

For millions of appropriate patients struggling with lipid management,1-3 you can help

BLAZEATR

TO THEIR LDL-C GOAL

NEXLETOL and NEXLIZET:

Oral, once-daily, nonstatin therapies^{2,3}

In clinical trials:

- NEXLETOL delivered an 18% mean reduction in LDL-C (compared to placebo) when added to maximally tolerated statin dose (P<0.001)²⁴
- NEXLIZET delivered a 38% mean reduction in LDL-C (compared to placebo) when added to maximally tolerated statin dose (P<0.001)31
- Incidence of most common adverse reactions for both NEXLETOL and NEXLIZET were generally comparable to placebo^{2,4}
- Bempedoic acid, a component of NEXLETOL and NEXLIZET, showed an incidence of skeletal muscle adverse reactions comparable to placebo^{2,3}

For more information about NEXLETOL and NEXLIZET, visit NEXLETOLHCP.com

INDICATION

NEXLETOL and NEXLIZET are indicated as adjuncts to diet and maximally tolerated statin therapy for the treatment of adults with heterozygous familial hypercholesterolemia or established atherosclerotic cardiovascular disease who require additional lowering of LDL-C. Limitations of Use: The effect of NEXLETOL and NEXLIZET on cardiovascular morbidity and mortality has not been determined.

IMPORTANT SAFETY INFORMATION
Contraindications: NEXLETOL has no contraindications. NEXLIZET is contraindicated in patients with a known hypersensitivity to ezetimibe tablets. Hypersensitivity reactions including anaphylaxis, angioedema, rash, and urticaria have been reported with ezetimibe.

Warnings and Precautions: Hyperuricemia: Bempedoic acid, a component of NEXLETOL and NEXLIZET, may increase blood uric acid levels. Hyperuricemia may occur early in treatment and persist throughout treatment, and may lead to the development of gout, especially in patients with a history of gout.

Tendon Rupture: Bempedoic acid is associated with an increased risk of tendon rupture,

most commonly involving the biceps tendon, rotator cuff, or Achilles tendon. Tendon rupture occurred within weeks to months of starting bempedoic acid. Tendon rupture may occur more frequently in patients over 60 years of age, patients taking corticosteroid or fluoroquinolone drugs, patients with renal failure and patients with previous tendon

Adverse Events: In NEXLETOL clinical trials, the most commonly reported adverse events were upper respiratory tract infection, muscle spasms, hyperuricemia, back pain, abdominal pain or discomfort, bronchitis, pain in extremity, anemia, and elevated liver enzymes. Events reported less frequently, but still more often than in placebo, included benign prostatic hyperplasia and atrial fibrillation.

In the NEXLIZET clinical trial, the most commonly reported adverse events observed with $NEXLIZET, but \ not \ observed \ in \ clinical \ trials \ of \ bempedoic \ acid \ or \ ezetimibe, \ a \ component$ of NEXLIZET, and occurring more frequently than in placebo, were urinary tract infection, nasopharyngitis, and constipation.

Adverse events reported in clinical trials of ezetimibe, and occurring at an incidence greater than in placebo, included upper respiratory tract infection, diarrhea, arthralgia, sinusitis, pain in extremity, fatigue, and influenza. Other adverse events reported in postmarketing use of ezetimibe included hypersensitivity reactions, including anaphylaxis, angioedema, rash, and urticaria; erythema multiforme; myalgia; elevated creatine phosphokinase; myopathy/rhabdomyolysis; elevations in liver transaminases; hepatitis; abdominal pain; thrombocytopenia; pancreatitis; nausea; dizziness; paresthesia; depression; headache; cholelithiasis; cholecystitis.

Laboratory Tests: Treatment with bempedoic acid was associated with persistent changes in laboratory tests within the first four weeks of treatment, including increases in creatinine and blood urea nitrogen, decreases in hemoglobin and leukocytes, increases in platelet counts, increases in liver enzymes (AST and/or ALT), and increases in creatine kinase. Laboratory abnormalities generally did not require medical intervention.

IMPORTANT SAFETY INFORMATION (cont.)

