



The 8th Annual Greater Washington Region

# Heart Gala 2006

Presented by



[www.ahaheartgala.com](http://www.ahaheartgala.com)

## HEART HEALTHY NEWSLETTER

January 2006

### IMPORTANT DATES!

#### 2006 Heart Gala Physicians' Reception

January 18, 2006  
6:30–8:30 p.m.

Residence of Hungarian  
Ambassador Andras Simonyi

#### 2006 Heart Gala VIP Reception

February 17, 2006

Home of Heart Gala  
Chairman, Fernando Murias

#### 2006 Heart Gala

Saturday, February 25,  
2006

Ritz-Carlton, Tysons Corner  
1700 Tysons Blvd.  
McLean, VA 22102

### Did you know?

- ♥ **The cost of cardiovascular diseases and stroke in the United States for 2006 is estimated at \$403.1 billion.** This figure includes direct cost health expenditures (physicians & other professionals, hospital & nursing home services, medication, home health care and other medical durables) and indirect cost (loss of productivity resulting from morbidity and mortality indirect costs).
- ♥ **By comparison, the estimated cost for all cancers was \$190 billion.**
- ♥ **Hypertension or high blood pressure precedes the development of heart failure in 91 percent of cases.**
- ♥ **Studies conducted in Olmsted, MN showed that heart failure incidence has not declined in the past 20 years, but the survival after heart failure has increased overall, although there has been less improvement in survival among women and elderly persons than among young men.**

### Thank you to our 2006 Heart Gala Sponsors!

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### Heart Disease Still Number One Killer

DALLAS—Except during the 1918 flu pandemic, cardiovascular disease has been the No. 1 killer in the United States every year for more than a century.

According to The American Heart Association's *Heart Disease and Stroke Statistics—2006 Update*, cardiovascular disease as an underlying cause of death accounted for 37.3 percent of all deaths, or one of every 2.7 deaths in the United States, according to the most recent data.

In 2006, an estimated 1.2 million Americans will have a new or recurrent coronary attack (this includes heart attack and angina).

This year's *Update* shows continuing public health challenges in many diseases; such as diabetes, obesity and untreated high blood pressure, but also contains some good news relating to quality of care and survival after a heart attack, said Wayne Rosamond, Ph.D., chair of the Association's Statistics Committee for the *Update*.

Data from the Joint Commission on Accreditation of Healthcare Organizations report published in the *New England Journal of Medicine* in 2005 found that 95 percent of

Ph.D., chair of the Association's Statistics Committee for the *Upstate*.

Data from the Joint Commission on Accreditation of Healthcare Organizations report published in the *New England Journal of Medicine* in 2005 found that 95 percent of acute heart attack patients received aspirin therapy, both at admission and discharge. Ninety-one percent received beta blocker drugs at admission, 93 percent received them as prescriptions at discharge, and 84 percent of smokers received counseling to help them quit.

"That's very encouraging information," Rosamond said.

Surgery

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### Auction Update!

The 2006 Heart Gala Auction Committee is still looking for an underwriter for four 2007 Super Bowl tickets. The committee has access to the tickets, but we need someone to help us by underwriting this fabulous item. Please contact Erika Chambers at (703) 914-3705 for more information.



### 2006 Medical Committee

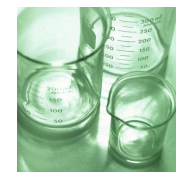
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### American Heart Association's Top Advances for 2005

DALLAS—The American Heart Association's announced its' top 10 major gains in heart disease and stroke research. This year's achievements include:

1. **Cell recycling regenerates ailing hearts. Heart attack survivors infused with stem-like cells from their own bone marrow had nearly twice the improvement in their heart's pumping ability as patients given a placebo.**
2. **Drug tested to help smokers quit. Smokers who took an experimental drug doubled their odds of kicking the habit, compared to those using a drug now on the market.**



3. **American Heart Association scientific statement on childhood obesity outlines the cardiovascular consequences and suggests prevention strategies.**
4. **Benefits of drug-eluting stents, results from RAVEL.** After three years, the rate of major adverse cardiac events (MACE) in patients treated with drug-eluting stents was half the rate of patients treated with bare metal stents.

5. **Disparities in CVD care highlighted.** The American Heart Association held a news conference to highlight ethnic and racial disparities featured in a themed issue of *Circulation: Journal of the American Heart Association*. Meeting attendees also collaborated on describing what needs to be done to close the gaps.

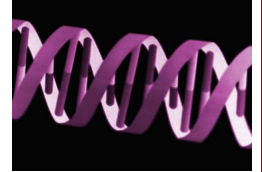
6. **Secondhand smoke packs heavy toll; nearly as significant as smoking.** Researchers reviewed the effects of secondhand smoke on the cardiovascular system, emphasizing research published in the past decade. Nonsmokers exposed to smoke had about a 30% risk increase for coronary heart disease.

7. **Implantable defibrillator beneficial for heart failure patients.** To decrease the risk of death, heart failure patients were randomized to receive conventional therapy for heart failure, plus an implantable defibrillator (ICD), conventional therapy plus

7. **Implantable defibrillator beneficial for heart failure patients.** To decrease the risk of death, heart failure patients were randomized to receive conventional therapy for heart failure, plus an implantable defibrillator (ICD), conventional therapy plus medical with amiodarone, or conventional therapy plus placebo.

8. **Going hot and cold can speed limb recovery in stroke survivors.** In what may be the first study evaluating the effect of thermal stimulation on stroke rehabilitation, researchers found that alternating heat and cold helped rehabilitate acute stroke survivors' paralyzed upper limbs.

9. **Beta 2 adrenergic receptor genotype predicts survival.** Researchers found that patients who had suffered a heart attack and were treated with beta blockers were more likely to survive if they had a genotype known as ADRB2.



10. **Prehypertension triples heart attack risk.** Researchers found that a prehypertensive person is more than three times more likely to have a heart attack and 1.7 times more likely to have heart disease than a person with normal blood pressure. Prehypertension is systolic blood pressure between 120 and 139 and/or diastolic pressure between 80 and 89 mm Hg.

## Margarita's Pasta Primavera

Serves 4

1 cup low-fat cottage cheese	1 clove garlic, minced
1 table spoon fresh lemon juice	1/4 teaspoon ground black pepper
8 ounces thin spaghetti	2 cups sliced fresh mushrooms
1 tablespoon vegetable oil	1 cup sliced green bell pepper
1/4 cup chopped scallions	1 1/2 cups sliced carrot
1/2 cup chopped onion	1 10-ounce package frozen, no-salt-added, broccoli, steamed



1. Drain liquid off top of cottage cheese. In a small bowl, combine cottage cheese and lemon juice. Set aside.
2. Prepare spaghetti according to package directions, omitting salt. Drain thoroughly.
3. Meanwhile, heat oil in skillet over medium-high heat. Add scallions, onion, garlic and black pepper and sauté for 1 minute. Add mushrooms and stir for 1 minute. Then add bell pepper, carrots and broccoli and stir for another 3 to 4 minutes. Set aside.
4. Place spaghetti in a large bowl. Add cottage cheese mixture and toss to coat evenly. Top with sautéed vegetables.

**Calories:** 373  
**Protein:** 19 g  
**Carbohydrates:** 62 g  
**Total Fat:** 6 g  
**Saturated Fat:** 1 g

**Polyunsaturated Fat:** 3 g  
**Monounsaturated Fat:** 1 g  
**Cholesterol:** 5 mg  
**Sodium:** 275 mg

For more information or to join our growing list of sponsors, please contact  
Jeana Foster at (703) 914-3717.

