



# CARDIOLOGY



Colorado  
CHAPTER

THE OFFICIAL QUARTERLY NEWSLETTER

**WINTER 2020 EDITION**

[WWW.COLORADOACC.ORG](http://WWW.COLORADOACC.ORG)



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# PRESIDENT'S CORNER



JOSEPH C. CLEVELAND JR., MD, FACC



"Lately, it occurs to me What a long, strange trip it's been" sing the Grateful Dead in Truckin! Colleagues, 2020 has indeed been unlike anything we could ever have imagined. As I write this message, a glimmer of hope exists at the end of the COVID-19 pandemic as vaccines are on the way to Colorado. Another thought occurs as I write this message – in past years we would be gearing up for our Annual Chapter Meeting at the Broadmoor. I will deeply miss connecting in-person with many of you at that special venue this year. While the COVID-19 pandemic seems to have permeated every aspect of our lives, I wish to focus on the significant achievements the Colorado ACC has accomplished this year.

1.) The development and successful 1st ever virtual Chapter Meeting in October. I am ever so grateful for Dr. James Carter and our program committee. In a very short time, they pivoted from hosting our typical Chapter Meeting with a 1 and one-half day in – person educational meeting to a completely virtual meeting. The meeting was a great success thanks to their hard work and planning. The entire meeting was packed with great presentations and although we could not socially network, a sense of connectivity still existed. From my perspective, the social determinants of health address by Kim Williams was phenomenal. Also having Dr. Athena Poppas participate as our ACC President was special.

2.) We held an election. Congratulations to Dr. Mori Krantz who is our incoming Governor-Elect. Mori's perspective as a cardiologist who treats a large underserved population at Denver Health will certainly benefit our Chapter. Congratulations also to Kristy Gama – she will serve as our CVT Liaison. Also, deepest thanks to all of our Board of Directors members, who have continued serving until an election can be held.

3.) Advocacy. Dr. Gene Sherman along with Dr. Doug Leahy from the ACP proposed the creation of a new CPT code at the AMA/Specialty Society RVS Update Committee (RUC) to explore the costs that practices were incurring to maintain the safety of their staff and patients during COVID-19. CPT Code 99072 was created and valued by the RUC such that office-based practices (much of cardiology) could recover costs due to the need for extra PPE, etc. during the COVID-19 Pandemic.

As I close my winter message, I would encourage everyone in our Chapter to focus on our bright future. COVID-19 has at times stood the World upside down. However, it will pass and we will return to our practices and caring for the # 1 killer of Americans – cardiovascular disease. Let's all double down to stay safe and refocus our energies on the prevention and treatment of cardiovascular disease in 2021.

Joseph C. Cleveland, Jr., MD, FACC

Governor, Colorado Chapter ACC

# ❄️ CVT'S CORNER ❄️

## JOLIN HONAS



Welcome to the end of 2020- a year that many of are not sad to see end. The year started with ACC.20 going virtual, the first of many events that were transitioned to a virtual platform. The cardiovascular team (CVT) has been on the frontline of COVID-19 crisis. Nurses providing direct care at the bedside, cardiovascular techs witnessing the repercussions of late presentation heart attacks, and pharmacists balancing new treatment modalities. It is thanks to the work YOU do, the hours of toil and psychological angst, the overtime with N-95 lines plastered to your face, and mandated seclusion, that patients are surviving. We applaud you. We thank-you. Amid chaos, The American College of Cardiology created a COVID-19 hub, where experts weighed in on cardiac related COVID-19 facts as well as gave insight

on testing and management strategies. (The COVID-19 education series is available at [virtual.acc.org/cvccovid/welcome](https://virtual.acc.org/cvccovid/welcome)).

We hope that normalcy will return soon but for now the Colorado chapter of the ACC has moved our annual chapter meeting to a series of online virtual events. Look for the next event on January 23rd. It is also the season to renew your ACC membership. Membership gives you access to eight cardiovascular journals, advocacy opportunities, and a direct connection to other CVT members across the country. The ACC recognizes that this year has been wrought with challenges. If circumstances make it difficult for members to pay, they can contact ACC Member Care at ([member-care@acc.org](mailto:member-care@acc.org) or 202-375-6000, ext. 5603) to discuss alternative payment options.

