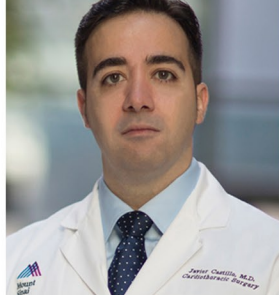




HISPANIC HEART CENTER
INTERNATIONAL

World Class Cardiovascular Care for the Hispanic Community | www.hispanicheartcenter.org



Dear All,
Heart disease is the #1 cause of death. However, it can be prevented by making healthy choices and following certain conditions closely. February is *American Heart Month* and therefore the HHC joins hospitals around the country to raise awareness in the community. In addition, this month, we proudly welcome our first international patients.

Javier Castillo, MD
Director, Hispanic Heart Center

Estimados todos,
Las enfermedades del corazón son la causa #1 de mortalidad. Sin embargo, pueden prevenirse con hábitos sanos. Febrero es el *mes del corazón en América*, y el HHC se une a otros hospitales del país para concienciar a la comunidad. Febrero es también el mes donde con orgullo recibimos a los primeros pacientes internacionales.

Dr. Javier Castillo
Director, Hispanic Heart Center



The HHC Welcomes First International Patients
NEW YORK | NEW YORK

Fernando is a 32-year-old-male from Guatemala City (Guatemala) with degenerative mitral valve disease. About five years ago, his cardiologist detected a loud heart murmur and echocardiography revealed Barlow's disease. In this condition, the flaps (leaflets) of the mitral valve do not close effectively because they bulge into the atrium as the heart contracts (prolapse), causing blood to leak backwards (regurgitation) into the left atrium "my cardiologist told me that this could result in heart muscle damage and that sooner or later I would need surgery". Many of the patients might not experience signs or symptoms for many years, however, mitral valve disease can cause several complications including irregular rhythm, high blood pressure in the lungs, blood clots, congestive heart failure, and stroke "last year I became very symptomatic, could not practice any sports at a normal level or even walk upstairs without getting windy, and my cardiologist told me that it was time". The gold standard for primary mitral valve regurgitation is mitral valve repair "I did some research to find hospitals with expertise in my condition, and my top choices included Cleveland Clinic, Mayo Clinic, and The Mount Sinai Hospital. I chose the Hispanic Heart Center for several reasons: the educational materials in Spanish are unique, the mitral team, and Dr. Castillo's approachable personality; we have been in touch via WhatsApp from day one"



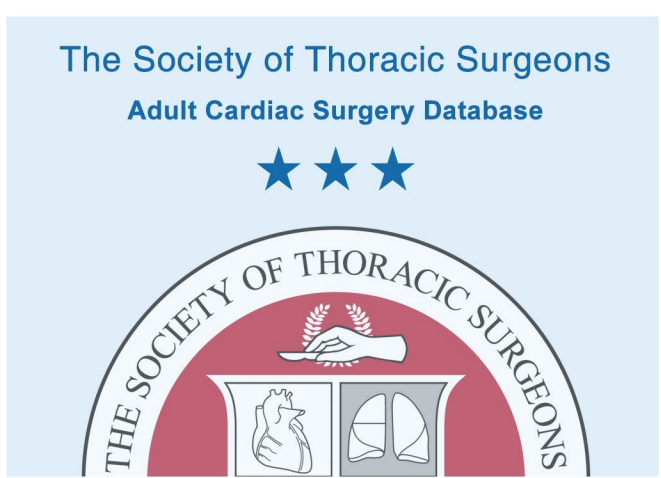
ACC Cardiovascular Surgery Symposium in Spanish
CARTAGENA DE INDIAS | COLOMBIA

The 2019 ACC Latin America Conference at Cartagena de Indias in Colombia will provide an academic forum to critically examine evidence-based strategies as well as contemporary best practices and clinical decision-making. The cardiovascular surgery chapter will be co-directed by Drs. Heilbron (Fundacion Cardiotoracica Colombiana, Barranquilla) and Castillo (Hispanic Heart Center, New York). The symposium will include - for the first time - a new redesigned format highly focused on a hands-on experience with multiple sponsored workshops and educational sessions based on interactive case presentations.



