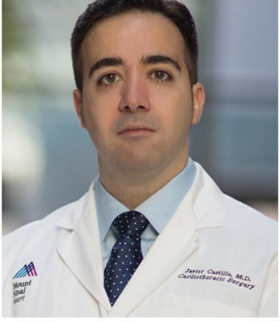




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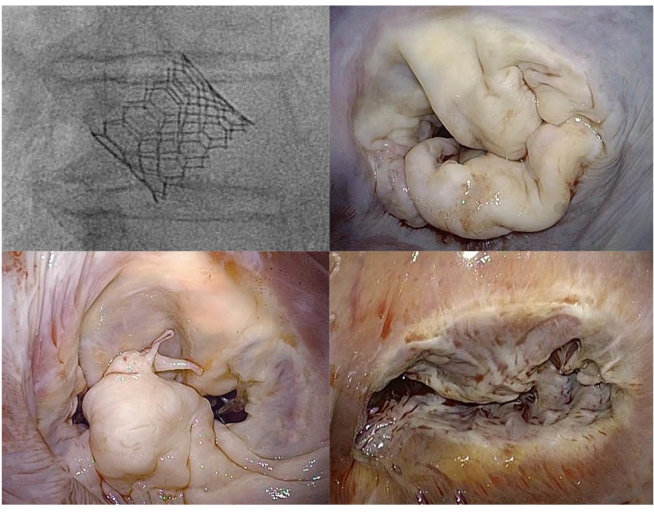


Dear All,  
Welcome to our monthly e-newsletter. This issue highlights the mission and values of the Hispanic Heart Center: Strengthen clear communication and outreach to extrapolate the clinical excellence of Mount Sinai Heart. In addition, we reinforce the transformative power of education and its capacity to have a significant impact on patient outcomes.

Javier Castillo, MD  
Director, Hispanic Heart Center

Estimados todos,  
Bienvenidos a nuestro boletín electrónico mensual. En este número destacamos la misión, la visión, y los valores del Hispanic Heart Center: reforzar la comunicación, así como divulgar y extrapolar la excelencia clínica de Mount Sinai Heart. Además, reiteramos la gran importancia de la educación y su capacidad para mejorar los resultados clínicos.

Javier Castillo, MD  
Director, Hispanic Heart Center



### Valve Disease Awareness Campaign in Spanish NEW YORK | NEW YORK

Dr. Valentin Fuster, the Hispanic Heart Center, and the American Heart Association are partnering to conceptualize and launch a heart valve disease awareness campaign completely in Spanish. The initiative, mainly focus on education, seeks to encourage Hispanic patients to learn more about signs and symptoms of heart valve disease. In addition, patients will be informed about screening, importance of regular auscultation, significance of a heart murmur, timely echocardiography, and treatment options. Community advocacy has a tremendous impact on clinical burden from advanced heart valve disease.



### Supporting Youth in Medically Underserved Areas NEW YORK | NEW YORK

The Office of Student Wellness and Health Services at Bronx Community College of the City University of New York (CUNY) will be hosting the Annual Men's Health Initiative on October 18<sup>th</sup>. The keynote lecture will be given by Dr. Javier Castillo, Director of the Hispanic Heart Center. Dr. Castillo's motivational talks, based on his personal experience and career journey, have been increasingly demanded by educational institutions and student organizations. Bronx Community College is a Hispanic Serving Institution (HSI) that offers programs to 11,500 students from 100 countries of which 66% are Hispanic.



### Live Streaming Surgical Course on Mitral Valve Repair CIUDAD DE MEXICO | MEXICO

The Mitral Foundation, a nonprofit organization linked to the Department of Cardiovascular Surgery, will host a live streaming surgical symposium in January. David Adams, program director, will demonstrate a spectrum of mitral valve repair techniques to national and international surgeons and cardiovascular specialists willing to learn the latest in this field. These techniques will be broadcasted from the operating room to an auditorium in Mexico City, Mexico. The Hispanic Heart Center will help to coordinate this pioneering event overseas with surgeons from Latin America.



### Hispanic Heritage Month in the United States NEW YORK | NEW YORK

The United States annually honors the Hispanic community with a Hispanic Heritage Month celebration that runs from September 15<sup>th</sup> to October 15<sup>th</sup>. This is also extended to Canada and Latin America. Hispanics make up 17.3% of the US population (55.3M, being the second-largest ethnic group). People of Mexican origin account for a total of two-thirds. 75% of Hispanics speaks Spanish at home. 70% of Hispanics over 65 years-old live in four states: California, Texas, New York, and Florida. By 2050, the Hispanic population is projected to be 119M.



