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Needless to say, 2020 was one of the most challenging years in recent memory for most of us. As cardiovascular professionals, that is really saying something, especially when one thinks back on the sacrifices and sweat equity we’ve put into careers centered on helping others. Perhaps the most gratifying part of 2020 was our ability to really make a difference with our clinical skills when society needed us most. Cardiologists and CV Team members are truly on the front lines of healthcare delivery, and in Washington, I’ve been so heartened to hear stories daily about innovation, perseverance, and compassion by WA ACC members. This is undoubtedly foundational to where healthcare is going, and although the new year brings no guarantees, I’m so optimistic about the practice of cardiovascular medicine in Washington and our nation.

Our world went virtual this year, and while I think it’s too early to know where we settle out, I definitely missed seeing you all in person. Don’t get me wrong - I love a good webinar as much as the next person, as evidenced by the four (!) webinars our chapter sponsored before the end of summer. But my sense is that webinars are a bridge to the next phase of professional connection. They won’t replace the camaraderie our chapter has built over the years. Our two educational...
symposia, the CVT meeting and WA ACC Annual Meeting, were both terrific conferences with content arguably as good or better than years past, but were also virtual. By the time Fall rolled around, I suspect our chapter had Zoom fatigue, with reduced attendance compared to the live meetings in years past. This is complicated, and I don’t mean to simplify or derive conclusions from limited data, but it does support the idea that over time, we’ll be able to connect across the state more strategically, perhaps in a hybrid fashion. I’m excited for 2021, and even though we’ll still mostly be virtual, hang in there with us and keep these connections strong. It will only make our chapter and our profession better.

As our year ends, I want to thank and recognize some amazing colleagues and friends. I’m indebted to Eugene Yang, my predecessor, for his efforts in making our transition smooth and setting our chapter on a path towards growth, even in the midst of a pandemic. Katie Bates has embraced her role as CVT liaison, focused on keeping our diverse coalition of team members engaged and involved. Jim McCrae is tirelessly working on our legislative efforts, using his experience and skills to keep our focus on Olympia and DC to help your practices. Our Board of Councilors is full of ideas and committed to growing the chapter. Special thanks to David Zhang, Neal Perlmutter, Katie Bates, Richard Cheng and Adam Noyes for your virtual meeting excellence - you are all our unofficial Zoom Ambassadors. And finally, I want to give a big virtual hug to Lianna Collinge, our incredible chapter executive. We are so lucky to have her steady leadership, innovative spirit, keen insights, and foundational connection to the ACC. This chapter is where it is because of Lianna, and I’m really grateful to work with her, on your behalf.

Happy Holidays to you all, and may 2021 keep us together!

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THANKS TO OUR ANNUAL MEETING SPONSORS
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 it 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.

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

FEBRUARY:

2/1/2021
CARDIOVASCULAR SUMMIT

Register today for the @accintouch Cardiovascular Summit Virtual beginning Feb. 1, 2021, where leading experts will focus on managing rapid change, transforming #CV care, and much more!

#CVSummit #ACCEd #CardioTwitter

Course website at www.acc.org/cvsummit2021

Location: Virtual | Learn More