguished Young Scientist Award!
- We are planning additional **“Fireside Chats”** in realm of innovation, so stay tuned.
- Look out for “Round Table” discussions on **emerging sub-specialties** such as Cardio-Critical Care (Dr. Connor O’Brian”) and Cardio-Rheumatology (Dr. Risheen Reejhsinghani)
- We now have a seat at the table with Department of Health and Information (HCAI) Clinical Advisory Panel regarding risk adjusted TAVR outcomes reporting, with Dr. Andrew Rassi representing North and Dr. Mamoon Nakamura South.
- Ongoing advocacy work continues with our Government Relations Committee led by Dr. Teresa Daniele and PAC (Political Action Committee) led by Dr. Norman Lepor.
- Fellows in Training Catalysts Dr Megan Pelter and Dr. Paniz Vafaei held Cardiology Career Development Networking Event spanning 4 days of virtual events, covering a wide range of topics with 33 faculty members across California held in November. They were also instrumental in organizing jeopardy competitions that led to a legendary showdown between **“Stanford Cardinals & UCLA Bruins”** to represent California at the National ACC FIT Jeopardy Competition. We are all rooting for California ACC to bring in the big trophy!

- A special **“Catalysts of Empowerment: Women in Leadership”** virtual event was held in October hosted by WIC Catalyst Dr Janet Wei. We had an all- star panel of women leaders including Dr. Dipti Itchhaporia, President ACC, Chair in Cardiovascular Health, Hoag Memorial Hospital Presbyterian; Dr. Rita Ng, Physician-in- Chief Kaiser Permanent Oakland; Dr Karol Watson, Director UCLA Women’s Heart Health Program and Dr. Christine Albert, Chair Department of Cardiology Smidt Heart Institute, Cedars-Sinai Medical Center.
- Prevention Committee is holding a CME series of “California ACC Grand Rounds” on **“Cardio Diabetology: Optimizing CV reduction in Type 2 Diabetes”** led by our Catalyst Dr. Nathan Wong.

I invite you to visit our website <https://caacc.org/>. Look out for our Twitter feed (@CaliforniaACC) and organized monthly calendar among so much more. Thank you again Lianna and her awesome team for turning a vision into reality! I remain grateful for the dedication and passion of those who are contributing. Let giving back to your professional society, be a source for you to find meaning in such endeavors. Whether you are taking care of patients in your own practice or in an integrated health care system or as a specialist in a tertiary academic medical center, I look toward each of you to get involved, spread the word, come up with ideas as together we can continue to create value for all of us and our patients.

Let us continue to find meaning, practice optimism, lead with purpose and stay courageous!

With gratitude,



Jamal S. Rana MD, PhD FACC
President, California ACC
Governor Northern California ACC



@JamalRanaMD

VICE PRESIDENT'S ARTICLE



"Are We Languishing?"

Psychologists often emphasize the importance of naming our emotions to better understand them and work toward positive change. There is a name for the “meh” you have been feeling... languishing. Adam Grant, an organizational psychologist, refers to languishing as the neglected middle child of mental health and the dominant emotion of 2021. When you reflect over the last two years we may not be simply “burned out”—we’ve had (and continue to have) the energy to do things many have never been asked to do—probably we were likely asked to do more with less. It may not be depression as we didn’t feel hopeless. In fact we were working in the concept of hope throughout the waves of the pandemic. Rather it seems, in my many conversations with colleagues, that we in general felt directionless. This is what Adam Grant describes as languishing. It is not depression, but it is far from thriving. We have experienced long periods of uncertainty, and multiple instances of ambiguous loss, a term coined by Pauline Boss to describe a loss that cannot be fully defined. These may be a big risk factors for progression to anxiety and major depression. As a result many haven’t been functioning at full capacity. In some ways we have been sleeping with one eye open, wearily waiting for what is next—the next COVID-19 variant, the next workflow modification, the next employee/colleague to be removed from active duty, the next crisis.

We are tired of sleeping with one eye open. Unfortunately, humans are not like roosters and hens who have unihemispheric sleep. In unihemispheric sleep one-half of the brain gets sleep in the other half is awake. Here at the Hilliard home we have chickens for egg production and our chickens will often rotate 180° throughout the night while sleeping on the roost. Interestingly the ones in the center of the roost (the highest pecking order) sleep with both eyes closed, evolutionary presumably for lower predatory risk. Throughout the pandemic I’ve often wondered how I could be one of the chickens sleeping in the center with both eyes closed rather than one of the birds on the end watching for danger. In human history there have been others who have grown weary sleeping with one eye open. One example of this is in the Judean tradition where the Children of Israel escaped the invasion of the Assyrians and were exiled in the wilderness. They were growing weary and Jeremiah reminded them of the promise made by God of a great future. Unfortunately, we grow weary sleeping with one eye open; we languish.