First Friday in February - National Wear Red Day
NEW YORK | NEW YORK

The Hispanic Heart Center joined the National Heart, Lung, and Blood Institute and the Heart Truth at The Mount Sinai Hospital to honor the National Wear Red Day. The event is celebrated each year on the first Friday in February, to bring greater attention to heart disease awareness as the leading cause of death. Coronary artery disease is the leading cause (44%) followed by stroke (17%), heart failure (9%), high blood pressure (9%), diseases of the arteries (3%), and other cardiovascular diseases (18%). Heart disease accounts for 1 in 7 deaths in the US. This claims more lives each year than all forms of cancer and COPD combined.



Three-Star Heart Valve Surgery Program
NEW YORK | NEW YORK

The Mount Sinai Hospital (home of the Hispanic Heart Center) achieved again in 2018 a 3-star (highest) rating in all categories of adult heart valve surgery in which the Society of Thoracic Surgeons (STS) rates hospitals. The program, led by Dr. David H. Adams, is fully committed to outcomes transparency in order to benefit both referring providers and our patients, whose cases are among the most challenging in the world. About 50% of our cardiovascular surgery patients require procedures more complex than those rated by the STS Adult Cardiac Surgery.

Guideline-Based Decision Making

Structural heart disease is our specialty. We strive to proceed with a thorough history for evaluation of causes and symptoms, accurate assessment of the severity of the valvular abnormality by examination, pertinent diagnostic testing, and complete quantification of the severity of valve dysfunction and benefit of each potential therapeutic intervention. We have adapted, simplified, and fully translated the guidelines to improve and maximize patient understanding about indications and timing.

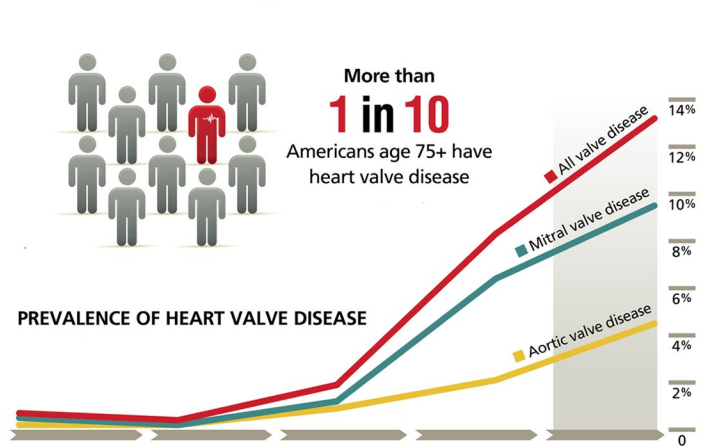
Primary Severe Mitral Regurgitation Insuficiencia Mitral Severa Primaria				RECOMMENDATION	CLASS
Symptoms	LVEF	LVEDV	OTHER CONDITIONS	Mitral valve surgery (mitral valve repair ↔ mitral valve replacement)	Class I
✓	>30%	-	-	Cirugía valvular mitral (reparación valvular mitral ↔ reemplazo valvular mitral)	1
✓	>30%	-	-	Mitral valve surgery (mitral valve repair ↔ mitral valve replacement)	1a
✓	>30%	-	-	Cirugía valvular mitral (reparación valvular mitral ↔ reemplazo valvular mitral)	1a
✓	>30%	-	-	Transcatheter mitral valve repair	1b
✓	>30%	-	-	Reparación valvular mitral transcatheter	1b
✓	>30%	>40mm	-	Mitral valve surgery (mitral valve repair ↔ mitral valve replacement)	1
✓	>30%	>40mm	-	Cirugía valvular mitral (reparación valvular mitral ↔ reemplazo valvular mitral)	1
✓	>30%	>40mm	-	Mitral valve surgery if likelihood of repair is >50% (heart valve centers of excellence)	1a
✓	>30%	>40mm	-	Cirugía valvular mitral si la probabilidad de reparación es >50% (centros de excelencia)	1a
✓	>30%	>40mm	-	Mitral valve surgery (mitral valve repair ↔ mitral valve replacement)	1b
✓	>30%	>40mm	-	Cirugía valvular mitral (reparación valvular mitral ↔ reemplazo valvular mitral)	1b
✓	>30%	>40mm	-	Mitral valve surgery if likelihood of mitral valve repair is >50% (heart valve centers of excellence)	1a
✓	>30%	>40mm	-	Cirugía valvular mitral si la probabilidad de reparación mitral es >50% (centros de excelencia)	1a

