

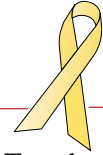
# Heart Failure Society of America

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## In This Edition

- Second Annual Heart Failure Awareness Week
- HFSA's Fifth Annual Scientific Meeting
- President's Message
- Nursing Committee Competition

## HFSA Hosts Second National Heart Failure Awareness Week



Building on the success of the Heart Failure Awareness initiative in 2000, the Heart Failure Society of America hosted the Second National Heart Failure Awareness Week from February 10-16, 2001, to increase the understanding of the disease among health professionals and the general public.

Past President Arthur Feldman, MD, PhD, and Ileana Pina, MD, joined national spokeswoman Linda Evans, clinical heart failure nurse coordinator B.J. Schneider, RN, and heart failure patient Lacey Angioletti to kick off the week with a na-

tional press teleconference on Tuesday, February 13, in New York City. Heart failure clinics and academic institutions throughout the country sponsored a variety of educational events, including grand rounds; continuing medical education programs; interviews with cardiologists on television, radio, and print media; lectures; health fairs; and luncheon meetings with speakers. The HFSA provided educational materials and videos and continued to offer information on the educational website ([www.abouthf.org](http://www.abouthf.org)).

(continued on page 3)

## HFSA's Fifth Annual Scientific Meeting September 9-12, 2001

HFSA's Fifth Annual Scientific Meeting, September 9-12, 2001, will offer attendees a busy 2.5 days of timely symposia, late-breaking clinical trial results, basic science discussions, practical how-to sessions, spirited debates, an entertaining Hype Park session, and moderated poster presentations. The meeting will be held at the Marriott Wardman Park Hotel in Washington, DC.

The Jay N. Cohn New Investigator Award candidates will present their research, and judges will select the winner in each category (basic science, integrative physiology, and clinical). An exciting new event this year is the nursing research competition and award.

The opening session will focus on recent developments in basic science for the clinician and clinical investigator. Symposia will cover an impressive array of high-interest topics, including: identification of at-risk patients; exercise in heart failure; pediatric heart failure; heart failure in patients with preserved systolic dysfunction; genomics and genetics; extracellular matrix and remodeling; emerging pharmacological therapies; evaluation of patients; lifestyle modification; novel therapeutic approaches; arrhythmias and calcium handling; surgical and device approaches to heart failure management; oxidative stress and cardioprotection in heart failure; acutely decompensated heart failure; improvement of patient care; signaling in heart failure: cytokines, kinases, and other mediators; and sarcomeric and cytoskeletal protein abnormalities.

The Guidelines Committee will provide an update of its work on the development of a comprehensive clinical guideline for the treatment of patients with heart failure.

Details and registration information are available on the HFSA website at [www.hfsa.org](http://www.hfsa.org). □

### Heart Failure Society News

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## Message from the President



Milton Packer

This year is a pivotal year for the Heart Failure Society of America. We have accomplished a great deal, but we need to answer a critical question. What are we all about? What does the Society do? What does it stand for? Whom do we speak for? Whom do we speak to?

Fundamentally, there are at least two different paths we can take. At one end, we can look at ourselves as an advocacy group focused on the American public. This is what the American Heart Association does. It teaches the public about the dangers of heart disease; it lobbies Congress for money; it raises funds from the general public. As a result, it is an organization run primarily by its large full-time staff members, who make most of the critical decisions about direction and policy.

At the other end, we can look at ourselves as an advocacy group focused on patients and physicians. This is what the American College of Cardiology does. It develops practice guidelines and educational programs; it works with the government to set quality standards and reimbursement philosophies; it provides continuous opportunity for collegial interactions. As a result, it is an organization run primarily by its member physicians, who make most of the critical decisions about direction and policy.

Where does the Society stand? We need to decide. From my viewpoint, we need to look around us and see what we

do. We need to look at our mission statement and see what we want to achieve. I think that the answer is clear. We are focused on patients and physicians. We develop practice guidelines and educational programs. We work with the government to set quality standards and reimbursement philosophies. We are not raising money from the general public. We are not lobbying Congress for funds. Maybe we will decide to do some of this in the future, but we are not doing these things now.

Whatever we are going to do, we will do it well. In this regard, we are blessed with a superb Executive Committee, whose members are moving collectively to lead the Society forward. Each member is making important contributions to the fulfillment of our mission in ways that are being continuously defined and refined. Dr. Barry Greenberg has now assumed the primary leadership role in Heart Failure Awareness, taking over from Dr. Arthur Feldman, who did such a wonderful job on this project during the past two years. Dr. Marvin Konstam is leading our interactions with governmental agencies and has made significant progress in forging a relationship with HCFA. Drs. Gary Francis and Arthur Feldman have also assumed key strategic roles.