The Colorado ACC is always looking for members who want to get more involved. If you are interested please contact me at [jolinhonas@hotmail.com](mailto:jolinhonas@hotmail.com) or [lianna@aminc.org](mailto:lianna@aminc.org).

I would like to welcome Kristy Gama, the Colorado State Liaison elect. She will be learning the ropes for the next year before she takes over. Look for a bio in the next newsletter.

Jolin Honas



# CONGRATULATIONS:

## TO OUR INCOMING LEADERS!

Our national leader election was held this fall.

Please help us welcome Mort Krantz, MD, FACC as our incoming CO ACC President/CO ACC Governor and Kristy Gama, NP as CO ACC CV Team liaison. Both will spend 1+ years in training, and take over from our current leaders effective April 1 2022.

## TO FREDERICK A. MASOUDI, MD, MDPH, FACC

Frederick A. Masoudi, MD, MSPH, FACC, is the chief scientific advisor and chair of the Oversight Committee of the NCDR.

Along with the ACC programs, the NCDR programs have lead the QI revolution in cardiovascular medicine. Masoudi was featured in October 2020 issue of ACC Cardiology.

# **CONGRESS OF THE UNITED STATES // HOUSE OF REPRESENTATIVES // WASHINGTON, DC 20515**

JASON CROW / 6TH DISTRICT, COLORADO

Dear Mr. Sherman:

Thank you for taking the time to contact my office regarding the Centers for Medicare and Medicaid Services (CMS) Medicare Physician payment schedule for Calendar Year (CY) 2021. Hearing directly from constituents is one of the most important parts of my job and provides me with valuable feedback to better represent the community.

As you know, on November 15, 2020, CMS released its final rule regarding the Medicare Physician Fee Schedule for CY 2021. Included in this schedule are changes to CMS's Evaluation and Management (E/M) coding structure that would boost E/M reimbursement by \$5 billion. These changes take effect January 1, 2021.

While these changes aim to reduce administrative burden and improve payment rates, CMS's budget-neutral mandate will lead to reduced reimbursements for certain specialized medical professions, such as physical therapists, that don't bill E/M codes as often as other practitioners. This schedule change will impact patients' access to care in rural and underserved communities. As our country continues to respond to the COVID-19 pandemic, I agree that these changes will strain an already burdened healthcare system and could jeopardize patient access to necessary services.

That is why, on October 19, 2020, I joined a letter bipartisan letter to House leadership, with over 200 of my colleagues, urging Congress to find a bipartisan solution to address these proposed Medicare Physician Schedule cuts and include this solution in upcoming legislation. You can read the full letter [here](#).

Please be assured that I appreciate and share your concerns about this and will keep your views in mind when considering proposals that come before the full House of Representatives.

I encourage you to keep contacting my office about issues that are important to you. Please sign up for our newsletter at [www.crow.house.gov/newsletter-subscribe](http://www.crow.house.gov/newsletter-subscribe) to stay up to date on how I am representing you in.

Sincerely,

Jason Crow

Member of Congress

# FROM COLORADO MEDICAL SOCIETY

The next legislative session is slated to begin on January 13th, 2021.

The November elections resulted in only a minor change heading into the 2021 session. Colorado's State Senate and House of Representatives will remain in Democratic control. The Colorado State Senate saw the Democrats pick up one seat, expanding their majority from 19(D) - 16(R) to 20(D) - 15(R). The Colorado House will remain Democrat-controlled in 2021 with a 41(D) - 24(R) majority. Democratic Governor Jared Polis was not on this fall's ballot. The Governor has two years remaining in his first term.

Through conversations and meetings with our health care partners in Colorado, our Public Affairs team has identified a handful of potential public policy topics that we expect to be at the forefront of the 2021 legislative session:

Provider protections during future health crises,

Provider scope of practice issues, and

Colorado Public Health Care Option.