Severe Aortic Stenosis Estenosis Aórtica Severa				RECOMMENDATION	CLASS
Severe	✓	-	-	Aortic valve replacement	1
Severe	✓	-	-	Reemplazo valvular aórtico	1
Severe	-	<50%	-	Aortic valve replacement	1
Severe	-	<50%	-	Reemplazo valvular aórtico	1
Severe	-	-	Underlying other Tx	Aortic valve replacement	1
Severe	-	-	Reúle otra cirugía	Reemplazo valvular aórtico	1
Severe	-	-	Abnormal ETT	Aortic valve replacement	1b
Severe	-	-	PE abnormal	Reemplazo valvular aórtico	1b
Severe	-	-	V ₂ >10mm	Aortic valve replacement in the setting of low surgical risk	1a
Severe	-	-	AP >160 mmHg	Reemplazo valvular aórtico si el riesgo quirúrgico es bajo	1a

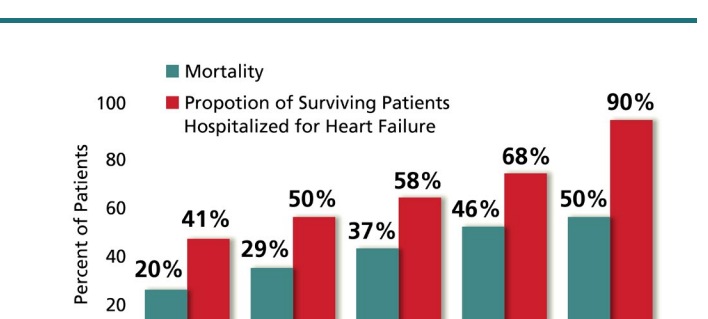
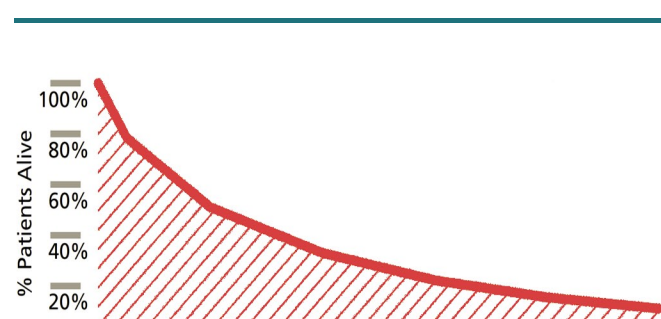
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<https://www.hispanicheartcenter.org/portaldelpaciente>

National Heart Valve Disease Awareness Day

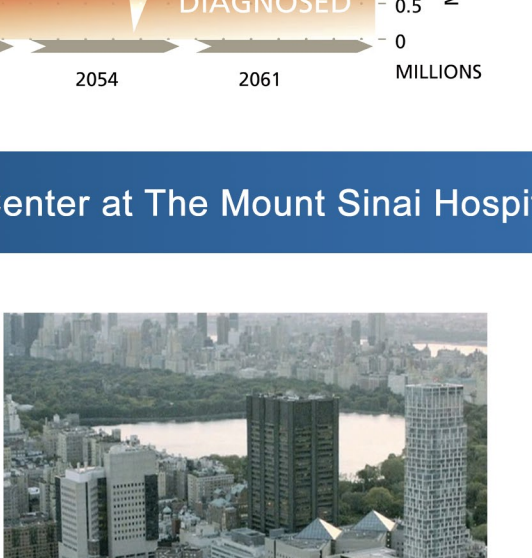


Learn more at www.valvediseaseday.org or www.livingwithvalvedisease.org



Multiple Ways to Refer a Patient to the Hispanic Heart Center at The Mount Sinai Hospital

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- +1 (212) 659-6818
- javier.castillo@mountsinai.org
- www.hispanicheartcenter.org/contacto
- HISPANIC HEART CENTER at The Mount Sinai Hospital
1190 Fifth Avenue, GP2W, Box 1028
New York, NY 10029



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