Laboratory test values generally returned to baseline following discontinuation

Simvastatin and Pravastatin: Concomitant use with bempedoic acid results in increased concentrations and increased risk of simvastatin or pravastatin-related myopathy. Use of either NEXLETOL or NEXLIZET with greater than 20 mg of simvastatin or 40 mg of pravastatin should be avoided

Cyclosporine: Caution should be exercised when using NEXLIZET and cyclosporine concomitantly due to increased exposure to both ezetimibe and cyclosporine. Monitor cyclosporine concentrations in patients receiving NEXLIZET and cyclosporine. In patients treated with cyclosporine, the potential effects of the increased exposure to ezetimibe from concomitant use should be carefully weighed against the benefits of alterations in lipid levels provided by NEXLIZET.

Fibrates: Coadministration of NEXLIZET with fibrates other than fenofibrate is not recommended. Fenofibrate and ezetimibe may increase cholesterol excretion into the bile, leading to cholelithiasis. If cholelithiasis is suspected in a patient receiving NEXLIZET and fenofibrate, gallbladder studies are indicated and alternative lipid-lowering therapy should be considered.

Cholestyramine: Concomitant use of NEXLIZET and cholestyramine decreases ezetimibe concentration. This may result in a reduction of efficacy. Administer NEXLIZET either at least 2 hours before, or at least 4 hours after, bile acid sequestrants

Special Populations: It is not recommended that NEXLETOL or NEXLIZET be taken during breastfeeding. A pregnant patient should consult with their healthcare provider about whether to continue treatment during the pregnancy. The safety and efficacy of NEXLETOL and NEXLIZET have not been established in patients under the age of 18. Patients over 65 accounted for nearly 60% of patients in NEXLETOL clinical trials and 50% of patients in the NEXLIZET clinical trial. No adjustments in dosing are required for age, or for patients with mild or moderate renal impairment or mild hepatic impairment for NEXLETOL or NEXLIZET. No adjustments in dosing are required for patients with moderate hepatic impairment for NEXLETOL. NEXLIZET is not recommended for patients with moderate or severe hepatic impairment.

NEXLETOL and NEXLIZET are available only by prescription.

To report SUSPECTED ADVERSE REACTIONS, contact FDA at 1-800-FDA-1088 or www.fda.gov/medwatch or ESPERION at 833-377-7633 (833 ESPRMED).

Please see adjacent Brief Summary.

*LDL-C changes from baseline (LS mean) in CLEAR Harmony: NEXLETOL: -17% (n=1,488); placebo: +2% (n=742).

LEAR Harmony (Study 1) was a 52-week, randomized, double-blind, Phase 3 trial in 2,230 patients randomized 21 to receive NEXLETOL (n=1,488) or placebo (n=742). CLEAR Harmony included patients aged 318 years with fasting LDL-C ≥70 mg/dL, and high-risk patients with ASCVD and/or HeFH. NEXLETOL was added to whatever patients' maximally tolerated statin dose was, either alone or with other lipid-lowering therapies. Primary endpoint was general safety, which included adverse reactions, clinical safety laboratories, physical examinations, vital signs, and electrocardiogram. Secondary enclosint was % change from baseline to Week 12 in LDL-C.55

053 frial (Study f) was a 12-week, randomized, double-blind, Phase 3 trial in 301 patients randomized 2≥21 to receive NEXLIZET (n=86), NEXLETOL (n=88), ezetimibe (n=86), or placebo (n=41), 053 Trial included patients aged ≥18 years with fasting LDL-C ≥100 mg/dL if they had ASCVD and/or HeFH, or ≥130 mg/dL if they had multiple cardiovascular risk factors. Therapies were added to whatever patient's maximally tolerated statin dose was (including no statin at all), either alone or with other lipid-lowering therapies. Primary endpoint was % change from baseline to Week 12 in hSCRP, non-HDL-C, total C, apolipoprotein B, HDL-C, and TGs. ²⁴

LDLC=low-density |ipoprotein cholesterol; LS=least squares; ASCVD=atherosclerotic cardiovascular disease; HeFH=heterozygous familial hypercholesterolemia; hsCRP=high-sensitivity C-reactive protein; non-HDL-C=non-high-density |ipoprotein cholesterol; total C=total cholesterol; TGs=triglycerides. References: 1. Wong ND, Young D, Zhao Y, et al. Prevalence of the American College of Cardiology/American Heart Association statin eligibility groups, statin use, and low-density lipoprotein cholesterol control in US adults using the National Health and Nutrition Examination Survey 2011-2012. J Clin Lipidol. 2015;(10):51109-112. NEXL LETUL. Prescribing information. ESPERION Therapeutics, Inc.; 2023. NEXL IZET. Prescribing information. ESPERION Therapeutics, Inc.; 2023. A Data on file. CSR 1002-053. January 2019. S. Ray KK, Bays HE, Catapano AL, et al. Safety and efficacy of bempedoic acreduce LDL cholesterol. N Engl J Health 2019;38(07);(10):2019. 26. Data on file. CSR 1002-063.