# NEWS YOU CAN USE

## [DOWNLOAD THE LATEST FLU TOOLS](#)

Patients with cardiovascular disease have a ten times higher risk of heart attack within three days of getting the flu and are more likely to have a heart attack even weeks after the flu.

However, only two-thirds of cardiac patients are getting the flu shot. Effectively communicating the risk associated with flu and cardiovascular disease is rated as one of the top challenges clinicians face during a patient visit.

The [CardioSmart](#) team has developed an [infographic](#) and a [fact sheet](#) to help patients understand how the flu shot works and why is important to get one every year.

In addition, the ACC has created a [risk communication tool](#) to assist clinicians in explaining risks of flu to cardiac patients. For more tools and resources on this topic, visit [CardioSmart.org/Flu](http://CardioSmart.org/Flu).

## [GUIDANCE FOR USE OF NCDR CLINICAL QUALITY MEASURES DURING COVID-19 PANDEMIC RELEASED](#)

The College has released guidance for the use of NCDR data for external accountability, such as health insurance payer

programs or employment compensation programs. The new recommendations on patient outcomes and care process measures recognize the changes in health care delivery related to the COVID-19 pandemic, including hospitals suspending elective procedures and patients delaying or deferring medical care. The guidance is specific to NCDR clinical quality measures and is not intended to apply to all cardiovascular measures of quality care and outcomes, either those developed by the ACC or other organizations.

[Learn more.](#)

## **NEW ACC/AHA HYPERTROPHIC CARDIOMYOPATHY GUIDELINE ENCOURAGES SHARED DECISION-MAKING**

The new [2020 AHA/ACC Guideline for the Diagnosis and Treatment of Patients with Hypertrophic Cardiomyopathy](#), published in the Journal of the American College of Cardiology, offers recommendations on the evaluation and management of patients with HCM, encourages shared decision-making between the clinician and patient when determining treatment course, and updates recommendations for sudden cardiac death risk assessment and HCM center referrals based on the latest



evidence. [Read more.](#)

To accompany the guideline, the College has developed several tools and resources including a clinician-focused [HCM Guidelines Made Simple Tool](#) and a patient-focused [CardioSmart HCM Infographic](#).

In addition, don't miss an [interactive central illustration](#) in JACC and two HCM Guideline-focused case reports in the latest issue of JACC: Case Reports from [de Feria, et al.](#), and [Kantor, et al.](#) Access these tools and more via [ACC's HCM Guideline Hub](#).

## **[ACC.21 EARLY BIRD REGISTRATION NOW OPEN](#)**

ACC member and nonmember [early bird registration](#) is now open for ACC.21 – taking place May 15–17, 2021, in Atlanta, GA, and virtually. ACC.21 offers [Gold, Silver or Bronze](#) registration packages to meet your needs. The Gold Package provides learners with a [safe environment in Atlanta](#) and allows you to experience the excitement and camaraderie that only an in-person meeting can offer. The Silver and Bronze Packages provide an engaging virtual experience with an innovative digital platform built for learning, collaboration and networking. [Register today.](#)

The ACC is also accepting abstracts

across 10 learning pathways, plus the Spotlight on Special Topics, Complex Clinical Cases and Interventional Challenging Cases until Wednesday, Dec. 2. [Learn more.](#)

## **[NEW ACC/AHA HF PERFORMANCE & QUALITY MEASURES RELEASED](#)**

Throughout the COVID-19 pandemic, many health care workers have been working longer hours and more shifts that are stressful and physically demanding. This is affecting the well-being of the entire health care workforce.

Many resources have been developed to support the well-being of health care workers, including counseling resources and peer-to-peer programs.

[Learn more](#) about these resources and visit ACC's [Clinician Well-Being Portal](#) for more well-being resources

## **[CALL FOR APPLICATIONS: U.S. VICE CHAIR OF ACC MIDDLE EAST CONFERENCE](#)**

ACC's Lifelong Learning Oversight Committee is seeking a qualified candidate to serve as U.S. vice chair for the ACC Middle East Conferences in 2021 and 2022, with the 2021 conference taking place Oct. 13-15, 2021, in Cairo, Egypt, in partnership with the Egyptian Society of Cardiology and the ACC Egypt Chapter. The commitment

will be for a total of four years with the U.S. vice chair automatically assuming the role of co-chair for 2023 and 2024. A cover letter highlighting credentials as well as a curriculum vitae should be submitted along with the application to Robin Young, ryoung@acc.org, by Friday, Dec. 4 at 11:59 p.m. ET. Learn more about the position on ACC.org.

