Salud @NEWSLETTER
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AT BAYAMON MC - HEART AND LUNG INSTITUTE

HISPANIC VALVE CENTER

Bayamón

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World Class Cardiovascular Care in Puerto Rico | www.hispanicvalvecenter.org

Dear All,
As we leave 2020 behind and shift our momentum into the new year, I would like to extend my most sincere wishes for a great 2021 to all of you. The past months have included tireless outreach and I am very proud of the positive impact that we have made not only on patients and their families, but also on physicians and other institutions.

Javier Castillo, MD
Director, Hispanic Valve Center

Estimados todos,
Dejamos atrás 2020 y me gustaría aprovechar esta oportunidad para desearos lo mejor en este nuevo año. Sin duda alguna, el Hispanic Valve Center ha sido muy bien recibido por la comunidad y ya se ha convertido en un centro de referencia para muchos. Estamos orgullosos del gran impacto logrado en pacientes, familiares, colegas e instituciones.

Javier Castillo, MD
Director, Hispanic Valve Center

First Workshop on Cardiovascular Nursing

BAYAMON | PR

It is a reality that nurses are challenged to manage increasingly complex patients. This is particularly relevant here in PR, where the lack of trained cardiovascular or intensive care nurses is becoming a significant problem for the largest hospitals. The first educational workshop on cardiovascular nursing took place on December 30th at the Bayamón Medical Plaza. Odalys Alfonso and Joel Toledo successfully led a comprehensive program where 25 attendees learnt about postop care and cardiac monitoring. All attendees must be COVID-19 PCR negative to attend.

STS / ACC
TVT Registry
at Bayamón Medical

STS
BENCHMARKS
Only at Bayamón Medical

To Have Something You've Never Had, You Have to Do Something You've Never Done

When I first landed in New York City about 15 years ago, I barely spoke any English, just the basics learnt in Medical School. Today, I can proudly say that I have written every single chapter on management of mitral valve disease for the top Cardiology textbooks such as *Braunwald's Heart Disease, Hurst's the Heart, Cardiac Surgery in the Adult, Sabiston and Spencer Surgery of the Chest*...you name it. Everything in life is a process and so is the establishment of the Hispanic Valve Center at Bayamón Medical Center.

Without doubt, every process starts with a challenge. In my particular case, it all started with my first job interview at The Mount Sinai Hospital. At the end of the day, I had a clear memo from the surgeon that later on would become my mentor "*I meet students, physicians and researchers every day. They all want a career, they all want to work here, and I always tell them the same - I do not want to know your name unless you are willing to stay here for two years to build something meaningful for us. Start by reading this speech and if you understand the message, only when you really think you got the message, send me an email with your thoughts*". I did and a week later I started as a Research Assistant to subsequently become Research Fellow, Chief Resident, Assistant Professor, and Associate Professor. Apparently, I got the hint.

Day after day, I keep hearing the same comments *"I hope you do not think you can only do valves", "There is no valve disease in Puerto Rico", "We are not ready for a subspecialty", "We need a CABG surgeon, valve disease is underdiagnosed", "Valve repair is not efficient for our institutions"*. My goal is as firm as clear, I am going to establish the largest valve program in the PR and the Caribbean. Am not referring to a solo clinical practice but to a program, where we can do a CABG daily while subspecializing in valve disease. As I mentioned in previous newsletters, we are already welcoming patients from every corner of the island, and more and more cardiologists trust our decision-making. The text below is the speech I read after my job interview and this is the hint *"extrapolate this to a surgical program where the victory is to save another life"*.

Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all of the time. Winning is a habit. Unfortunately, so is losing.

Every time a football player goes to ply his trade he's got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be number one in any business. But more importantly, you've got to play with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

Running a football team is no different than running any other kind of organization - an army, a political party or a business. The principles are the same. The object is to win - to beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they are there - to compete. The object is to win fairly, squarely, by the rules - but to win.

Vincent T. Lombardi
What It Takes to Be #1

Programa de Internado Rotatorio at BMC / PRWCH

BAYAMON | PR

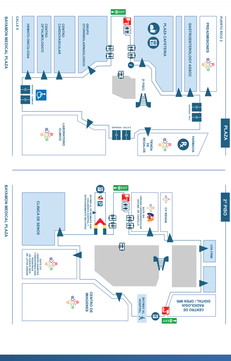
The *Programa de Internado Rotatorio* at Bayamon Medical Center and The Puerto Rico Women and Children's Hospital will start on January 18th. A total of 12 interns will become skillful in history taking, physical examination, diagnostic workup, and therapeutic strategies by helping physicians in their daily clinical practice. Doctors Cintron and Caraballo have designed a very comprehensive core curriculum that will include daily rounds, M&M, and journal club in subspecialties such as family and internal medicine, ER, general surgery, OB/GYN, and pediatrics.

Making an Impact on Patient Education

We are all working together to provide the highest-quality care by achieving complete patient understanding. In this context, the Hispanic Valve Center has developed a booklet for those patients who are in need of cardiovascular surgery. This comprehensive patient roadmap answers every single question. In addition, we have adapted, simplified, and fully translated the guidelines to improve and maximize patient understanding about indications and timing.

https://www.hispanicvalvecenter.org/portaldelpaciente

New Bayamón **Campus Visitor Guide** - Supporting Patients and Families Every Step of the Way



Find Out Multiple Ways to Refer a Patient to the Hispanic Valve Center at Bayamón Medical

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