TABLE OF CONTENTS

GALA SPONSORS	4
LETTER FROM ABC LEADERSHIP	5
AWARDS GALA CHAIRPERSONS	6
ABC BOARD OF DIRECTORS	7
RAFFLE & SILENT AUCTION	8
MISSION & VISION	10
THE DR. BASIL WAINE KONG ENDOWMENT	11
COVID-19 INNOVATION AWARD	12-13
COVID-19 PHYSICIAN AWARD	14
DR. RICHARD ALLEN WILLIAMS SCHOLARSHIP WINNERS AND DR. JAY BROWN BEST ABSTRACT COMPETITION FINALISTS	15
AGENDA	16-17
COVID-19 UPDATE	20
SAVE THE DATE	22
TIK TOK PARTICIPANTS	24
CORPORATE PARTNERS	27

11th Annual Spirit of the Heart

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MEDIA PARTNERS









LETTER FROM THE LEADERSHIP

October 17, 2020

Association of Black Cardiologists (ABC) is excited to bring the 11th Annual Spirit of the Heart Awards Program "to your home" tonight! This signature event is the premier fundraiser—raising critically needed funds to advance ABC's mission and its comprehensive programs of education, research and advocacy. The 2020 virtual gala embraces new ways to convene, forgoing social gathering and dinner. Don your sequins in the comfort of home!

This annual event is designed to also celebrate accomplishments that align with ABC's mission to advance health equity and eliminate cardiovascular health disparities in African Americans and other vulnerable subgroups. As our nation comes together in these unprecedented times to support the critical COVID-19 response and recovery efforts, this night of inspiration will honor our dedicated members and colleagues on the front lines during the coronavirus outbreak. ABC will present the COVID-19 Physician Award to three deserving healthcare providers in the areas of Cardiology, Infectious Disease and Emergency Medicine. We will spotlight the COVID-19 Innovation Award Winners and pay tribute to the nation's next generation of leaders, including the Dr. Richard Allen Williams Scholarship winners and the Dr. Jay Brown Abstract Competition finalists. The future is bright, so let's experience the healing power of lifting others and investing in individuals, families and communities served by these professionals.

Incorporating elements of our annual live event, this punctuated and fun-filled evening will have featured musical performances by guest artists and other special appearances. If you have never attended the ABC gala, we promise, it will be a magical evening!

We are grateful to our generous event sponsors, members and volunteers who give generously year-after-year of their time and philanthropy to bring our mission work to life. All gifts support ABC's efforts to advance health equity at a time when it's needed more than ever.

ABC's diverse membership is open to ALL persons interested in the care of people with or at risk for heart disease, diabetes and stroke. Please visit www.abcardio.org for more information.

Elizabeth Ofili, MD, MPH Chair, ABC Board of Directors Michelle Albert, MD, MPH ABC President Cassandra McCullough, MBA Chief Executive Officer 11th ANNUAL Spirit of the Heart



AWARDS GALA CHAIRPERSONS



Icilma Fergus, MD



Richard Allen Williams, MD



Barbara Hutchinson, MD, PhD

ABC BOARD OF DIRECTORS



Elizabeth O. Ofili, MD Board Chair



Michelle A. Albert, MD
President



Cassandra A. McCullough, MBA
Chief Executive Officer

Richard Allen Williams, MDFounder

Melissa S. Burroughs-Peña, MDDirector

Dennis R. Cryer, MDDirector

John Fontaine, MD, MBA Immediate Past President

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Millicent Gorham, PhD (Hon), MBA Director

Norrisa Haynes, MD Director (Fellows Rep)

Uzoma Ibebuogu MDDirector

Michelle Johnson, MD, MPH
Director (Chair. Nominee Committee)

Sabra Lewsey, MD Director

Wilma McGee, RNDirector

Chima Nwaukwa, MD Director

Cheryl Pegus, MD, MPH Immediate Past Board Chair

Joseph Poku, MD Treasurer

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Mark A. Thompson, MD
Director

Marlene Williams, MD
Director

Gloria Wilson Shelton, EsqDirector

BE A PART OF THE



Spirit of the Heart

VIRTUAL RAFFLE & FUNDRAISER

Purchase raffle tickets for your chance to win luxury prizes!



