



# CARDIOLOGY

THE OFFICIAL QUARTERLY NEWSLETTER

## WINTER 2020 EDITION



California  
CHAPTER

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



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# PRESIDENT'S CORNER



PRANAV M. PATEL, MD, FACC



## The California ACC: Stronger Together during the time of a pandemic

As 2020 comes to an end the world has faced a COVID-19 pandemic that has created unprecedented levels of uncertainty, stress and insecurity. This crisis has also exacerbated patient care issues. We are facing challenges of patient access, virtual patient visits, professional wellness and member engagement.

However, throughout this period, I have been extremely encouraged that healthcare providers and medical institutions have come together and demonstrated incredible agility and creativity in taking

care of our patients. I have seen how we have all come together to help manage the impact of this crisis, to support healthcare delivery and to help transform healthcare in a time of crisis.

This “stronger together” attitude has not only provided care to our patients, but has supported the mental well-being and wellness strategies within our own profession. Together, we have joined forces to develop innovative solutions. In this way, we are helping to shape the healthcare of tomorrow and to achieve our strategic plan to:

- I. Generate and deliver actionable knowledge to our members and patients
- II. Advance quality, equity and value of CV care
- III. Ensure member and organizational growth and sustainability

I am proud to say that the California ACC has had many successful accomplishments for this past year:

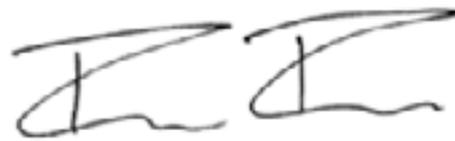
- We have been advocating for our members and patients at a state and national level with many successes for improved healthcare re-imbursement, provision of federal research monies and oversight of healthcare legislation .

However, this work will still need to continue in 2021.

- We have set up bi-monthly "Zoomlet" meetings, starting with 2 the first week of December on Social Media Presence and Medicare payment charges for 2021. *(Be sure to check our website for recorded information for BOTH!)*
- We hope to develop quarterly townhall meetings so that we can listen and understand the needs of our members
- We have a new CA ACC Academic Committee that will work closely with our FIT and Early Career committees.
- We are working on Fellow in Training (FIT) Boot Camp lecture series
- Work is being performed for Cardio-Oncology programming and research in 2021
- The Diversity & Inclusion Committee actively working on additions to the High School mentoring program and developing an informational presence on our website
- The Exercise Health & Sports Cardiology has developed tools/ toolkit for assisting schools and athletes on our website.

In order to represent our members, the California ACC has tried to foster a collaborative environment for our

members to ensure that all member voices are heard; and to achieve the ACC's mission to transform cardiovascular care and improve heart health. In this way we are striving to realize our vision of having a world where innovation and knowledge optimize cardiovascular care and outcomes. The CA ACC will continue to strive for these goals and values on behalf of its members for the oncoming year. We hope that all of you will continue to be an integral part of future work together.



**Pranav M. Patel, MD, FACC**

**President, American College of Cardiology | California Chapter**

Clinical Professor | Department of Medicine | Department of Biomedical Engineering

Chief | Division of Cardiology

Director | Cardiac Catheterization Lab

University of California, Irvine

# FROM OUR PRESIDENT ELECT

## JAMAL S. RANA, MD, PhD, FACC

The end of year 2020 is finally here. All of us heard words like “unprecedented” and “tumultuous” countless times throughout the year. This is the year we will remember for the rest of our lives. And when we thought there might be some reprieve, we find ourselves in the midst of yet another surge. With nearly 300,000 deaths to date due to COVID-19, it is difficult to overstate our collective sense of profound loss.

This was a year when it was not just about the pandemic. The ravages of the virus exposed to us, more than ever, the pervasive health inequities. Such health disparities made us realize that structural racism is a public health crisis. It was also a year of political upheaval and just when we thought things could not be worse, the wildfires played havoc across California. There was a day, when those living in the Bay Area woke up to the orange skies, in case the surreal nature of 2020 was lost on anyone.

While there were challenges, there were several silver linings. During the early phase of pandemic, we pivoted to telemedicine in record time to ensure that our patients continued to get the care they needed. While the fear during the initial weeks of the virus and the lockdown caused patients not to seek care for potentially fatal heart disease, ACC was at the forefront to reassure them not to delay care. Our Cardiology community always remained in the frontlines to be there for our patients. It is a testament to our innovation and resilience, that today

while we are in the throes of another surge, our patients are not hesitant to reach out and we are there to provide timely care.

As I write this, only a few hours ago an FDA panel endorsed the first COVID-19 vaccine to be given in the U.S. Suddenly the light at the end of a seemingly very dark tunnel is here. The fact that, the risk profile for most vulnerable population effected by this virus was similar to those for heart disease, should stay with us. While we overcome COVID-19, the fact that global prevalence of cardiovascular disease, instead of declining, has doubled in last 30 years should remain with us. The fact that we lose more than 650,000 people, year after year, due to cardiovascular disease should remind us that we still have a lot of work ahead of us - beyond COVID-19 and beyond the year 2020. The beginning of the end of the COVID pandemic is here. There are better days ahead in 2021.

Stay well!

**Jamal S. Rana MD, PhD, FACC**

**President-Elect ACC California**

Governor-Elect ACC Northern California.

Chief of Cardiology, East Bay, Kaiser Permanente



# 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

# ❄️ 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 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.



# EVENTS AND ANNOUNCEMENTS



## DECEMBER:

**12/17/2020**

UNIVERSITY OF CALIFORNIA, IRVINE CARDIOLOGY GRAND ROUNDS: EXERCISE TREADMILL TESTING: OBSOLETE WITHOUT IMAGING? WITH EZRA AMSTERDAM

Location: ZOOM | 7:00 AM | [View Info Here](#)

## JANUARY:

**1/13/2021**

INTERSECTION OF CANCER & CARDIAC CARE: THE RISE OF CARDIO-ONCOLOGY IN 2021

Location: ZOOM | 5:30 - 6:45 PM |

[Check our website for the meeting link next week!](#)

## FEBRUARY:

**2/1/2021**

CARDIOVASCULAR SUMMIT

Location: Virtual | [Learn More](#)

**2/6/2021**

FIFTH ANNUAL SYMPOSIUM: CONTEMPORARY MANAGEMENT OF CARDIOVASCULAR DISEASE IN WOMEN

Location:

Omni Los Angeles Hotel

251 South Olive Street, Los Angeles, CA 90012

7:00 AM - 10:00 AM | [Register Here](#)



# EVENTS AND ANNOUNCEMENTS



**2/23/2021 - 3/30/2021**

STANFORD WELLMED PHYSICIAN WELL-BEING DIRECTOR  
ZOOM VIRTUAL COURSE

ALL SESSIONS CONDUCTED VIRTUALLY ON ZOOM

6 WEEKLY SESSIONS: CORE CURRICULUM WITH SMALL-GROUP EXERCISES

CONSECUTIVE TUESDAYS FOR FEBRUARY 23 - MARCH 30, 2021

Location: ZOOM | 3:00 - 5:00 PM | [Register Here](#)

## MARCH:

**3/25/2021-3/26/2021**

12TH ANNUAL CONTROVERSIES & ADVANCES IN THE  
TREATMENT OF CARDIOVASCULAR DISEASE:  
ANNUAL MEETING OF THE CALIFORNIA ACC

Location:

The Maybourne Beverly Hills (formerly know as the Montage Beverly Hills)  
225 North Canon Dr, Beverly Hill, CA 90210

[Register Here](#)