Grant offers that there may be an antidote to languishing and it is found in the concept of flow. Flow is a term in positive psychology first described by Mihaly Csikszentmihalyi where you enter into meaningful activity that requires your full attention and in doing so your sense of time, place and self

melts away—getting “lost” in an activity. Human brains are serial processors (single task oriented) whereas computers are made for parallel processing (multiple tasks at once). Overtime our brains have been asked to adapt towards a more parallel processing universe. This leads to fragmented attention and disrupts this concept of flow. We may find ourselves saying, “I feel like I moved 1,000,000 miles an hour today but really didn’t accomplish anything” or “I got many things started but I don’t feel like I finished anything”. One of the most important factors in flow and ultimately impacting our daily joy is a sense of progress. Progress is more easily appreciated in serial processing, in a completing a task. What our brains are telling us to do is to create meaningful bonds between an individual agency and the collectively negotiated. These bonds or intentional togetherness is reflected in the Hindu concept of *Sankalpa* which is defined as a solemn vow or resolve to perform and achieve a goal. It is a positive declaration or affirmation as a union of heart and mind. Its motivational drive is to commit to life-defining projects that matter.

Please know that each of you matter. Our collective resolve has been tested during the pandemic. I challenge each of you to focus on the projects and the people that matter. Strengthen relationships and hobbies to find the joy and meaning that your heart needs for nourishment to break the bonds of languishing so that you can be the on the center of the roost sleeping with both eyes closed!!



Anthony Hilliard MD, FACC
Vice President, California ACC
Governor Southern California ACC



CALIFORNIA ACC

CARDIOLOGIST OF THE YEAR

DIPTI ITCHHAPORIA



2021 AWARDS



OUTGOING PRESIDENT AWARD

PRANAV PATEL, MD, FACC

Dr. Patel served as California ACC President through a tough time: October 1 2019 – March 31, 2021. This concluded his 3 year term as Southern Governor to the ACC Board of Governors, where he earned respect for his thoughtful evaluation of topics. In California, Dr. Patel fostered our inaugural Diversity & Inclusion Committee, as well as chairing that workgroup for ACC nationally. As Immediate Past President, Dr. Patel is an invaluable resource and sounding board for us.

DISTINGUISHED SERVICE AWARD

GREG THOMAS, MD, FACC

Dr. Thomas has served California ACC in various roles for more than 20 years. As a Trustee on our Board of Directors he brought a balanced viewpoint and thoughtful discussions. He is nationally recognized as a leader in various groups, including prominently for ASNC. Dr. Thomas is always on the look out for those that ought to be mentored, and recognized for their work. Today we recognize HIM. Known world-wide as the “mummy guy”, Dr. Thomas has brought valuable insights into the history of Atherosclerotic disease to the world. With all of the acclaim he has received, we value Greg most for his sense of humor, and sense of fairness.

FELLOW OF THE YEAR

MEGAN PELTER, MD

Setting a new standard for our committees, Dr. Pelter and her colleague Dr. Stacy Tsai began their first year at Scripps with a great idea for a FIT Boot Camp. After approval by the Board of directors, they ran full steam ahead and produced a successful 15 episode weekly series integrating 15 training programs within California. Dr. Pelter then formed the largest working FIT oversight committee in our history, planning many new initiatives. Closely assisted by our Northern FIT chair Paniz Vafaei, MD a series of Career Networking events have been held, and our annual FIT Jeopardy competition planning is in the works. Dr. Pelter has recently been appointed to the ACC Precision Medicine Virtual Course Planning Committee, the ACC FIT Editorial Board committee, and as a reviewer for ISHLT. We look forward to her continued involvement with the California ACC and appreciate her embodying the title of CATALYST.

LIFETIME ACHIEVEMENT AWARD

NORA GOLDSCHLAGER MD, FACC

As one of our chapter founders, Dr. Goldschlager has fostered California ACC for more than 30 years. She Dr. Goldschlager has a passion for patients, commitment to teaching and engagement and leadership in California ACC. Dr. Goldschlager has been a mentor, and guiding light for so many of us – always while insisting upon we give our best.