Prize 1

A GUCCI HORSEBIT 1955 LARGE TOTE BAG

\$3,000 approx. value

Designed with rounded edges and a soft shape, the tote bag is introduced to the Gucci Horsebit 1955 collection for Spring Summer 2020. Made from GG Supreme canvas with brown leather trim, the large double-handled silhouette has a chain shoulder strap that complements its modern spirit, finished with an organizational interior and magnetic snap closure. 16.5"W x 12.6"H x 5.1"D | Interior zipper and open pockets Made in Italy

Prize I

NORDSTROM SHOPPING EXPERIENCE

\$3,000 value

Win a \$3,000 Nordstrom Gift Card to go on your own shopping spree to find the perfect garments, shoes, and accessories!

NORDSTROM

PURCHINSTO IN

RAFFLE TICKETS 1 Ticket for \$150 AVAILABLE NOW! 3 Tickets for \$400

For more information, please visit www.abcardioevents.org









ABC was founded in 1974

46 years
of work fulfilling our mission

OUR VISION

ABC adheres to the vision that all people regardless of race, ethnicity or gender should benefit equally from reduction in the frequency, duration and impact of diseases of the heart and blood vessels.

OUR MISSION

To promote the prevention and treatment of cardiovascular disease, including stroke, in Blacks and other minorities and to achieve health equity for all through the elimination of disparities.

OUR VALUES

We believe that good health is the cornerstone of progress. We are firm in our resolve to make exemplary health care accessible and affordable to all, dedicated to lowering the high rate of cardiovascular disease, including stroke, in minority populations and committed to advocacy and diversity. We are guided by ethical principles in all transactions and strive for excellence in our training and skills.

CREATE A LEGACY TO SAVE LIVES



THE DR. BASIL WAINE KONG ENDOWMENT (ESTABLISHED IN 2020)

The 10th Annual Spirit of the Heart Awards Dinner was truly a momentous evening in October 2019, in the 46-year history of the Association of Black Cardiologists (ABC), as we celebrated the extraordinary \$1 million gift from members of The Basil and Stephanie Kong Family. Philanthropy runs deep with this family, and this gift illustrates their belief in the ABC's future and its place in saving the hearts and minds of a diverse America.

Endowment is aligned with the Mission of the Association of Black Cardiologists in that the purpose of this donation and the allocation of the funds is to eradicate the disparities related to cardiovascular disease in all people of color. Its secondary purpose is to honor the community involvement and leadership that Basil Waine and Stephanie Kong have made in his community and beyond.

We are grateful to the spirit of generosity of The Kong Family and effect this transformational gift will have at ABC. Our hope is to galvanize support from others who will join The Kong Family and invest in ABC, its strategic priorities and areas of greatest need and significant impact.

Congratulations!



Association of Black Cardiologists, Inc. Saving the Hearts and Minds of a Diverse America

COVID-19 Innovation Award



Alanna A. Morris, MD, MS

Assistant Professor of Medicine
Director of Heart Failure Research
Atlanta VA Medical Center
Associate Fellowship Director
Clinical Investigator Track
Advanced Heart Failure and
Transplant/LVAD
Emory Cardiovascular Clinical
Research Institute

The Georgia COVID Consortium: An Academic-Clinical-Community Partnership to Study the Impact of COVID-19 across Georgia Communities



Adedapo Iluyomade, MD

University of Miami Miller School of Medicine

Florida International University Herbert Wertheim College of Medicine

YTC: Youth Tackling COVID-19: A Partnership between South Florida Medical Schools to Slow the COVID-19 Pandemic by Addressing the Infodemic



Anika L. Hines, PhD, MPH

Assistant Professor Health Behavior and Policy VCU School of Medicine

Stress Experiences of Black Women During the COVID-19 Pandemic: Psychological and BP Outcomes

11th ANNUAL Spirit of the Heart

Congratulations!

Association of Black Cardiologists, Inc.