The Society is not only growing; it is maturing. We have already passed several key milestones along the way. There are many more to go. I need your help in getting there. □

Milton Packer, MD  
President, HFSA

## Nursing Committee Announces Research Competition

The HFSA's Nursing Committee is planning a number of exciting new projects as it continues to grow and expand its activities and membership.

- Committee Chair Debra Moser, DNSc, RN, has announced the nursing research competition. Judges will select papers for presentation at the HFSA annual scientific meeting, winners will be chosen, and the awards presented on Tuesday, September 11, at 1:45 p.m. Information on abstract submission is available on the Society website [www.hfsa.org](http://www.hfsa.org) or by calling the office at (651) 642-1633.

- The Nursing Committee actively participates in the work of the Guidelines

Committee in the preparation of a comprehensive guideline for heart failure treatment. Nurses will help to develop the outline and write sections of the guideline. The nurses also contribute to the planning activities of the Program Committee.

- According to Dr. Moser, the Nursing Committee is in the initial stages of developing an initiative for certification for heart failure nurses.

The Nursing Committee seeks to increase participation and welcomes input from HFSA members who are not committee members. Dr. Moser said, "We would love to hear from nurses, listen to their recommendations, and

incorporate their ideas into our planning and projects." Interested nurses can contact her via email at [Moser.45@osu.edu](mailto:Moser.45@osu.edu). □

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(continued from page 1)

## Second Annual Heart Failure Awareness Week

Ms. Evans, who lost her grandmother to heart failure, said, "I realized that had my grandmother identified the symptoms and sought treatment, she might have prolonged her life. I want to make people more aware of the symptoms of heart failure so that they can get help, which is why I am supporting this campaign." She appeared on several television and radio programs and provided a public service announcement that received wide coverage in radio and print media.



Arthur Feldman, Ileana Pina, and Linda Evans kicked off the activities with a press teleconference in New York.

Dr. Feldman commented, "There has never been a more promising time for patients with heart failure. With the assistance of a variety of treatment options and medical devices, heart failure patients are still able to do many of the activities they enjoy. Early diagnosis and treatment are critical to slowing disease progression. We encourage people who think they may be at risk for heart failure to talk with their doctor."

Dr. Pina explained, "As more people survive heart attacks but are left with weakened hearts, the United States faces a new and often misunderstood epidemic. The good news is that we

now know a great deal more about heart failure and the importance of early diagnosis and treatment. In the past, heart failure treatment was limited to only alleviating symptoms.

Now, as more and more people become aware of heart failure and are better able to recognize its symptoms, they hopefully will go to their physicians, who can prescribe medications that not only will help them to feel better, but that also will significantly slow the progression of the disease. This is good news for patients who, with proper treatment, can lead more normal and fulfilling lives."

Lacey Angioletti, who was diagnosed with heart failure when she was age 22 and a senior at Syracuse University in New York, brought the patient's perspective to the national press teleconference. "I used every excuse in the book

to ignore my symptoms," she said. She described her experience at the hospital, where she learned that her heart was enlarged and that she had several clots in her left ventricle; her ejection fraction was 16 percent. Once the diagnosis was made and the treatment regimen established, her discomfort and symptoms were alleviated, and she was able to resume her active lifestyle. Lacey is now 27 years old, her ejection fraction is over 75 percent, and she runs three miles a day. She has backpacked all over Europe and achieved her dream of being an actress in an off-Broadway show. "Knowledge is power," she said, "and heart failure is not a death sentence if people do not ignore the symptoms and get help." □



Linda Evans and heart failure patient Lacey Angioletti discuss the importance of education.

**The HFSA would like to thank the following corporate partners for their support of Heart Failure Awareness Week**

- AstraZeneca Pharmaceuticals
- Glaxo SmithKline Pharmaceuticals
- Guidant Corporation
- Medtronic, Inc.
- Merck & Co., Inc.
- Novartis Pharmaceutical Corporation
- Sanofi-Synthelabo, Inc.
- Roche Pharmaceuticals

### Heart Failure Facts

- 4.6 million Americans have heart failure.
- An estimated 450,000 new cases will be diagnosed in 2001.
- Less than 25 percent of patients with heart failure are alive at 10 years post-diagnosis.
- \$28.7 million is spent on heart failure research annually, compared with \$132 million spent on lung cancer research. Lung cancer affects 390,000 Americans.