GEORGE L. SMITH ADVOCATE OF THE YEAR

TERESA DANIELE, MD, FACC

Named after our 2009-2012 Northern Governor who left us too early, who connected California ACC to the Hoover Institution, and many national leaders and policy makers. Dr. Daniele serves as a District Councilor on our Board of Directors, as well as our Government Relations Catalyst in addition to her responsibilities as Training Director in Fresno at CCFMG. During 2021, Dr. Daniele has put in long hours to review dozens of Assembly bills and weigh their impact to our members and patients. Working closely with our Legislative Analyst, Dr. Daniele has distinguished herself for her thoughtful work, equitable review of Legislative and Regulatory issues.

EDUCATOR OF THE YEAR

KALYANAM SHIVKUMAR, MD, FACC

Dr. Shivkumar is highly respected amongst his peers and student alike, always making himself available to answer questions, and improve the knowledge base of those who ask. Currently, Dr. Shivkumar is Editor of JACC EP. He is editing an anatomy textbook and he is quite focused on teaching - even those long-term Cardiologists with questions specific to EP. Dr. Shivkumar is noted for always "going above and beyond to help". California ACC acknowledges the resource and collaboration that Dr. Shivkumar continues to provide to our members.

CARDIOVASCULAR TEAM MEMBER OF THE YEAR

COLLEEN BALIUS, RN

Being part of the CV team includes so many aspects of team work and implementation of knowledge. Colleen Balius has been a member of the California ACC since 2009, working in the trenches as a team mate to many. Ms. Balius has demonstrated a deep commitment to the power of education through Advocacy and actively participates in the Legislative process, as well as many educational events. Additionally, Ms. Balius is well versed in quality metrics and their impact on patients and practice.

FUTURE LEADER AWARD(S)

ADITYA BHARADWAJ, MD, FACC AND JANET WEI, MD, FACC

Dr. Bharadwaj began his affiliation with the CA ACC in 2012 as a Fellow. After becoming and FACC in 2016, Dr. Bharadwaj began serving as our early Career committee, and then became our primary Southern Catalyst. He is currently working on several exciting projects for our Early Career members in California. Additionally, Dr. Bharadwaj serves nationally on the Early Career Council and is focusing on providing value to all Early Career members in the country, through their chapters. Dr. Bharadwaj is considered as someone to admire at his institution, and we look forward to his trajectory in the College.

Dr. Wei has led our Women In Cardiology section for several years, now as its sole Catalyst. Additionally, she serves as our California ACC Treasurer, and part of our Executive Committee. Dr. Wei is a mentor to many and we are happy to have her optimism, talent, and professionalism as part of our team.

ELLIOT RAPAPORT CARDIOLOGIST OF THE YEAR

DIPTI ITCHHAPORIA, MD, FACC

Named after a long time member who demonstrated the value of continuing education, "giving back", networking with colleagues, and excellence. Although she has more than 20 years of leadership involvement with the California ACC, and more than 13 with the ACC, this year Dr. Itchhaporia has taken it to new levels. During these confusing and transitional times, Dr. Itchhaporia has led with grace, often speaking at more than 20 world-wide conferences a month. Currently serving as our American College of Cardiology President, Dr. Itchhaporia has focused on the value of being stronger together, innovating and using technology as tools to reduce physician burnout.



Upcoming Events

February 18, 2022

SUCCESS WITH FAILURE: BEYOND THE BASICS (SESSION 2)

[Register Now!](#)

February 25, 2022

SUCCESS WITH FAILURE: BEYOND THE BASICS (SESSION 3)

[Register Now!](#)

March 2, 2022

CARDIO DIABETOLOGY: OPTIMIZING CARDIOVASCULAR REDUCTION IN TYPE 2 DIABETES MELLITUS – CALIFORNIA ACC GRAND ROUNDS LIVE PROGRAM

Time: 6:30 pm - 7:45 pm(GMT-07:00)

[Register Now!](#)

March 4, 2022

PACEMAKER, ICD, CRT IMPLANTATION, PROGRAMMING, AND TROUBLESHOOTING PROGRAM

[Register and View the Brochure Now!](#)

March 31, 2022

FELLOWS IN TRAINING PRESENT ‘HOW TO HARNESS THE POWER OF SOCIAL MEDIA’

[Register Now!](#)

April 9, 2022

SAVE A HEART FOUNDATION - OUTDOOR GALA UNDER THE STARS HONORING DR. BRIJ BHAMBI

Time: 6:00 pm - 8:00 pm(GMT-07:00)

Location: The Beverly Hilton, 9876 Wilshire BLVD