Saving the Hearts and Minds of a Diverse America

COVID-19 Innovation Award



Donald Lynch, Jr., MD

Assistant Professor of Clinical Medicine Interventional Cardiology University of Cincinnati Heart, Lung and Vascular Institute Vascular Services Program

Leveraging mHealth to Mitigate the Impact of COVID-19 in African American Communities



Laprincess C. Brewer, MD, MPH

Assistant Professor of Medicine, Mayo Clinic Department of Cardiovascular Medicine

COVID-19 Emergency Preparedness and Risk Communication Among African-American Churches: Leveraging a Community-Based Participatory Research Partnership



Kemar Joseph Brown, MD

Fellow in Cardiovascular Medicine Massachusetts General Hospital

Addressing Disparities in Ambulatory Cardiovascular Care during the Coronavirus Disease 2019 (COVID-19) Pandemic

Congratulations!



Saving the Hearts and Minds of a Diverse America

COVID-19 Physician Award



Jocelyn Freeman Garrick, MD, MS

Director of Covid Testing, Alameda County

Director of Disaster Preparedness Alameda Health System

Associate Professor Department of Medicine University of California, San Francisco

Deputy Medical Director for Emergency Medical Services Alameda County

Founder Mentoring in Medicine & Science



Peter Chin-Hong, MD

Associate Dean for Regional Campuses

Professor of Medicine Division of Infectious Diseases, University of California San Francisco



Bernard Ashby, MD, MPP, RPVI, FACC

CEO | Medical Director Comprehensive Vascular Care

Associate Professor Florida International University

Congratulations!

Dr. Richard Allen Williams Scholarship Winners

Amira Collison

Johns Hopkins University School of Medicine M4, Class of 2021 Medical Student

Melaku Arega

Harvard Medical School M3, Class of 2022 Medical Student

Ashley Ezema

Northwestern University Feinberg School of Medicine M3, Class of 2022 Medical Student

Walter Oliver

Columbia University M4, Class of 2021 Medical Student

Emanuel Keiler

University of California, San Diego School of Medicine M3, Class of 2022 Medical Student

Lillian Zerihun

Columbia University M4, Class of 2021 Medical Student

Dr. Jay Brown Best Abstract Competition Finalists

Mary Branch, MD, MS (2020 Winner)

Wake Forest Baptist Health Hospital Abstract: "Racial Differences in Incidence of Cardiotoxicity in Breast Cancer Patients: A Real World Study"

Adebamike Oshunbade, MD

University of Mississippi Medical Center Abstract: "Independent effects of obesity, and its combined effects with cigarette smoking on inflammation and thrombosis: The Genetic Epidemiology Network of Arteriopathy (GENOA) study."

Oluremi Ajala, MD

Brigham and Women's Hospital/Harvard University Abstract: "Determinants of Statin Response: A Secondary Analysis of the Justification for the Use of Statins in Prevention: An Intervention Trial Evaluating Rosuvastatin (JUPITER)"

Courtney Bess, MD

Emory University School of Medicine Abstract: "Atrial Fibrilation Is Associated with Increased Hospital Readmissions in African American Patients with Heart Failure"

Agenda

6:00 PM EST SILENT AUCTION AND RAFFLE OPENS

6:30

Gala Reception

Performance By "The Raw Sugar Jazz Quintet"

Awards Program 7:00 – 9:00

Welcome

Introduction Of The Mistress Of Ceremonies

Sunny Hostin

Co-Host, ABC's "The View"

Opening Prayer by Reverend Canon Dr. Sandye A. Wilson

Introduction Of ABC's Chief Executive Officer Cassandra McCullough, MBA

Live Welcome From 3 Cities – New York, Los Angeles And Atlanta Drs. Icilma Fergus, Elizabeth Ofili, Richard Allen Williams

> Speaker & Musical Guest Vanessa Williams

Tribute to Genita "GiGi" Evangelista Johnson

ABC Making an Impact

Carla Griffin, Esperion - Sponsor Remarks
Diamond Sponsor

Lou Gossett Jr.Special Guest Speaker

Agenda

ABC President, Dr. Michele A. Albert

AstraZeneca
Diamond Sponsor

Recognition of COVID-19 Survivors
Bishop O.C. Allen, Vision Cathedral, Atlanta, Ga.

