



# CARDIOLOGY

THE OFFICIAL QUARTERLY NEWSLETTER

**WINTER 2020 EDITION**



Arizona  
CHAPTER

[WWW.ACC-AZ.ORG](http://WWW.ACC-AZ.ORG)



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# PRESIDENT'S CORNER



KWAN LEE, MD, FACC

## Dear Colleagues,

As we begin the most complicated vaccination drive in our nation's history, we should take a moment to pause and reflect on this past, unprecedented year. Despite our failure thus far to keep this terrible pandemic in check as a nation, we are fortunate as citizens of the developed world and as frontline healthcare providers who have given so much, to be some of the first to have access to the vaccine which we hope will mark the beginning of the end. If the data is correct, within weeks we will be protected against severe COVID infections. Even though this will be the first application of mRNA vaccine technology with only months of safety data, most of us, out of both frustration and fatigue have rolled up our sleeves and lined up, trusting the science.

2020 will go down in history as a momentous turning point, fundamentally altering the way we live our lives, reminding us of the fragility of freedom and global connectivity. Despite the

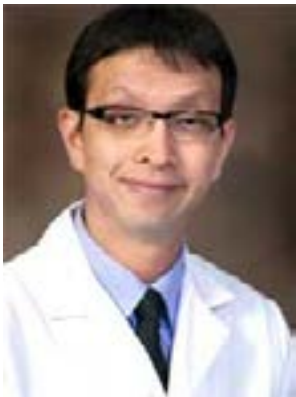
physical isolation, in many ways we are closer as we reach each other digitally at an unprecedented scale, in unprecedented ways. Through all of this, we, as members of the cardiovascular community have evolved and risen to every challenge with courage and fortitude. We have had to adapt to how we provide care, we have had to learn telemedicine, we have had to survive in this new economic reality.

The American College of Cardiology has endeavored to endure this challenge with you. We aspire to march in step with you and help lead the way towards our emergence from this crisis. To do this, we will need to work together, we will need your engagement, your ideas and your input. I am honored to announce we have a new governor-elect, Dr. Wilber Su who I am sure will continue to build on the progress we have made, as we have watched our successive leaders over the last 20 years grow the Arizona chapter of the ACC.

We have much still to do and I hope you will step up and ensure we have a voice at the state, national and international level as the American College of Cardiology fulfills its mission to transform cardiovascular care and improve heart health, in a world where innovation and knowledge optimize cardiovascular care and outcomes.

Thank you for your strength and optimism.

Sincerely,



Kwan S. Lee MD FACC FSCAI

Associate Professor of Medicine

University of Arizona, Banner  
University Medical Group

President, Arizona Chapter American  
College of Cardiology

# THANKS TO OUR ANNUAL ABSTRACT COMPETITION SPONSORS!



# CONGRATULATIONS TO OUR INCOMING LEADERS!

Our national leader election was held this fall.  
. Please help us congratulate our incoming leaders:



AZ ACC President ACC AZ Governor Wilber Su, MD, FACC



AZ ACC CV Team Liaison M Cecilia Tagle-Cornell, NP (Mayo)

We would also like to recognize Dena Wilson, MD, FACC as she was featured in the cover story "Caught Between Two Worlds: Cardiovascular Care in American Indians and Alaska Natives"



# 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](https://www.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 ground-breaking 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:

**1/7**

HOW TO GIVE CARDIOLOGY A VOICE IN THE ARIZONA LEGISLATURE

UPDATE ON DIAGNOSIS AND THERAPY

Location: Virtual | Time: 6:00 - 7:00 PM MDT | [Register Here](#)

\*Comped Registration

## FEBRUARY:

**2/1**

CARDIOVASCULAR SUMMIT VIRTUAL

Location: Virtual | [View more details](#)

**2/4**

MANAGING ELEVATED LDL-C: NEW GUIDELINES AND NEW AGENTS

Location: Virtual | Time: 5:30 - 6:30 PM PST | [Register Here](#)

\*CME Event! Free to Members!

## MARCH:

**3/11**

AZ ACC MONTHLY MEMBER MEETING

Location: Virtual | Time: 5:30 PM MDT | [Join Here](#)

\*Comped for Members

**3/25 & 3/26**

CONTROVERSIES & ADVANCES: IN THE TREATMENT OF CARDIOVASCULAR DISEASE

Location: The Maybourne Beverly Hills - Beverly Hills California

[Register Here](#)