## Providence Hospital Celebrates Heart Failure Awareness Week

Providence Hospital, Mobile, Alabama, celebrated Heart Failure Awareness Week with a number of activities to raise public awareness of the disease. The activities began on February 1 with an interview with staff members from the Heart Failure Clinic on WNTM News/Talk radio. On February 15, the hospital held initial cardiology heart failure grand rounds at the Providence Hospital DePaul Center, sponsored by Sanofi-Synthelabo Pharmaceuticals, Inc. The meeting was open to physicians, nurses, managed care companies, cardiac rehabilitation professionals, and other local heart failure staff members. Kenneth Burnham, MD, a heart failure specialist with Cardiology Associates, held a seminar for the general public on February 16. The HFSA video was shown and the Society's materials were distributed. From March 22-25, heart failure was included in the topics presented at the 2001 Festival of Flowers in Mobile in a special venue dedicated to the comprehensive cardiac care program at Providence Hospital. □



From left to right: Charles W. Parrot, MD, FACC, Director of the Providence Hospital Heart Failure Clinic and a physician with Cardiology Associates, PC; Kenneth M. Burnham, MD, Cardiology Associates; and Cheryl Ward, Senior Vice President in charge of Cardiology at Providence Hospital.

## Ochsner Center Holds Multiple Events

Ochsner Clinic, New Orleans, Louisiana, offered an exciting array of events for health professionals and the general public.



Mandeep Mehra, MD, enjoyed a visit with a survivor of heart failure at the Celebration of Survival program for pediatric patients, family members, and hospital staff.

- Pediatric survivors of heart failure, from infants through adolescents, gathered with family members, physicians, nurses, and staff members for a Celebration of Survival reception on February 12. Heart failure awareness educational materials were distributed, including a video, brochures, and pins.

- Mandeep Mehra, MD, spoke to physicians on "Managing the Heart Failure Patient" in Monroe, Louisiana, on February 13.

- Dr. Mehra was interviewed on February 15 by local television station WDSU (NBC). Also on February 15, Dr. Mehra addressed a meeting of physicians in Mobile, Alabama, on "The Failing Heart: Consensus and Controversies." □

## Concord Hospital Develops Innovative Approaches

The Concord Hospital Heart Failure Program, Concord, New Hampshire, developed a variety of programs to get the heart failure awareness message out. These included a reception at the Holiday Inn, Concord, on February 13, and displays in the hospital lobby, and an article in the *Concord Monitor's* health news page. At an innovative event from February 9-18, the hospital partnered with a local supermarket to produce a patient educational event focused on the importance of a low-sodium diet. Mary Macklin, ARNP, MSN, coordinator of the Heart Failure Program at the hospital, said, "We displayed low-sodium foods, gave out tasty samples, and provided shoppers with aisle-by-aisle guides to help them find lower sodium foods on the store's shelves. While salt was our main concern, we recommended low-sodium foods that are also low in fat content." She and other members of the program were available to answer questions and provide educational materials. In addition, a lengthy profile of the Heart Failure Program and its effect on the life of one patient was published in the local newspaper. □

## Advocate System Hosts Programs for Patients, Public, Nurses, and Physicians

Heart failure coordinators throughout the Advocate system in Illinois participated in the Heart Failure Awareness activities through four educational programs developed for community members, nurses, physicians, and patients. At Advocate Christ Medical Center, Oak Lawn, informational events were held throughout February. A health risk assessment checked blood pressure and cholesterol. Lectures on the disease and its prevention were held, followed by a tour of interactive exhibits. Marc Silver, MD, held an informational display in the staff lounge, and a community program was presented at the Hilton Oak Lawn. Dr. Silver hosted a grand rounds lecture on heart failure, and a program for telemetry nurses was offered.

Advocate Good Samaritan Hospital, Downers Grove, sponsored information

booths at the hospital and wellness center, a video teleconference for the nurses, and a lecture for physicians. At Advocate Good Shepherd Hospital, Barrington, the heart failure coordinator met with physicians to increase awareness of the program, and yellow ribbons were distributed to nurses, patients, and the public. Advocate Lutheran General Hospital, Park Ridge, displayed posters and showed the HFSA video, held an educational session for nurses, and distributed brochures to physicians. Advocate Ravenswood Medical Center, Chicago, provided information to emergency department physicians and nurses. Advocate South Suburban Hospital, Hazel Crest, hosted a luncheon program on improving quality of life in patients with heart failure, a lunch-and-learn program for nurses, and a video tele-

conference for nurses. Advocate Trinity Hospital, Chicago, discussed heart failure in a lunch-and-learn program. Advocate parish nurses offered community education programs.