"In Memoriam" – Moment of Silence 2020 Posthumous Recognition – ABC Members & Partners

Recognition of Scholarship & Award Recipients

ABC COVID-19 Physician Awards Dr. Richard Allen Williams Scholarship for Medical Students

COVID Innovation Awards
Dr. Jay Brown Best Abstract Competition Finalists & Winner

Dr. Barbara Hutchinson, Past ABC President Charitable Auction – Raffle – Text to Donate

Performance by "The RAW Sugar Jazz Quintet"

Featuring Freda Payne, Grammy Nominated Vocalist
Otmaro Ruiz, Grammy Award Winning Pianist
John B. Williams, Bass
Dr. Teodross Avery, Tenor Sax
Don Littleton, Drums
Dr. Richard Allen Williams, Trumpet/Flugelhorn

Drs. Elizabeth Ofili, Richard Allen Williams, Icilma Fergus Final Tally of Text to Donate - Raffle Winners - Charitable Auction

> 9:00 PM EST PROGRAM CONCLUSION



29 Thursday October

12–1:30pm EST · Virtual 9–10:30am PST

Register Now

Towards Legitimacy and Results in Achieving Diversity, Inclusion and Belonging in Cardiology Training Programs:

A Program from the Association of Black Cardiologists

Join ABC for this first of its kind Cardiovascular Workforce Program which includes program directors of leading cardiovascular medicine fellowship programs. This ABC program will highlight contemporary issues impacting the recruitment of Blacks and Hispanics in cardiovascular medicine and identify potential solutions to the crisis.



Moderator: MICHELLE A. ALBERT, MD, MPH

ABC President and Professor of Medicine Director, UCSF NURTURE Center Associate Dean of Admissions University of California at San Francisco (UCSF)



MELVIN R. ECHOLS, MD

Assistant Professor of Medicine Director, Cardiovascular Medicine Fellowship Morehouse School of Medicine



Keynote Presentation: QUINN CAPERS IV, MD

Vice Dean, Faculty Affairs Interventional Cardiologist The Ohio State University College of Medicine



JULIE B. DAMP, MD

Associate Professor of Medicine
Director, Cardiovascular Medicine Fellowship
Assistant Director, Educator Development Program
Vanderbilt University School of Medicine



Panelists: DONNA M. POLK, MD, MPH

Associate Professor of Medicine Director, Cardiovascular Medicine Fellowship **Brigham and Women's Hospital Harvard Medical School**



KAROL WATSON, MD, PHD

Professor of Medicine Co-director, UCLA Program in Preventive Cardiology Director, UCLA Barbra Streisand Women's Heart Health Program Director, Cardiovascular Medicine Fellowship

UCLA David Geffen School of Medicine



FRANK E. SILVESTRY, MD

Associate Professor of Medicine
Associate Chief for Education
Director, Cardiovascular Medicine Fellowship
University of Pennsylvania School of Medicine



STEVEN O. MARX, MD

Herbert and Florence Irving Professor of Cardiology Director, Cardiovascular Medicine Fellowship Columbia University Medical Center/ New York-Presbyterian Hospital



VENU MENON, MD

Mehdi Razavi Endowed Chair & Professor of Medicine Section Head, Clinical Cardiology Director, Cardiac Intensive Care Unit Director, Cardiovascular Medicine Fellowship Cleveland Clinic Lerner College of Medicine



DONALD CLARK III (TREY), MD, MPH

Assistant Professor of Medicine Director, Cardiovascular Medicine Fellowship University of Mississippi Medical Center



Spirit of the Heart Community Forum and Wellness Symposium

An Interactive Virtual Event





Symposium sessions include:

- Discussions with Physicians, Policymakers, Clergy and Health Advocates
- Health & Wellness
- Healthy Eating & Nutrition
- Telehealth Tips
- COVID-19 and Cardiovascular Disease What you need to know

Thanks to our sponsors:



EDWARDS

COVID-19 FAQ Watch

Mask Myths from Dr. Peter Chin-Hong....

You don't need a mask outside as sunlight kills virus

- 90% of SARS-CoV-2 found to be inactivated by 30 minutes of sunlight in recent study
- But this only applies to surfaces not noses and mouth
- This does not translate in human transmission

You only need to wear a mask if you have symptom

- Asymptomatic and folks with mild symptoms account for > 50% of COVID -19
- · Talking, yelling, exercising and singing can spread droplets

Masks can cause self-contamination

- No evidence to support this
- Handle your mask safely
- Think of mask as any other surface wash your hands!
- Wash cloth masks or replace disposable masks

Wearing a mask will reduce your oxygen levels, right?