## **LEARN THE YEAR'S LATEST SCIENCE VIRTUALLY**

Join Course Director Valentin Fuster, MD, PhD, MACC and some of the most prestigious names in cardiology for a not-to-be-missed virtual program without having to leave home or take a flight! Experience education presented by: JACC editors; top trialists; authors of top research and renowned educators. You will not want to miss presentations of this year's groundbreaking science by contributing authors and how you can translate this latest science into your daily practice.

[Register today](#) for the New York Cardiovascular Symposium Virtual, Saturday, December 12 and Sunday, December 13, 2020! Can't make those dates? Access the On-Demand sessions through Feb. 28, 2021!

## **INTRODUCING THE NEW JACC.ORG**

The ACC is excited to introduce the newly redesigned online home for JACC Journals. Developed with user input, the revamped

JACC.org website incorporates a new umbrella [landing page](#), updated [search functionality](#), a [topic-based approach](#) across all JACC Journals content, and an [author center](#). The new look, navigation, and features are intended to streamline access to the trusted scientific research, guidelines and multimedia content cardiovascular clinicians rely on in daily practice and research. To allow users to fully explore the new features, content across all journals will remain unlocked through November. See the new homepage at [JACC.org](#) and explore details about the updates at [JACC.org/Welcome](#).

## **CHECK OUT FULL COVERAGE & EXPERT DISCUSSIONS ON TOP TRIALS FROM AHA 2020 ON ACC.ORG**

In case you missed it, the ACC provided coverage of the hottest trials – including RIVER, HARP-MONICA, One Month DAPT, and GALACTIC-HF from the 2020 American Heart Association (AHA) meeting.

For trial summaries, news coverage, highlight videos and more, visit [ACC.org/AHA2020](#).

Expert panelists in discussion on top late-breaking clinical trials released during the 2020 American Heart Association (AHA) meeting include ACC President Athena.

# ❄️ WELLNESS ❄️

## TECHNIQUE OF THE QUARTER:

The 20-20-20 rule; Every 20 minutes, take 20 seconds, and look at something 20 feet away. This will help reduce eye strain and tension headaches that occur from too much screen time, as well as the stress that goes along with them. (Oh, and it will protect your eyesight from going nearsighted)

## INTERESTING FACT

Direct eye gazing (2+ minutes of unbroken eye contact) increases the bonding hormone oxytocin and decreases feelings of isolation.

It also makes us more socially savvy and attuned to others.

In a 2013 study of fifteen people, researchers found that direct gazing increased activity in the amygdala. This is the part of your brain involved in processing facial cues and people's emotions.

If you are feeling burnt out, isolated, lonely, or socially rusty - grab a friend or loved one for just 2 minutes a day and practice eye gazing.

## GREAT BOOK

Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice

## BREATHE FOR LIFE

- Stress & Anxiety: Breathing exercises can relieve stress and bring calm.
- LESS THAN 1 minute anytime of day or night:
- Inhale through your nose for four seconds
- Hold your breath for four seconds
- Exhale through your mouth for four seconds
- Hold lungs empty for four seconds
- Repeat



# EVENTS AND ANNOUNCEMENTS



## JANUARY:

**1/23/2021**

#2 QUARTERLY EDUCATIONAL EVENT  
FREE TO MEMBERS

Location: ZOOM | 8:00 AM - 11:20 AM | [Register Here](#)

## FEBRUARY:

**2/1/2021**

CARDIOVASCULAR SUMMIT VIRTUAL  
[View Details Here](#)

**2/4/2021**

MANAGING ELEVATED LDL-C: NEW GUIDELINES AND NEW  
AGENTS

FREE TO MEMBERS: CME EVENT

Location: Live Online! | 5:30 PM - 6:30 PM

[Register Here](#)