Dr. Silver explained the purpose of the initiative: "We simply need to let people get the message that there is so much that can be done not only to treat heart failure but also to prevent it. With over 3,000 heart failure admissions across our system, we have the best opportunity to really make a difference in the care that people receive." He added that health professionals are also recipients of the educational campaign: "Unfortunately, we know that many simple treatments not only treat heart failure but may prevent it – and these are simply underutilized by some doctors. Our goal is to raise their awareness as well." □

## Loyola University Sponsors Two-Day Symposium



Loyola University Medical Center sponsored a poster competition for medical students.

Programs for the general public, medical students, and healthcare providers were among the events planned by the multi-disciplinary committee at Loyola University Medical Center. A two-day symposium on February 9-10 brought

together 200 cardiologists, primary care physicians, nurses, students, and fellows from a multistate area. Christine Lawless, MD, was program director; featured speakers included William Abraham, MD, Gill Heart Institute; Martin Alpert, MD, University of South Alabama; Uri Elkayam, MD, University of Southern California School of Medicine; Stephen Gottlieb, MD, University of Maryland School of Medicine; Michael Higginbotham, MD, Duke University School of Medicine; Mandeep Mehra, MD, Ochsner Clinic; John Moran, MD, Loyola University Medical Center; Pat McCarthy, MD, The Cleveland Clinic; Edwin Palileo, MD, Loyola University Medical Center; and Lynne Wagoner, MD. A poster competition was held for

medical students; judges were Mandeep Mehra, Uri Elkayam, and Martin Alpert.

At the community education event on February 15 at Loyola's Mini Med School, Bob Lichtenberg, MD, and Mark Stout, MD, explained heart function, heart failure symptoms and treatments, and devices; the event received coverage in the *Chicago Tribune* and local newspapers. Patients and family members, as well as the general public, attended this program and were able to see demonstrations of devices such as balloon pumps and defibrillators. Heart failure nurses coordinated a successful letter-writing campaign to local newspapers; letters by Nancy Forcier, RN, and Carol Keeler, RN, MS, and others were published. Volunteers staffed tables with heart failure materials throughout the medical school and hospital waiting rooms, and public service announcements were placed in local papers. □



Patients, family members, and the public attended the Mini Med School to learn about heart failure.

## UCSD Medical Center Sponsors Multimedia Educational Campaign

The University of California at San Diego (UCSD) Medical Center sponsored an impressive array of activities for Heart Failure Awareness Week, including promotional materials, print media coverage, radio and television interviews and public service announcements, risk factor screenings, and an educational program for the general public, capped off by a supportive official proclamation by Mayor Richard Murphy.

• **Promotional materials:** Screening opportunity and informational flyers were mailed to 23,000 UCSD affiliate



Dieticians provided information on heart-healthy nutrition.

health care members over the age of 40. The flyers were also available at 40 community clinics, four weight-loss groups, one church group, and 54 pharmacies throughout the county. Additional information was sent out via flyers to 2500 North County residents and 200 merchants.

• **Posters:** Informational posters were displayed at UCSD clinics, four weight-loss clinics, 40 community clinics, and pharmacies. In addition, UCSD partnered with local supermarkets to distribute information at the stores. Vans with public address systems and music attracted customers.

• **Print media:** UCSD distributed 400 copies of a newsletter that featured an article on heart failure awareness, and a local Hispanic newspaper published "28 Tips for a Healthy Heart." Other articles appeared in a magazine for senior citizens and on news websites.

• **Broadcast media:** Denise Hermann, MD, was interviewed on television and radio programs; a Hispanic television



University of California at San Diego Medical Center held screenings at several area malls.

station covered a screening site at a mall; and Clear Channel Broadcasting donated time for 26 public service announcements featuring Padres coach and former player Tim Flannery.

• **Risk factor screenings:** Screenings were held at several mall sites from February 12-16, with participation by 401 persons.

• **Educational program:** The "Heart Failure Future Heart Expo" was attended by 339 persons.

### Lakes Regional General Healthcare Offers Public Presentation on Heart Failure

Lakes Regional General Healthcare, Laconia, New Hampshire, invited members of the general public to attend a free presentation on heart failure on February 15 at the Community Wellness center. Cardiologist Alan Rosenfeld and registered dietician Mary Lavanway discussed the disease and treatments and answered questions from the audience. Lucinda Burack, RN, and Robin Michaud, RN, coordinated the event.