- Facebook posts claim wearing a mask will lower oxygen, increase carbon dioxide levels
- All masks provide airflow
- Just like oxygen can get in, carbon dioxide can get out
- When measured by pulse oximetry, no decline in oxygen levels found
- · We have years of experience using masks in health care, including patients with pulmonary disease

Anything other than an N-95 mask is useless for limiting virus transmission

- Predominant mode of transmission still droplet, not airborne
- Any mask provides a barrier to respiratory droplets
- Fit and comfort more important than type of mask
- Focus on making environment low risk outdoors, ventilation not mask type
- All about RISK REDUCTION, not eliminating risk



BOTTOM LINE:

Wear any mask that is comfortable, wear it properly and don't obsess about what type!





Association of Black Cardiologists

COVID-19 UPDATE

Editor: Robert Gillespie, MD

Coronavirus Disease 2019 (COVID-19) Facts & Tips for Staying Healthy

COVID-19 jumped from an animal source (likely bats with some other intermediate unknown source) to humans in November-December 2019 with the first case identified on December 31, 2019 in Wuhan, China.

- I) Classified as a **pandemic** (defined as prevalent over a whole country or world) on March 11, 2020 by the World Health Organization (WHO).
- 2) The disease is spread human to human and is primarily a **droplet infection** and is highly contagious especially in densely populated places such as nursing homes, cruises, churches, conventions, parties and large highly populated and densely populated cities such as Wuhan, China and New York City.
- 3) Disease can be airborne in special situations; such as with certain hospital devices such as ventilators and suction. Conversation when close to an infected person likely is a source of significant asymptomatic transmission.
- 4) Outside activities have a significantly lower transmission rate.
- 5) Virus can spread from surfaces and can last up to 3 days.
- 6) Symptoms of difficulty breathing, fever, dry cough most notable. Also new loss of smell or taste, diarrhea, muscle aches and sore throat.
- 7) Social distancing crucial, at least 6 feet.
- 8) Frequent hand washing for at least 20 seconds.
- 9) Wear a mask.
- 10) African Americans are at much higher risk of getting and dying from COVID-19 and have the highest death rate of any other racial group in the United States.
- (1) Elderly and people with high blood pressure, heart disease, cancer and other diseases causing immunosuppression are at greatest risk.
- 12) Many of those hospitalized are between 20-49 years old.
- 13) **Flu vaccine** particularly important to reduce hospital admissions in the setting of COVID.
- 14) A safe and effective vaccine will be a very important step to control COVID-19, but it will not replace distancing, hand washing and masks.
- 15) Exercise, eating healthy, maintaining good mental health and seeing your doctor are even more important during this time.



Save the Date OCTOBER 9, 2021

ABC

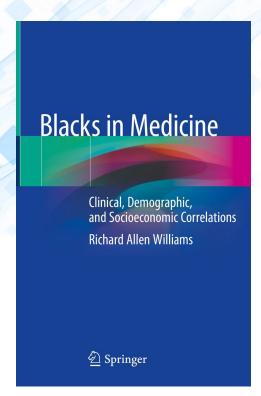
Association of Black Cardiologists, Inc. Saving the Hearts and Minds of a Diverse America

12TH ANNUAL

Spirit of the Heart

AWARDS GALA & FUNDRAISER

JOIN US TO CELEBRATE OUR 12TH ANNUAL SPIRIT OF THE HEART AWARDS GALA AND FUNDRAISER



Dr. Richard Allen Williams, founder of the Association of Black Cardiologists has written a book entitled "Blacks in Medicine: Clinical, Demographic, and Socioeconomic Correlations "

This socially conscious, culturally relevant book explores the little known history and present climate of Black people in the medical field.

The cost of the book is: \$149.99

Dr. Williams will donate 10% of the proceeds from the sale of the book to the ABC.

You may order online at springer.com or call 1-800-SPRINGER or email them at: customerservice@springnature.com

By putting lives first, we've created a legacy that lasts



For nearly 130 years, we have tackled some of the world's biggest health challenges and provided hope in the fight against disease, for both people and animals. Today, we continue our commitment to be the premier research-intensive biopharmaceutical company in pursuit of medical breakthroughs that benefit patients and society for today, tomorrow and generations to come.