### Presence at the Largest Cardiology Meetings SEVILLA | SPAIN and MERIDA | MEXICO

The Spanish Society of Cardiology gathered in Sevilla more than 4000 cardiovascular specialists. The Hispanic Heart Center was present at the plenary session on mitral valve disease. The XVIII Annual Meeting of the National Cardiology Association of Mexico took place in Merida, Yucatan. Dr. Javier Castillo led the plenary session on current controversies in management of mitral valve disease.

## Making an Impact on Patient Education

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					
SYMPTOMS SÍNTOMAS	LVOT FEV1	LVESD DTVI	OTHER CONDITIONS OTRAS CONDICIONES	RECOMMENDATION RECOMENDACIÓN	CLAS CLASE
✓	>30%	-	-	Mitral valve surgery (mitral valve repair >>> mitral valve replacement) Cirugía valvular mitral (reparación valvular mitral >>> reemplazo valvular mitral)	I
✓	>30%	-	-	Mitral valve surgery (mitral valve repair >>> mitral valve replacement) Cirugía valvular mitral (reparación valvular mitral >>> reemplazo valvular mitral)	Ia
✓	>30%	-	Prohibitive risk Riesgo prohibitivo	Transcatheter mitral valve repair Reparación valvular mitral transcatheter	Ib
-	30%-40%	-	-	Mitral valve surgery (mitral valve repair >>> mitral valve replacement) Cirugía valvular mitral (reparación valvular mitral >>> reemplazo valvular mitral)	I
-	-	>40mm	-	Mitral valve surgery (mitral valve repair >>> mitral valve replacement) Cirugía valvular mitral (reparación valvular mitral >>> reemplazo valvular mitral)	I
-	>40%	>40mm	-	Mitral valve surgery if likelihood of repair is >95% (heart valve centers of excellence) Cirugía valvular mitral si la probabilidad de reparación es >95% (centros de excelencia)	Ia
-	>40%	>40mm	Progressive LVOT Progresión de DTVI	Mitral valve surgery (mitral valve repair >>> mitral valve replacement) Cirugía valvular mitral (reparación valvular mitral >>> reemplazo valvular mitral)	Ia
-	>40%	>40mm	New onset of AF Inicio de FA	Mitral valve surgery if likelihood of mitral valve repair >>> mitral valve replacement Cirugía valvular mitral si la probabilidad de reparación mitral >>> reemplazo mitral	Ia
-	>40%	>40mm	SPAP >55mmHg PSAP >55mmHg	Mitral valve surgery if likelihood of mitral valve repair >>> mitral valve replacement Cirugía valvular mitral si la probabilidad de reparación mitral >>> reemplazo mitral	Ia
I Strong Benefit >>> Risk    Ia Moderate Benefit >> Risk    Ib Weak Benefit >> Risk					

Severe Aortic Stenosis   Estenosis Aórtica Severa					
SEVERE GRADO	SYMPTOMS SÍNTOMAS	LVOT FEV1	OTHER CONDITIONS OTRAS CONDICIONES	RECOMMENDATION RECOMENDACIÓN	CLAS CLASE
Severe Severa	✓	-	-	Aortic valve replacement Reemplazo valvular aórtico	I
Severe Severa	-	<50%	-	Aortic valve replacement Reemplazo valvular aórtico	I
Severe Severa	-	-	Underlying other SA Recibe otra cirugía	Aortic valve replacement Reemplazo valvular aórtico	I
Severe Severa	-	-	Abnormal ETT PE abnormal	Aortic valve replacement Reemplazo valvular aórtico	Ia
Severe Severa	-	-	V <sub>max</sub> >5 m/s AP <sub>max</sub> >40 mmHg	Aortic valve replacement in the setting of low surgical risk Reemplazo valvular aórtico si el riesgo quirúrgico es bajo	Ia
I Strong Benefit >>> Risk    Ia Moderate Benefit >> Risk    Ib Weak Benefit >> Risk					

AF: atrial fibrillation, DTVI: diámetro transversal del ventrículo izquierdo, FA: fibrilación auricular, FEV1: fracción de eyección del ventrículo izquierdo, LVOT: left ventricular outflow tract, LVESD: left ventricular end systolic dimension, PSAP: presión sistólica en la arteria pulmonar, SPAP: systolic pulmonary artery pressure.  
Hickman BK et al. 2017 AHA/ACC Guidelines for the Management of Patients With Valvular Heart Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol. 2017;70(2):252-289



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

## Supporting Educational Activities



NEW YORK, NY - Wet Lab and Simulation Lab



CARTAGENA, COLOMBIA - Wet Lab on Valve Disease

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

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