Multispecialty Outpatient Cardiovascular Association

July Edition

A Less Invasive, Often Overlooked Option in Cardiac Surgery

Compared with traditional replacement valves, sutureless valves placed through minimally invasive cardiac surgery have less data supporting their use but offer unique features that might make them the preferred option for certain patients, reported specialists.

Two valves placed by minimally invasive surgery received regulatory approval 8 years ago, but they are not widely used to this day.

The sutureless device known as Perceval (Corcym) and a rapidly deployed device called Intuity (Edwards Lifesciences) are used as an alternative to surgical aortic valve replacement (SAVR) and transcatheter aortic valve replacement (TAVR). But despite being commercially available since 2016, the devices are still not being used much. The devices are not discussed in substantial detail in either the joint guidelines from the American College of Cardiology and American Heart Association issued in 2020 or guidelines from the European Society of Cardiology issued in 2022.

Cristiano Spadaccio, MD, PhD, a cardiothoracic surgeon associated with the Lancashire Cardiac Centre in Blackpool, England, and his colleagues reviewed the small number of studies evaluating the alternate approach to "make the cardiology world aware" of alternatives "that can relieve the surgical burden by minimizing the implantation time and length of the operation," he said.

The comprehensive review is published in the *Journal of the American College of Cardiology*. A Neglected Alternative

The sutureless Perceval device is held in place by a stent frame that self-expands. The Intuity device also relies primarily on its framework to anchor the valve in place but does involve three sutures. Both devices are still referred to as sutureless in the new review of them.

Only a small number of centers perform minimally invasive cardiac surgeries, and the main advantage of the devices — rapid deployment — has been eroded with the advent of automated knotting which has significantly reduced the time to implant and sutured valve.

FYI:

- **Treatable Condition Misdiagnosed as Dementia in Almost 13% of Cases**
- **How the New Vitamin D Guidelines Will, and Won't, Change My Practice**

Treat Heart Failure More Like Cancer

Early intensive uptitration of neurohormonal blockade therapy in patients with acute heart failure improves congestion and reduces longer term negative outcomes, a new analysis of the STRONG-HF trial suggested.

Jan Biegus, lead author of the study from the Institute of Heart Diseases in Wroclaw, Poland, said in an interview that the results will start to change the perception of how to treat the congestion of acute heart failure. He compared the new approach to induction chemotherapy for cancer — hitting the disease hard as soon as possible to get the best results.

The STRONG-HF trial treated 1078 patients hospitalized for acute heart failure with either early and rapid uptitration of neurohormonal blockade including renin-angiotensin-aldosterone system inhibitors and beta-blockers or standard diuretic therapy. The main finding was that the early uptitration strategy reduced the 6-month risk for death or heart failure readmission by one third.

Now, a new analysis published in *Journal of the American College of Cardiology,* has found that in addition to this benefit, early uptitration of neurohormonal blockade therapies has the added advantage of reducing congestion.

https://www.medscape.com/viewarticle/treat-heart-failure-more-cancer-2024a1000mtv?ss=fpf_login&scode=mpp&socialSite=google&form=login&icd=login_success_gg_match_fpf

Two Diets Linked to Improved Cognition, Slowed Brain Aging

An intermittent fasting (IF) diet and a standard healthy living (HL) diet focused on healthy foods both lead to weight loss, reduced insulin resistance (IR), and slowed brain aging in older overweight adults with IR, new research showed. However, neither diet has an effect on Alzheimer's disease (AD) biomarkers.

Although investigators found both diets were beneficial, some outcomes were more robust with the IF diet.

"The study provides a blueprint for assessing brain effects of dietary interventions and motivates further research on intermittent fasting and continuous diets for brain health optimization," investigators led by Dimitrios Kapogiannis, MD, chief, human neuroscience section, National Institute on Aging, and adjunct associate professor of neurology, The Johns Hopkins University School of Medicine, wrote.

The findings were published online on June 19 in *Cell Metabolism*.

The prevalence of IR — reduced cellular sensitivity to insulin that's a hallmark of type 2 diabetes — increases with age and obesity adding to an increased risk for accelerated brain aging as well as AD and related dementias (ADRD) in older adults who have overweight.

Studies reported healthy diets promote overall health, but it's unclear whether, and to what extent, they improve brain health beyond general health enhancement. https://www.medscape.com/viewarticle/two-diets-linked-

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UPCOMING NEXT MEETING

Wednesday, September 25th

5:30pm via Zoom

- MAHP will be joining the meeting and hopefully Blue Cross Blue Shield
- Please send any topics or questions to Sarah Cook prior to the meeting to add to the agenda