Thank you to all the **TikTok**DON'T RUSH VIDEO PARTICIPANTS

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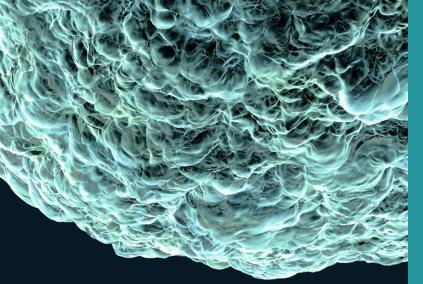
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Pediatric Cardiologist



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At Morehouse School of Medicine (MSM), we are leading the creation and advancement of health equity, through our programs in medical education, clinical care and research.

We highlight our innovative clinical trials program, "Training Diverse Multidisciplinary Teams- Getting New Quality Medicines to All Americans". This program is sponsored by Clinical Research Pathways (Executive Director Dr. Marjorie Speers). We also highlight our clinical cardiology fellowship program, the only accredited program at a Historically Black College and University.

On behalf of our entire team, Congratulations to the Association of Black Cardiologists on the occasion of the 11th Annual Sprit of the Heart Awards Gala and Fundraiser, a Global virtual Experience.

Anekwe Onwuanyi, MD, FACC

Professor of Medicine and Chief of Cardiology, MSM

Priscilla Pemu, MD, MS, FACP

Professor of Medicine and Medical Director of the Clinical Research Center, MSM

Elizabeth Ofili, MD, MPH, FACC

Professor of Medicine, MSM, and Chair Board of Directors of the Association of Black Cardiologists.

OUR GREATEST CHALLENGES

REQUIRE SHARED SOLUTIONS









The ACC is proud to partner with the Association of Black Cardiologists on the Campaign for the Future. Together we strive to transform the core of the cardiovascular profession and ensure future cardiologists and cardiovascular clinicians are equipped to drive change and meet the needs of patients heading into the future.

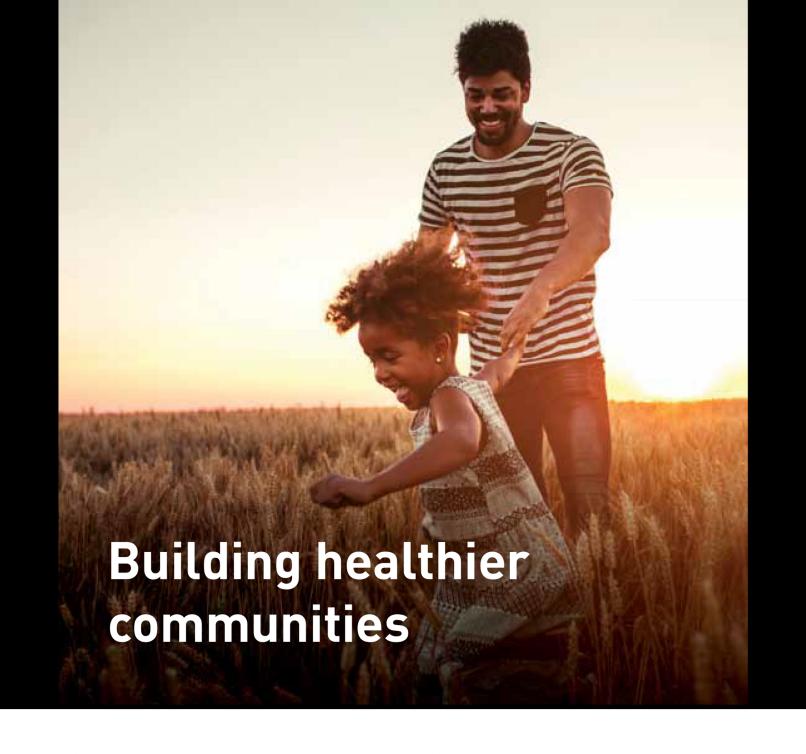






CAMPAIGN FOR THE FUTURE





What's better than neighbor helping neighbor? Not much. We're proud to support the Association of Black Cardiologists 11th Annual Spirit of Heart Awards Gala and applaud the work they do every day.







(Details forthcoming)

NO ONE CAN SOLVE THE WORLD'S HEALTHCARE CHALLENGES ALONE LET'S TAKE HEALTHCARE FURTHER, TOGETHER.

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11th Annual Spirit of the Heart

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