## NEMC Health Fair Promotes Heart Failure Awareness

The New England Medical Center, Boston, Massachusetts, was an enthusiastic participant in the activities to increase awareness of symptoms, diagnosis, and treatment options by sponsoring a health fair on February 14. Free blood pressure and cholesterol screening were offered, as well as information on the disease. Staff members from the nutrition center provided tips on healthy diets. Educational videos from the HFSA provided continuous educational information



Marvin A. Konstam, MD

regarding the importance of early diagnosis of heart failure, its signs, and treatments. Last year, NEMC focused on physician education with a continuing medication education program. This year, the organizers wanted to focus on getting the message to the general public.

Marvin Konstam, MD, was interviewed by Reuters television and web news service, and David De Nofrio, MD, wrote an article that was published in the physician newsletter. □

## St. James Hospital Presents Programs for Patients

St. James Hospital and Health Centers, Chicago Heights, Illinois, held an informational program for the Cardiopulmonary Community Case Management's Heart Failure Support Group on February 1. Speakers were Sandra Grano, LCSW; Clarissa Miller, RN, BSN; Patty Peele, RN, BS; and Linda Toomey. A second program, "Heart Failure: What You Should Know," was presented on February 19 and featured three speakers from Suburban Heights Medical Center: Jairo Cruz, MD, chair of the department of cardiology; Ilse-Marie Reichert, MS, RN, CS, adult nurse practitioner; and Dorothy Narcisi, RN, BS, cardiac rehabilitation department. □



Clarissa Miller, patient and hospital volunteer Bob Gilmore, Sandra Grano, and Patty Peele participated in the Cardiopulmonary Community Case Management Heart Failure Support Group's special program for Heart Failure Awareness Week.

## West Virginia Medical Institute Publishes Heart Failure Newsletter and Toolkit

West Virginia Medical Institute (WVMI) developed a consumer newsletter, *Lifeline*, to disseminate information on heart failure to 2000 health professionals and members of the general public. WVMI further distributed the newsletter through its outreach efforts to consumers, hospitals, providers, and community-based organizations. A com-

panion video on heart disease was developed and distributed to senior centers and through the statewide library commission channel. In addition, the facility produced a comprehensive "Cardiovascular Resources" toolkit with educational materials and resource listings and circulated it to providers and health care organizations. □

## St. Vincent's Holds Health Fair

A health fair and an informational booth were two ways in which St. Vincent's Medical Center, Bridgeport, Connecticut, participated in the awareness campaign. Over 265 people attended the health fair and risk assessment sponsored by St. Vincent's Cardiac Services. HFSA handouts and pins were distributed to the general public, and educa-

tional materials were provided to healthcare staff members. The well-attended health fair was promoted in the local newspaper. In addition, posters were displayed throughout the medical center, and nurses staffed an informational booth. □

## UPMC's "Celebrate Life" Program Highlights Prevention

"Celebrate Life" was the theme of the program sponsored by the University of Pennsylvania Medical Center, Philadelphia, Pennsylvania, at the Academy of Natural Sciences on February 15. The evening included dinner in the Academy's Dinosaur Hall, and information booths sponsored by Glaxo SmithKline, University of Pennsylvania Hospital, Temple Hospital, and Lankenau Hospital. Speakers included John Bogle, founder of Vanguard Group and president of the Bogle Financial Market Research Center; Matthew Ryan, Speaker of the House of Representatives, Commonwealth of Pennsylvania; and former Mayor Ed Rendell. Participants were able to visit the museum's exhibits and displays.

## 600 Attend University of Illinois at Chicago Program

Over 600 women attended the Woman's Legacy Luncheon at the University of Illinois at Chicago sponsored by the American Heart Association Midwest affiliate. At the event, Mariann Piano, RN, PhD, set up a heart failure booth, at which she distributed educational materials, provided a continuous slide show, and was available to answer attendees' questions.



# 5th Annual Scientific Meeting

**September 9-12,  
2001  
Washington, DC**

For detailed information, visit the HFSA website at  
[www.hfsa.org](http://www.hfsa.org)

### **Mission Statement**

The Heart Failure Society of America, Inc. (HFSA) represents the first organized effort by heart failure experts from the Americas to provide a forum for all those interested in heart function, heart failure, and congestive heart failure (CHF) research and patient care.

The mission of HFSA is to:

- **Promote research** related to all aspects of heart failure and to provide a forum for presentation of basic, clinical, and population-based research.
- **Educate** physicians and other members of the profession through programs, publications, and other media to enable them to diagnose and treat heart failure and concomitant medical conditions more effectively.
- **Encourage** primary and secondary preventive measures to reduce the incidence of heart failure; to serve as a resource for government, private industry, and health care providers to facilitate the establishment of programs and policies that will better serve the patient.
- **Enhance** quality and duration of life in those with heart failure.
- **Promote and facilitate** the formal training of physicians, scientists, and allied health care providers in the field of heart failure.

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